



Finals – Week 2 (Semi Finals)

T1

2km Ramp Warmup

+

[T1 Drills](#)

1set of

2x 400m

2x 300m

2x 200m

(All with 1' Break/Jog Back To Start)

+

Throw-In Technique Work w Few Post-Throw Triggers
(<15')

T2

2km Ramp Warmup

+

[T2 Drills](#)

6x 100m Efforts w Walk Recovery

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

