



Round 6

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

2sets of

½ Mona

90" Run : 90" Float

2x 60" Run : 60" Float

2x 30" Run : 30" Float

2x 15" Run : 15" Float

Recovery = 5' Jog between sets

T2 – Thursday

2km Ramp Warmup

+

T2 Drills

Complete 3sets of 4x 120m w 40m hard, 40m float, 40m hard

- 3-5 sec pause at the post then straight into 'Game Sim 4'
- Recovery between reps = jog back to start of 120m
- Recovery between sets = jog 400m

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

- 3sets of 8x 200m OTM (Aim to run 200 in <35")
- Every second 200m execute throw-in with 10-15m run out

+

Finish with 6x 100m

- Ease in for 20m, trigger for 5-10m then float 20-30m then trigger 5-10m

