



## Round 12

### **T1**

2km Ramp Warmup

+

T1 Drills

6x 400m Efforts w 200m (60") float

*Speed to be 5" faster per 400m effort than 5km TT*

*Example: 3:20/km pace = 400m @ 75"*

*Recovery = Float + 1' Jog return to start*

+

4x Game Sim 4 w 60" Rest b/w sets

### **T2**

2km Ramp Warmup

+

T2 Drills

6sets of

200m Effort @ 85-90% w 100m Recovery (30")

into

100m Effort (90%) w 90" Jog recovery

### **No Game Weekend Run**

2km Ramp Warmup

+

Basic Running Drills

3km Run @ 5km TT Pace

2km Run @ 5" < 5km TT Pace

1km Run @ 2km TT Pace

*Recovery = Your expected time of next effort*

+

2x sets of Whip 5-2 Drill w 3' Recovery b/w

