



Round 16

T1

2km Ramp Warmup
+
T1 Drills

3x 1200m (alternating 100m jog/ 100m HARD)

Alternating 100m Jog / 100m HARD effort
Recovery: 400m jog between sets

T2

2km Ramp Warmup
+
T2 Drills

6x 200m (50m Sprint : 100m Float : 50m Sprint)

200m made up of 50m Sprint, 100m Float, 50m Sprint
Recovery: 200m jog between sets

No Game Weekend Run

2km Ramp Warmup
+
Basic Running Drills

4x 45" Run : 45" Rest

4x 3' Run : 1' Jog

4x 2' Run : 1' Jog

4x 1' Run : 30" Jog

+

Game Sim 4 (5-10')

