



Offseason Week 12

T1

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

+

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

2sets of

5 x 200m w 60", 45", 30", 15" recovery @ 80%

- 400m jog b/w sets w 4-5 Throw-Ins

+

[Body Armour C2](#)

T2

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

+

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

+

1x set of

90" Run : 90" Float

(2x) 60" Run : 60" Float

(2x) 30" Run : 30" Float

(2x) 15" Run : 15" Float

+

6 x 100m strides w Throw-In + Walk Recovery

+

[Body Armour C1](#)

T3

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

+

2 x 15' [Game Sim 3](#) w 5' rest b/w sets

- Add 20m backward running on the long run of Game Sim 3

+

[Body Armour C2](#)

