



Finals – Week 2 (Semi Finals)

T1

2km Ramp Warmup
+
T1 Drills

4sets of
2x 400m
2x 300m
2x 200m

(All with 1' Break/Jog Back To Start)

+

Throw-In Technique Work w Few Post-Throw Triggers
(<15')

T2

2km Ramp Warmup
+
T2 Drills

6x 100m Efforts w Walk Recovery
(Starting at 60% effort and adding 5% each rep)

