



Finals – Week 2 (Semi Finals)

T1

T1 Warm Up

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

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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

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

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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

