



Finals – Week 1 (Qualifying/Elimination)

T1- Tuesday

2km Ramp Warmup

+

[T1 Drills](#)

4sets of

200m Effort : 100m Jog (in 30") : 100m Effort

(90" Jog Recovery b/w sets)

+

Throw-In Technique Work of Choice

(<15')

T2 – Thursday

2km Ramp Warmup

+

[T2 Drills](#)

6x 100m Efforts w Walk Recovery

(Starting at 60% effort and adding 5% each rep)

Training Week Framework

Thur Game

Complete T2 on either Mon or Tues (Your choice)

Fri Game

Complete T1 (Mon) and T2 (Wed) doing 4x 100m instead of 6x

Sat Game

Complete T1 (Mon) and T2 either Wed or Thur (Your choice)

Sun Game

Complete T1 (Tues) and T2 either Thur or Fri (Your choice)

