



## Round 14

### T1

2km Ramp Warmup

+

T1 Drills

4X (Rolling Start) 400m w 60" standing recovery

3X (Rolling Start) 300m w 45" standing recovery

2X (Rolling Start) 200m w 30" standing recovery

*Efforts are continuous holding speed from the starting 400m*

+

4x Game Sim 1 w 60" rest b/w reps

### T2

2km Ramp Warmup

+

T2 Drills

6x sets of

150m Effort, jog back 50m, 100m Effort, turn/jog back 50, then 50m Effort

*Efforts at 90-95% and the 50m jog recovery split with 25m of backward*

*Recovery: 90" including a throw-in after the 50m Effort*

## No Game Weekend Run

2km Ramp Warmup

+

Basic Running Drills

2km + 1.5km + 1km + 500m (Each w 3' jog recovery)

- 2km @ 10"/km > 2km TT pace      1.5km 5"/km > 2km TT pace
- 1km @ 2km TT pace                      500m @ 5-10"/km < 2km TT pace

+

6x 100m strides w walk back recovery and 2x throw-ins

Fatigue in legs, simulate game conditions

