



Round 9

T1- Tuesday

Thur/Fri Game = Complete T2 - Thur session

2km Ramp Warmup

+

T1 Drills

3 x 3' Run : 1' Jog

3 x 2' Run : 1' Jog

3 x 1' Run : 1' Jog

- *Use 5km TT Pace + 5" per km*
- *Example: 17:30 5km TT = 3:35/km pace for efforts*

+

Game Sim 4 x 8-10reps

T2 - Thursday

2km Ramp Warmup

+

T2 Drills

1600m @ Tempo Pace

+

8x 200m @ 85% w final 30m increase pace through the line

Recovery = 100m jog + 100m walk after each

+

Cran Drill

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

2x Sets of Game Sim 3

Set 1 = 24'

Recovery = 8'

Set 2 = 16'

