



Finals – Week 4
(Pre-Grand Final BYE)

TUES

Easy Group Warmup

+

[T1 v2.0 Drills](#)

+

[Flush Run](#)

THUR

Easy Group Warmup

+

[T2 v2.0 Drills](#)

+

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

+

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

SAT *or* SUN

[PRE-GF BYE WEEKEND SESSION](#)

