



## Round 6 (Deload)

### T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)  
+  
Pick any ONE (1) T1 Pattern (Link [Here](#))  
+

3x 1km @ Threshold Pace  
*2x Throw-In + 90" Stand/Walk Recovery*  
+

[Tonka Drill](#)

### T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)  
+  
Pick any ONE (1) T2 Pattern (Link [Here](#))  
+

8x 150m  
50m @70%, 50m @80%, 30m @90%, 20m Bwd Trigger  
*1x Throw-In + Walk/Jog Recovery b/w reps*  
+

[Race The Throw](#)

### T3

Pre-Session [Mobility](#) + 2km Ramp Warmup  
+  
Round 6 or [Match Sim 3](#) if No State/AFL Game

