



## Offseason Week 7

### T1

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

+

[T1 Drills](#) + [Retreat Crossover to 20m Stride](#) x4 w 60" Recovery b/w

22' Tempo Run @ 20"/km < 5km TT Pace

+

4 x 90m

- 60m @ 75-80%, last 30m @90%
- Fast but never maximal effort

+

[Body Armour C1](#)

### T2

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

+

[T2 Drills](#) + [Backward 10m to Stride 20-30m](#) x4 w 45" rest b/w

2x Sets of

5x 200m @80% of Max Effort

Walk Back 30m then Backward Effort 30m @80-90%

- 100m Walk, 100m Jog Recovery b/w Reps
- 3-5' Rest b/w sets inc. Throw-Ins (use height as reference not distance)

+

[Body Armour C2](#)

### T3

## Top Up Your Tank

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

+

Choose A Session/Skill/Physiology That You Need To Work On

+

[Body Armour C1](#)

