



Round 3

T1

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

+

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

+

1200m @5km Race Pace

3x Throw-In + 3' Recovery

+

4x 400m @ 80%

1x Throw-In + 200m Jog Recovery b/w

+

[Shadow Drill](#)

1x 2' + 1x 1' @ Match Intensity

1x Throw-In + 1' Recovery @ Changeovers

T2

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

+

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

+

10x 100m

40m @85%, 20m Bwd Trigger, 40m @85%

1x Throw-In + 100m jog recovery b/w reps

+

[Muir Drill](#)

T3

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

+

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

