



## Offseason Week 1

### **T1**

2km Ramp Warmup  
+  
Easy T1 Drills (Rhythm > speed/force)

5 x 1km  
Run @ 10" below 5km TT Pace  
90" standing recovery b/w sets

### **T2**

2km Ramp Warmup  
+  
T2 Drills

20x 200m OTM  
+  
Game Sim 1

### **T3**

## **Top Up Your Tank**

2km Ramp Warmup  
+

Choose A Session/Skill/Physiology That You Need To Work On

**If Skill Based – Perform Both Fresh & Fatigued**

