



Round 18

T1

2km Ramp Warmup
+
T1 Drills

Own Team Based Activity/Run

Examples:

- 4x 150-200m relays w mixed recovery and build in COD
- Small sided game of touch rugby or NFL using soccer ball
- Group 2x 2km with varied leaders to alternate pace

Use your imagination and each other to organise a time and create session

T2

2km Ramp Warmup
+
T1 Drills

2020 Home & Away Season Finale

6x 100m @ 80-90%
Recovery: Walk 200m

