



## Preseason Week 3

### T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)

+

Pick any ONE (1) T1 Pattern (Link [Here](#))

+

2sets of

[½ Mona Fartlek – Original Recipe](#)

*4-5x Throw-Ins + 3' recovery b/w*

+

[Slipper Scrum Drill](#)

### T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)

+

Pick any ONE (1) T2 Pattern (Link [Here](#))

+

2xsets of

5x 200m

(80m Fwd, 20m Bwd, 100m Fwd)

*1xThrow-In & 90" standing recovery b/w reps*

*3' Standing recovery b/w sets*

+

[Game Sim 6 \(Pairs\)](#)

[Muir Drill \(Solo\)](#)

### T3

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

+

[Game Sim 3 x 30min](#)

