



Offseason Week 15

T1

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

+

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

+

10x 150m

- 70m @70%, 60m @ 80%, 20m *hard* backwards
- 150m Jog & 1x Throw-In b/w reps

+

2 x 5' [Shadow Drill](#) w 2' Rest b/w

+

[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

+

2x Sets [Whip 5-2 Drill](#) w 2'-3' Rest b/w

+

10' Steady State Run

+

[Body Armour C2](#)

T3

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

+

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

+

[Body Armour C1](#)

