



Preseason Week 4

T1

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

+

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

+

4x 1km @ 5kmTT Pace

90" Standing Recovery

+

[Shadow Drill](#)

(2sets – 5' for each person)

T2

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

+

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

+

8x 150m

(50m Jog into 80m Fwd, 20m Bwd)

1xThrow-In & 1' standing recovery b/w reps

+

[Cran Drill](#)

T3

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

+

5km TT*

(* If not already completed)

