



Round 7

T1

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

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

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3' Out: 90" Rest, 3' Back: 90" Rest

2' Out: 1' Rest, 2' Back: 1' Rest

90" Out: 45" Rest, 90" Back: 45" Rest

1' Out: 30" Rest, 1' Back: 30" Rest

30" Out: 15" Rest, 30" Back

(1x Throw-In after each 'Back' Effort)

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[Bear Drill](#)

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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6x 200m @ 80% into...

1x Throw-In, Walk 50m, 50m Effort @ 90%, 1x Throw-In

200m jog recovery b/w reps

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[Cran Drill \(w Trigger\)](#)

T3

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

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Round 7 or [Match Sim 3](#) if No State/AFL Game

