



Offseason Week 2

T1

2km Ramp Warmup

+

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

x2 Sets of..

3' Run : 90" Recovery

(2x) 2' Run : 60" Recovery

(1x) 1' Run : 30" Recovery

(2-4' Jog Recovery between sets)

[Body Armour A1](#)

T2

2km Ramp Warmup

+

[T2 Drills](#)

8x 300m Hill Repeats

(Walk Recovery Between Efforts)

+

10-15 throws w 30m effort after throw

[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

