



Round 7 (Deload)

T1 – Tuesday

T1 Warm Up

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Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

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T1 Option 1	T1 Option 2	Thur Game	T1 Combo
3 x 1km Runs 1:1 Work:Rest You determine pace	15" Run : 15" Jog 30" Run : 30" Jog 45" Run : 45" Jog 1' Run : 1' Jog x3sets w 3' rest b/w	6x 100m + 12x 50m (Slow walk recovery)	3' Run : 90" Jog x2 sets + 3x 100m 6x 50m (Slow walk recovery)

T2 – Thursday

T2 Warm Up

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Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

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Pick Any 1 Skill Drill x 5-10'

(If in hub – look at a group drill or activity *if* permitted)

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T2 Option 1	T2 Option 2	Fri Game	T2 Combo
6x 100m + 12x 50m (Slow walk recovery)	15" Run*: 45" Rest x6 x2 sets w 2' rest b/w	PRE-GAME ACTIVATION	3' Run : 90" Jog x2 sets + 3x 100m 6x 50m (Slow walk recovery)

* The 15" effort should replicate game intensity and ideally pattern of transition from deep defense, out to a non-contested mark on the wing followed by quick centering ball into the corridor finishing with deep forward entry.

Note: The 'Jog' in above fartlek sets should be considered how you float within the game such as easy lateral uncontested possessions when team running down the clock. If in doubt, consider the 'easy' part of billat running sets and that's the level of effort.

