



Round 4

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

200m, 400m, 600m, 800m, 600m, 400m, 200m

Recovery = 100m walk+100m jog for each rep

800m/600m @ 5" quicker than 2km TT pace

400m/200m @ 15" quicker than 2km TT pace

+

8x 50m backwards hard from standing start immediately into throw-in

Recovery = Walk back to start

T2 - Thursday

2km Ramp Warmup

+

T2 Drills

Straight into 10-15x throw-ins focusing on technique

+

Complete 4x 2laps of 100m fast into 20m backwards hard)

- 1st set = 60-80% (treat as extension of warmup after throw-ins)
- Run through the 100m finish before switching and run backward
- Backward run should continue in same direction as 100m effort
- Jog 115m recovery b/w efforts and jog 400m between sets

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

- 2x 1km @ 5km TT pace
- Game Sim 3 x24'
- 6-8x 100m (fast leg speed/easy effort w walk recovery)

