



## Offseason Week 16

### T1

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

+

[T1 Drills](#) + [COD Drill 4](#) x 2/es w Walk Recovery

+

4 x 3' Run @ 5km TT Pace

- 1' Jog + 2x Throw-Ins after each rep
- 600m Jog Recovery after completion of 4x 3' runs

+

[Body Armour C2](#)

### T2

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

+

[T2 Drills](#) + 4x ([45degree Cuts - Drill 6](#)) w 60" rest b/w

+

1km @ 5km TT Pace w 3' Recovery

+

2x 300m @80% w 200m jog recovery

3x 200m @ 85% w 100m jog recovery

4x 80-120m @ 85% (fast leg turnover) w 400m jog recovery\*

*\*Include 2x 40-50m backwards + 2x Throw-In within the 400m*

+

[Body Armour C1](#)

### T3

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

+

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

+

[Body Armour C2](#)

