



Offseason Week 2

T1

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

x2 Sets of..

3' Run : 90" Recovery
(2x) 2' Run : 60" Recovery
(1x) 1' Run : 30" Recovery
(2-4' Jog Recovery between sets)

T2

2km Ramp Warmup
+
T2 Drills

8x 300m Hill Repeats
(Walk Recovery Between Efforts)

+
10-15 throws w 30m effort after throw

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

