



Round 17

T1

2km Ramp Warmup
+
T1 Drills

Modified Mona

1x 90" Run : 90" Jog
2x 60" Run : 60" Jog
3x 30" Run : 30" Jog
4x 15" Run : 15" Jog
3' Jog
+
4x 150m

*150m made up of float 120m then kickdown for 30m
Recovery = Walk return*

T2

2km Ramp Warmup
+
T2 Drills

2x 100m
2x 150m
1x 200m
2x 150m
2x 100m

Recovery: Same distance jog recovery

No Game Weekend Run

2km Ramp Warmup
+
Basic Running Drills

- 2x 1km @ 5km TT pace
- Game Sim 3 x 24'
- 6-8x 100m (fast leg speed/easy effort w walk recovery)

