



Offseason Week 6

T1

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

+

[T1 Drills](#) +3x ([Backward 5m to Forward 10m x3](#)) w 60" Recovery b/w

8x 400m

- 2km TT Pace w 50m surge at random
- 200m Jog Recovery
- Every 2nd rep, add

+

4 x 80m @ 80-90%

+

[Body Armour B2](#)

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

10x 300m @ 80%

- 1st 100m @ 80% 2nd 100m @60% 3rd 100m @90%
- 2x throw-in and 100m jog b/w reps

+

[Body Armour B1](#)

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 B2](#)

