



Round 13

T1

2km Ramp Warmup
+
T1 Drills

3x 400m, 3x 300m, 3x 200m

Recovery = 60 seconds recovery jog back to start line
+

OPTIONAL: Any Skills Work You Want

T2

2km Ramp Warmup
+
T2 Drills

2x sets of

6x 150m Effort (middle 50m HARD) w 30" Standing recovery

Recovery: After 6th 150m perform 2x Throw-in and then 3' passive rest

No Game Weekend Run

2km Ramp Warmup
+
Basic Running Drills

2x Mona Fartlek w 5' passive rest b/w sets

+

5' of Any Skill Drill or Technique You Require

