



Preseason Week 5

T1

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

+

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

+

10' Threshold Run

3x Throw-In + 3' Standing Recovery

+

[Jenko Biathlon](#) (10 x 100)

+

[Bear Drill](#)

T2

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

+

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

+

10x 120m

(45m @80-85%, 30m Bwd Trigger, 45m @85%)

1x Throw-In & 120m Jog Recovery b/w reps

+

[Cran Drill](#)

T3

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

+

GAME SIMULATION

