



Week 5

T1- Tuesday

2km Ramp Warmup

+

T1 Drills

2sets of

12' Tempo Run

+

4 x 80m @ 80-90%

T2 – Thursday

2km Ramp Warmup

+

T2 Drills

8sets of

300m @ 80% + TI

100m inc. 2x 10m surge/sprint

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

