



Offseason Week 10

T1

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

+

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

+

5x 1km

400m @5km TT Pace

400m @5km TT Pace +10"

200m @ 5km TT Pace -10"

(3' Walk Recovery w 2x Throw-Ins)

+

[Body Armour C2](#)

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

+

8x 200m @ 80%

- *Focus on fast turnover and 'easy' fast, walk back 50m*
- *Then rolling in 50m backwards @ solid pace*
- *Recovery include 2x Throw-Ins and jog diagonally back to 200m start*

+

[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](#)

