



## Week 11

### **T1- Tuesday**

2km Ramp Warmup  
+  
T1 Drills

8 x 400m @ 2kmTT Pace

200m jog recovery

(Every 2<sup>nd</sup> rep add in 2x throw-in @ end of 400m effort)

### **T2 - Thursday**

2km Ramp Warmup  
+  
T2 Drills

Complete 2 sets of

6 x 200m (85-90%) w 90" jog recovery

+

Game Sim 2 (5')

### **T3 - Weekend**

2km Ramp Warmup  
+  
Mixture of T1/T2 Drills Suiting Your Needs

8km Run

+

Game Sim 4

+

8 x 150m Strides

