



Offseason Week 9

T1

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

+

[T1 Drills](#) + [Retreat Crossover To Backward Run 10m](#) x4 w 45" Recovery b/w

Mona Fartlek

90" Run : 90" Float (x2)

60" Run : 60" Float (x4)

30" Run : 30" Float (x4)

15" Run : 15" Float (x 4)

Total = 20 mins

(Record distance & compare with Week 4)

+

[Body Armour C1](#)

T2

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

+

[T2 Drills](#) + [Tight Arc to Accelerate 15m](#) x2e/s w 45" rest b/w

+

8x 150m Downhill (No >3% gradient)

- *Slow walk recovery b/w reps*

+

[Body Armour C2](#)

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 C1](#)

