



## Pre/Post Game Protocols

### Pre-Game

Warmup Only  
(2km Ramp + T2 drills)

+

OPTIONAL skills or additional running *you* choose

### Post-Game

Warmup  
(2km Ramp + T1 drills)

+

4x 500m @ 60% increasing each rep to 80%  
(All with 90" standing recovery)

+

OPTIONAL skills or additional running *you* choose

