



## Offseason Week 5

### T1

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

+

[T1 Drills](#) + [Half Arc to 30m Stride](#) x 2/es w Walk Recovery

*2sets of*

12' Tempo Run

+

4 x 80m @ 80-90%

+

[Body Armour B1](#)

### T2

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

+

[T2 Drills](#) + [Lateral 5m Out n Back to 30m Stride](#)) x2 e/s w 45" rest b/w

12x 150m @ 80%

- *Jog Return w middle 50m solid backwards*
- *Complete 1x Throw-In prior to starting next 150m effort*

+

[Body Armour B2](#)

### T3

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

+

**5km TT**

PICK YOUR COURSE AND PUT IT UP FOR ALL TO SEE

+

[Body Armour B1](#)

