

## JENKO BIATHLON

Aim for 10 reps of the 100m runway. Reach the end of the runway, grab footy and throw in to landing zone @ 20m. Allow for circle to be 3m in diameter.

If throw in lands in the zone commence run to other end and repeat.

If throw lands outside the zone perform a penalty run around either cone C or D (at the same end approx. 15-20 from runway)

Keep throw to under 14secs.  
Aim for a time of less than 7 minutes if you have ball retrievers.

