



Finals – Week 2 (Semi Finals)

T1

T1 Warm Up

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Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

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Full T1	Mod T1
<u>3' Run w 2' Rest</u> <u>2' Run w 1' Rest</u> <u>1' Run w 4' rest</u> x2 sets	3' Run w 2' Rest 90" Run w 3' Rest x2sets

T2

T2 Warm Up

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Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

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Full T2	Mod T2
<u>50m OT20" x3'</u> 3x sets w 3-4' rest b/w	50m OT20" x2' 3x sets w 3' rest b/w

Combo T1/T2

T2 Warm Up

+

Pick Any C.O.D. Option x 2/es + 4x Bounce/Backaway

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Combo T1/T2
<u>3' Run w 2' Rest</u> <u>2' Run w 1' Rest</u> <u>1' Run w 4' rest</u> + <u>50m OT20" x2'</u> 3x sets w 3' rest b/w

