



Round 3

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

Complete 6x 300m w 200m jog recovery w 2x Throw-Ins

(100m @70%, 100m @80%, 100m @90%)

+

T2 – Thursday

2km Ramp Warmup

+

T2 Drills

Complete 2 sets of 6x 200m w walk back 50m into 50m Fast

- 50m Fast = Rolling start, not too hard – focus on technique /leg speed
- Jog 100m diagonally between rep
- 6x good throws in 3'
 - Run to position after throw then quickly retrieve and repeat
 - Any missed throw = 20x pushups at end

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

4x 45" Run : 45" Rest

4x 3' Run : 1' Jog

4x 2' Run : 1' Jog

4x 1' Run : 30" Jog

+

Game Sim 4 (5-10')

