



Round 11

T1

2km Ramp Warmup

+

T1 Drills

4x 600m Efforts w 2' Jog Recovery

1st Zone = 200m @ 80-90%

2nd Zone = 200m @ 60%

3rd Zone = 200m @ 90%

+

5-10' of Throw-In Practice (Technical or repeat effort)

T2

2km Ramp Warmup

+

T2 Drills

2sets of

6x 150m Efforts w 30" Standing Recovery

After 6th x 150m of the set, complete 2x throw-ins

Recovery = 3'

No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

4x Sets of

4x 90" Run w 1xthrow-In to be completed within 1' recovery b/w reps

2' Jog Recovery b/w sets

(90" Runs should be quicker pace than previous week 3' Runs)

