



Offseason Week 14

T1

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

+

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

+

x2 Sets of..

3' Run : 90" Recovery

(2x) 2' Run : 60" Recovery

(1x) 1' Run : 30" Recovery

(2-4' Jog Recovery between sets)

Record Distance for comparison to OffSeason Week 4

+

[Body Armour C2](#)

T2

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

+

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

+

10x 150m Odds n Evens

Odds = 50m @90%, 50m Float, 50m @95%

Evens = 120m @75% w kickdown last 30m

(Recoveries are 150m jog w 1x Throw-In)

+

[Body Armour C1](#)

T3

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

+

Praccy Game **or** 2x 20' [Game Sim 3](#) w 5' Rest b/w sets

+

[Body Armour C2](#)

