



Round 13

T1 – Tuesday

T1 Warm Up

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C.O.D. 'Option 2' x 2/es + 4x Bounce/Backaway

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Pick Any 1 Skill Drill x 5'

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Full T1	Mod T1	Thur Game	T1 Combo
2' Run : 1' Rest x5 x2 w 2' rest b/w	2' Run : 1' Rest x4 x2 w 2' rest b/w	15"Run : 15"Rest x3' x5 w 90" rest b/w	2' Run : 1' Rest x2 x2 w 2' rest b/w + 15"Run : 15"Rest x3' x3 w 90" rest b/w

T2 – Thursday

T2 Warm Up

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Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

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Pick Any 1-2 Skill Drills x 5' each

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Full T2	Mod T2	Fri Game	T2 Combo
15"Run : 15"Rest x3' x5 w 90" rest b/w	15"Run : 15"Rest x3' x3-4 w 90" rest b/w	PRE-GAME ACTIVATION	2' Run : 1' Rest x2 x2 w 2' rest b/w + 15"Run : 15"Rest x3' x3 w 90" rest b/w

