



Preseason Week 7

T1

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

+

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

+

3x 1km @ 5kmTT Pace

1x Throw-In + 90" Standing Recovery

(Additional 3' Recovery after 3rd Rep)

+

6x 100m

(40m @80%, 20m Bwd, 40m @80%)

1x Throw-In to target + 100m Jog Recovery

+

[Bear Drill](#)

(Use tennis ball to sharpen focus)

T2

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

+

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

+

10x 150m

(50m @75%, 50m @85%, 20m Bwd Trigger, 30m @90%)

1x Throw-In + 150m Jog Recovery

+

[Shadow Drill](#)

T3

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

+

Weekend OFF or [Match Sim 3](#) if <2 Prac Games

