



Finals – Week 1 (Qualifying/Elimination)

T1

T1 Warm Up

+

Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

+

Full T1	Mod T1
3' Run w 2' Rest 2' Run w 1' Rest 1' Run w 4' rest x2 sets	3' Run w 2' Rest 90" Run w 3' Rest x2sets

T2

T2 Warm Up

+

Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

+

Full T2	Mod T2
50m OT20" x3' 3x sets w 3-4' rest b/w	50m OT20" x2' 3x sets w 3' rest b/w

Training Week Framework

Thur Game

Complete Mod T2 on Monday (or Tues but only if haven't recovered well from Saturday session)

Fri Game

Complete T1 (Mon) and Mod T2 (Wed)

Sat Game

Complete T1 (Mon) and Full T2 either Wed or Thur (Your choice)

