



## Offseason Week 13

### T1

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

+

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

+

4x 1km @ 5km TT Pace

(2x *Throw-Ins* + 90" *Standing Recovery*)

+

[Body Armour C1](#)

### 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

+

4km @ 15-20"/km *slower* than 5km Pace

- 3' Jog & 4-5x *Throw-Ins*

+

4 x 400m @ 15-20"/km *faster* than 5km Pace

- *Standing 1' Recovery* w 1x *Throw-In*

+

[Body Armour C2](#)

### T3

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

+

6 x 100m Building Strides

(w *Throw-In* after each rep)

+

30min Steady State Run

+

[Body Armour C1](#)

