



Round 1

T1

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

+

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

+

4x 600m

1x Throw-In + 200m Jog Recovery

+

[Cran Drill](#)

T2

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

+

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

+

3x

(300m, 200m, 100m) @ 80%

Each rep inc. 20m trigger forward and backward

100m jog recovery b/w reps

2x Throw-In + 2' Rest b/w sets

+

[Race The Throw](#)

T3

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

+

Round 1 or [Match Sim 3](#) if No State/AFL Game

