



Offseason Week 8

T1

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

+

[T1 Drills](#) + [Backward Arc To Stride 20-30m](#) x2 e/s w 60" Recovery b/w

5x 1km @ 5kmTT Pace

Standing 90" Recovery

+

[Body Armour C2](#)

T2

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

+

[T2 Drills](#) + 4x ([45degree Cuts - Drill 6](#)) w 60" rest b/w

+

3-4x 1200m

- *Alternating 100m between 80% and 70%*
- *4x Throw-Ins and jog 400m b/w sets*
- *Focus on 'controlled' fast*

+

[Body Armour C1](#)

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 C2](#)

