



## Week 3

### **T1- Tuesday**

2km Ramp Warmup  
+  
T1 Drills

#### Mona Fartlek

90" Run : 90" Float (x2)

60" Run : 60" Float (x4)

30"Run : 30" Float (x4)

15"Run : 15" Float (x 4)

Total = 20 mins

*(Record distance for future reference if using GPS watch)*

#### Game Sim 2

### **T2 - Thursday**

2km Ramp Warmup  
+  
T2 Drills

8 x 300m Hill Repeats

### **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

