



Week 1

T1- Tuesday

2km Ramp Warmup
+
T1 Drills

5 x 1km

Run @ 10" below 5km TT Pace
90" standing recovery b/w sets

T2 – Thursday

2km Ramp Warmup
+
T2 Drills

20x 200m OTM

+

Game Sim 1

T3 – Weekend

2km Ramp Warmup
+
Mixture of T1/T2 Drills Suiting Your Needs

Aim to build towards game volume/intensity
Include some throws, change of pace and direction
Work on key areas of development

