



5km TT Lead-In Week

T1

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

+

[T1 Drills](#)

+

8x 150m strides concentrating on fast turnover & speed

- *Walk recovery and 3x Throw-Ins*

+

Body Armour (C1 or C2)

T2

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

+

[T2 Drills](#)

+

6x 200m @ 80%

- *Last 50m kickdown*
- *Focus on change of pace*
- *Jog 100m + Walk 100m recovery*

+

[Thiele Drill](#) x 10'

+

Body Armour (C1 or C2)

T3

Time Trial

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

+

5km TT

+

Body Armour (C1 or C2)

