



Round 7 (Deload)

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

6 x 500m

300m @ 65%, 100m @ 85%, 100m @ 95%

Recovery = Walk 500m return

+

Hubs = Cran Drill x10'

Isolation = Game Sim 4 x4-6

T2 - Thursday

2km Ramp Warmup

+

T2 Drills

Complete 8sets of 150m

50m @ 60%, 50m @ 80%, 50m @ 95% (not *flat out* but fast-controlled)

+

Hubs = Touch Football x10'

Isolation = Game Sim 1 x5-10'

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

2km + 1.5km + 1km + 500m (Each w 3' jog recovery)

- 2km @ 10"/km > 2km TT pace 1.5km 5"/km > 2km TT pace
- 1km @ 2km TT pace 500m @ 5-10"/km < 2km TT pace

+

6x 100m strides w walk back recovery and 2x throw-ins

Fatigue in legs, simulate game conditions

