



Offseason Week 3

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup

+

[T1 Drills](#) + [COD Drill 2b](#) x 2/es w Walk Recovery

6km Tempo @ 10"/km slower than 5km TT pace

+

6x 150m w middle 50m at 90%

- *Fast but **not** max effort*

- *2-4' Jog Recovery b/w sets*

+

[Body Armour A1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup

+

[T2 Drills](#) + 3x ([Back 5m to Forward 10m](#) x3) w 60" rest b/w

8x 300m @ 80% + Throw-In

- *Finish w urgency to retrieve ball and throw in*

- *Then 100m @ 80% with 2x 10m surges similar to Trigger Point in game*

- *100m walk & 100m jog recovery b/w sets*

+

[Body Armour A2](#)

T3

Top Up Your Tank

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)

+

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

+

[Body Armour A1](#)

