



Round 10

T1

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

+

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

+

6x 500m @80% w [Random Throw Zone](#)

(1x Throw-In +90" Recovery)

+

[Shadow Drill](#)

T2

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

+

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

+

5x

150m Effort, Jog 50m, 100m Effort

(1x Throw-In + 90" Recovery)

+

[Muir Drill](#)

T3

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

+

Round 10 or [Match Sim 3](#) if No State/AFL Game

