



Offseason Week 4

T1

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

+

[T1 Drills](#) + [COD Drill 4](#) x 2/es w Walk Recovery

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 for future reference)

+

[Body Armour A2](#)

T2

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

+

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

3x 1200m Wind Sprints

- 100m HARD, 100m Quick Jog (*just below a float*)
- Followed by 4x Throw-In w 30m effort
- 100m walk recovery before starting next set

+

[Body Armour A1](#)

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 A2](#)

