



Week 6

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

12sets of
120m @ 80%

Return with middle 40-80m backwards

Complete TI x 1

+

Game Sim 4

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

