



Preseason Week 1

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
Pick any ONE (1) T1 Pattern (Link [Here](#))
+
5 x 3' Run
Run @ 5km TT Pace
1x Throw-In + 90" standing recovery b/w
+
[Shadow Drill](#)
2x 5' for each person

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
Pick any ONE (1) T2 Pattern (Link [Here](#))
+
3sets of
400m, 300m, 200m
- @80% w 1xThrow-In & 60" b/w reps
- 2' rest b/w sets
+
[Cran Drill](#)
Ensure movement is performed after Throw-Ins

T3

Pre-Session [Mobility](#) + 2km Ramp Warmup
+
6x 100m building strides w Throw-In after each
+
30' Steady State Run (Easy to Moderate Effort)
OR





2x 15' F/L w 5' rest b/w

(Use Roughly 70% Effort: 40% Float for F/L)

Set 1 = 30":30" x 15

Set 2 = (20":20", 30":30", 40":40", 1':1') x3

