



Finals – Week 3
(Preliminary Finals)

T1

2km Ramp Warmup

+

[T1 Drills](#)

4-6sets of

200m @90% into 100m @50% into 100m @90%

(All with 90" Break/Jog Back Recovery)

+

Throw-In Technique Work

(<10')

T2

2km Ramp Warmup

+

[T2 Drills](#)

6x 100m Efforts w Walk Recovery

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

