



Round 4

T1

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

+

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

+

2x 600m @80% w 400m Jog Recovery

2x 400m @80% w 200m Jog Recovery

2x 200m @80% w 100m Jog Recovery

1x Throw-In after each effort

+

[Federer Slam](#)

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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5x 150m

60m @85%, 30m Bwd Trigger, 60m @85%

Jog 50m into 100m @ 80-85%

1x Throw-In + 90" Recovery b/w reps

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[Thiele Drill](#)

T3

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

+

Round 4 or [Match Sim 3](#) if No State/AFL Game

