



Week 12

T1- Tuesday

2km Ramp Warmup

+

T1 Drills

2kmTT (Record time) w 5-10' jog/walk recovery

+

8x Rounds of Game Sim 3

T2 – Thursday

2km Ramp Warmup

+

T2 Drills

Complete 2 sets of

5 x 300m w 2 throw-ins + 100m jog between reps

(Set 1= 100m @ 80%, 100m @ 60%, 100m @ 90%)

(Set 2= 100m @ 70%, 100m @ 95%, 100m @ 60%)

+

Game Sim 4 (5-10')

+

Game Sim 6 (Pairs)

T3 – Weekend

2km Ramp Warmup

+

Basic Running Drills

4 x 1km @ 2km Pace +10" each rep w 3' jog b/w

+

Game Sim 5 (Pairs - 2 x 5')

+

Game Sim 4 (Solo @10')

