



Round 10

T1

2km Ramp Warmup
+
T1 Drills

Mona Fartlek

2sets of
90"/75"/60"/45"/30"/4 x 15" all with 1:1 Jog Recovery
+
4x 150m
First 120m @75% then last 30m kick down with fast leg turnover
Recovery = Walk Back to start

T2

2km Ramp Warmup
+
T2 Drills

6x 200m w middle 100m >90%
Recovery = throw immediately after rep + Walk 50m, Jog 50m
+

6x 120m

Includes 2x 15m triggers @ 95% then hold 20-30m float pace and repeat trigger
Recovery = Simulate throw near post and have 60" rest before repeating

No Game Weekend Run

2km Ramp Warmup
+
Basic Running Drills

2x Sets of

4x 3' Run w 1xthrow-In to be completed within 1' recovery b/w reps
3' Jog Recovery b/w sets

