



Round 16

T1 – Tuesday

T1 Warm Up

+

C.O.D. 'Option 2' x 2/es

+

Pick Any 1 Skill Drill x 5'

+

Full T1	Mod T1	Thur Game	T1 Combo
4x 800m OT6'	3x 800m OT6'	2x 85m OT45" x6-8 sets 2' rest b/w inc. 1x bounce + Backway	2x 800m OT6' + 2x 85m OT45" x4sets 2' rest b/w inc. 1x bounce + Backway

T2 – Thursday

T2 Warm Up

+

Pick Any C.O.D. Option x 2/es

+

Pick Any 1-2 Skill Drills x 5' each

+

Full T2	Mod T2	Fri Game	T2 Combo
2x 85m OT45" x6-8 sets 2' rest b/w inc. 1x bounce + Backway	2x 85m OT45" x6 sets 2' rest b/w inc. 1x bounce + Backway	PRE-GAME ACTIVATION	2x 800m OT6' + 2x 85m OT45" x4sets 2' rest b/w inc. 1x bounce + Backway

