



## Week 7

### **T1- Tuesday**

2km Ramp Warmup  
+  
T1 Drills

Run Out 22" and Back 22" + 1xTI (OTMEM) x 10

Jog 1km

*Repeat for total of 2 sets*

+

Game Sim 3

### **T2 – Thursday**

2km Ramp Warmup  
+  
T2 Drills

*Rectangle with 80m & 40m Sides*

16" to complete 80m

16" to complete 40m

Continue until you can no longer make the 16" cutoff

+

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

