



Offseason Week 1

T1

2km Ramp Warmup

+

[Easy T1 Drills](#) (Rhythm > speed/force)

5 x 1km

Run @ 10" below 5km TT Pace

90" standing recovery b/w sets

[Body Armour A1](#)

T2

2km Ramp Warmup

+

[T2 Drills](#)

20x 200m OTM

+

Game Sim 1

[Body Armour A2](#)

T3

Top Up Your Tank

2km Ramp Warmup

+

Choose A Session/Skill/Physiology That You Need To Work On

If Skill Based – Perform Both Fresh & Fatigued

