Round 2

T1- Tuesday
Thur/Fri Game = Complete T2 - Thur session
2km Ramp Warmup
+
T1 Drills

Complete 3 sets of

2laps of 100m Run @85-90% w 100m float @75%
2x throw-in + 400m jog recovery b/w sets
+
Game Sim6 (Pairs) and Game Sim4 x5-10' each

T2 – Thursday
2km Ramp Warmup
+
T2 Drills

Complete 3 sets of 4x 150m
+
4-8 throw-ins w match intensity on return to position b/w sets

(Set 1= 30m Sprint, 30m Float, 30m Sprint, 30m Float, 30m Sprint) *

(Set 2= 120m float + 30m sprint at end)

(Set 3= 50m @75%, 50m @90%, 50m @ 75%)

* Rolling starts for Set 1

No Game Weekend Run
2km Ramp Warmup
+
Basic Running Drills
+
2km / 1.5km / 1km / 500m w 3' jog recovery
2km @10">TT pace, 1.5km @5">TT pace, 1km @ TT pace, 500m @ 5-10" <TT pace
+
6 x 100m strides w walk back recovery + 2x Throw-Ins (under fatigue)