Preseason Week 2

T1

Pre-Session Mobility + 2km Ramp Warmup + T1 Drills
+
Pick any ONE (1) T**1** Pattern (Link Here)
+
2sets of
3' Run : 90" Jog
2' Run : 1' Jog
1' Run : 2' Jog
5' Recovery b/w sets
+
4 x 100m (50m Fwd, 20m Bwd, 30m Fwd) @ 80%
1x Throw-In + Jog 100m recovery b/w
+
Bear Drill

T2*

Pre-Session Mobility + 2km Ramp Warmup + T2 Drills
+
Pick any ONE (1) T**2** Pattern (Link Here)
+
6x 300m
1xThrow-In & 60" recovery b/w reps
+
10 x 100m (80m Fwd, 20m Bwd) @ 80%
1x Throw-In + Jog 100m recovery b/w
+
Race The Throw
Session to be done remotely given camp 3/2/23

T3 = CAMP