



## Offseason Week 6

### T1

Pre-Session [Mobility](#) + 2km Ramp Warmup

+

[T1 Drills](#) + 3x ([Backward 5m to Forward 10m x3](#)) w 60" Recovery b/w

8x 400m

- 2km TT Pace w 50m surge at random
- 200m Jog Recovery
- Every 2<sup>nd</sup> rep, add

+

4 x 80m @ 80-90%

+

[Body Armour B2](#)

### T2

Pre-Session [Mobility](#) + 2km Ramp Warmup

+

[T2 Drills](#) + [Lateral 5m Out n Back to 30m Stride](#) x2 e/s w 45" rest b/w

10x 300m @ 80%

- 1<sup>st</sup> 100m @ 80%    2<sup>nd</sup> 100m @60%    3<sup>rd</sup> 100m @90%
- 2x throw-in and 100m jog b/w reps

+

[Body Armour B1](#)

### T3

#### Top Up Your Tank

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)

+

[Mona Fartlek](#) – (Original Recipe)

+

[Solo Game Sim 3](#) x 30min

+

[Body Armour B2](#)

