



Finals – Week 3
(Preliminary Finals)

T1

2km Ramp Warmup
+
T1 Drills

4-6sets of
200m @90% into 100m @50% into 100m @90%
(All with 90" Break/Jog Back Recovery)

+
Throw-In Technique Work
(<10')

T2

2km Ramp Warmup
+
T2 Drills

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

