



Round 17

T1 – Tuesday

T1 Warm Up

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

+

Pick Any 1 Skill Drill x 5'

+

Full T1	Mod T1	Thur Game	T1 Combo
2x 600m OT4' 2x 400m OT3' 4x 200m OT2'	2x 600m OT4' 2x 400m OT3' 4x 200m OT2'	100m OT45" x4 (50m+50m Shuttle)* x3-4sets w 2-3' rest b/w	2x 600m OT4' 2x 400m OT3' + 100m OT45" x4 (50m+50m Shuttle)* x2sets w 3' rest b/w

T2 – Thursday

T2 Warm Up

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

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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
100m OT45" x4 (50m+50m Shuttle)* x3-4sets w 2-3' rest b/w	100m OT45" x4 (50m+50m Shuttle)* x3sets w 2-3' rest b/w	PRE-GAME ACTIVATION	2x 600m OT4' 2x 400m OT3' + 100m OT45" x4 (50m+50m Shuttle)* x2sets w 3' rest b/w

* 100m effort to be completed as shuttle run (50m up/Back) with room to swap some reps for straight line if you are dealing with groin/hip issues but this is really last resort.

