



Pre-Finals BYE Weekend
(Sat 27-09-20)

Session is to be completed with a partner
(Must find someone to assist with Whip 5-2 Drill)

Complete *your* standard Game-Day Warmup
(ensure you inc. mobility, building strides, throws)

+

Whip 5-2 Drill (x1)

+

Mona Fartlek

90" Run : 90" Float (x2)

60" Run : 60" Float (x4)

30"Run : 30" Float (x4)

15"Run : 15" Float (x 4)

Total = 20 mins

+

Whip 5-2 Drill (x1)

+

2km Run with intervals of 350m Run : 50m Hard Run

