



Finals – Week 4 (Pre-Grand Final BYE)

TUES

2km Ramp Warmup

+

[T1 Drills](#)

+

4x 500m @ 60% increasing each rep to 80%
(All with 90" standing recovery)

+

OPTIONAL skills or additional running *you* choose

THUR

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 v2.0 Drills](#)

+

[S-Curve Run x 60m](#) x4 w 45" b/w

(Increase speed & 'tightness' of curves each rep)

+

10x 150m

Stride 100m @70% into 50m @ 90%

1x Throw-In after each rep w 150m Jog Recovery

SAT or SUN

[Pre-Finals BYE Weekend Session](#)

