



Round 5

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

2sets of

1' Run : 1' Jog

2' Run : 90" Jog

3' Run : 2' Rest

+

6x 150m w middle 50m fast leg speed but easy effort

Recovery = Walk back to start

T2 – Thursday

2km Ramp Warmup

+

T2 Drills

1200m at 5km TT Pace

+

Complete 2sets of 5 x 50m (85%), 20m backward, 50m (85%)

- Simulate working hard past contest then triggering again
- On second 50m, go wide on line as if ball is near the line in front of you
- Throw-In after the 2nd 50m – concentrate on triggering after the throw
- Walk 100m recovery
- Recovery between sets = 3' Jog

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

- 1.5x Mona Fartlek
- 6x 50m hard backwards with throw-in after each rep
- Coach a game by downloading Dropbox vision of quarter – choose one that a close mate is umpiring

