



Pre-Finals BYE Week

TUES

[T1 Warm Up](#)

+

[Umpire Choice T1 COD Drill](#)

+

[**Flush Run**](#)

THUR

[T2 Warm Up](#)

+

[Umpire Choice T2 COD Drill](#)

+

4x Bounce/Backaway

+

Combo T1/T2
<u>3' Run w 2' Rest</u>
<u>2' Run w 1' Rest</u>
<u>1' Run w 4' rest</u>
+
<u>50m OT20" x2'</u>
3x sets w 3' rest b/w

SAT *or* SUN

[**PRE-FINALS BYE WEEKEND SESSION**](#)

