



Round 8

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

2sets of 1000m, 800m, 600m, 400m

- Use 2km TT Pace
- Kickdown in last 200m of 400's

Recovery = 200m slow jog recovery

+

Game Sim 2 x 4' w 3' rest b/w

T2 - Thursday

2km Ramp Warmup

+

T2 Drills

Complete 2sets of (6x 150m)

+

2x throws after each 150m w movement to position

1st Set: 50m @75%, 50m @90%, 50m @60%, walk 50m/jog100m recovery

2nd Set: 50m @60%, 50m @90%, 30m float, 20m @95%, walk 50m/jog100m recovery

+

Thiele Drill (Modify for iso) x 3-5reps

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

4x 600m hollows (200m hard, 200m float, 200m hard) w 2' recovery

+

30x 100m OT30" (100m <18")

Repeating: Up 100m, Back 100m +Throw, Up 100m, back 100m + Collect

