



Round 11

T1

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

+

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

+

4x 800m @5km TT Pace w [Random Throw Zone](#)

(1x Throw-In +90" Recovery)

+

[Federer Slam](#)

T2

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

+

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

+

8x sets of...

200m @80%

(1x Throw-In Walk 50m)

into

50m @90%

(1x Throw-In 200m Jog Recovery)

+

[Race The Throw](#)

T3

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

+

Round 11 or [Match Sim 3](#) if No State/AFL Game

