



## Round 5

### T1

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

+

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

+

10' @ Threshold Pace

*3x Throw-In + 3' Recovery*

+

4x 200m

60m @85%, 30m Bwd Trigger, 60m @70%, 50m @90%

*1x Throw-In + 200m Jog Recovery*

+

[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](#))

+

8x 150m

1x Throw-In + Walk 50m

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

*1x Throw-In + Jog 150m Recovery b/w reps*

+

[Cran Drill](#)

### T3

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

+

Round 5 or [Match Sim 3](#) if No State/AFL Game

