



Week 2

T1- Tuesday

2km Ramp Warmup
+
T1 Drills

2x Sets of

3' Run : 90" recovery
2 x 2' Run : 60" recovery
2 x 1' Run : 30" recovery
2-4' Jog

Once finished both sets complete 10-15x TI

T2 – Thursday

2km Ramp Warmup
+
T2 Drills

Game Sim 3

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

