



Offseason Week 17

T1

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

+

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

+

2sets of

(20x 100m OT30")

- *Focus on acceleration up to good pace*
- *400m Jog w 3x Throw-Ins at end of each **set***

+

[Cran Drill](#) *or* Throw To Target (5x squat jumps prior to throw)

(Maximum of 10x throws)

+

[Body Armour C1](#)

T2

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

+

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

+

3x 700m

- 100m @90% into 100m Jog
- 50m Backward Effort switch into 50m Jog
- 400m Jog Recovery w 4x Throw-Ins

+

[Cran Drill](#) *or* Throw To Target (5x squat jumps prior to throw)

(Maximum of 10x throws)

+

[Body Armour C2](#)





T3

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

+

6x 100m Building Strides w 1x Throw-In ea. rep

+

2 x 15' Runs

Set 1 = 15x (30":30")

Set 2 = 3x (20"20", 30":30", 40":40", 1':1')

+

[Body Armour C1](#)

