



Preseason Week 6

T1

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

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

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6x 600m @ 80-85%

1x Throw-In + 200m Jog Recovery

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[Race The Throw](#)

T2

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

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

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8x 200m @ 85%

Walk back 50m, 30m Fwd @ 85-90% straight into 20m Bwd

1x Throw-In + 200m Jog Recovery

+

[Muir Drill](#)

T3

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

+

PRAC GAME

