



## Offseason Week 11

### T1

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

+

[T1 Drills](#) + [Retreat Crossover To Backward Run 10m](#) x4 w 45" Recovery b/w

+

6x 100m strides concentrating on fast turnover & speed

+

30-40' Easy Run

+

[Body Armour C1](#)

### T2

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

+

[T2 Drills](#) + [Tight Arc to Accelerate 15m](#) x2e/s w 45" rest b/w

+

8x 300m

- 1<sup>st</sup> 100m @80%, 2<sup>nd</sup> 100m @60%, 3<sup>rd</sup> 100m @90%
- 2x Throw-Ins w 100m jog b/w reps

+

[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](#)

