



Week 8

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

+

Game Sim 4

T2 - Thursday

2km Ramp Warmup

+

T2 Drills

2x 400m Run : 100m Jog

2x 300m Run : 100m Jog

2x 200m Run : 100m Jog

2x 100m Run : 100m Jog

+

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

