



Offseason Week 8

T1

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

+

[T1 Drills](#) + [Backward Arc To Stride 20-30m](#) x2 e/s w 60" Recovery b/w

2x Sets of

400m, 300m, 200, 100m @85%

- 100m slow jog recovery b/w reps
- 3-5' Rest b/w sets with Throw-in (add 30m effort after each throw)

+

[Body Armour C2](#)

T2

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

+

[T2 Drills](#) + 4x ([45degree Cuts - Drill 6](#)) w 60" rest b/w

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3x Sets of

4x 150m @90%

- 50m Walk Recovery b/w reps
- 4x Throw-Ins and jog 400m b/w sets
- Focus on 'controlled' fast

+

[Body Armour C1](#)

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 C2](#)

