



Round 12

T1

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

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

+

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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8x 200m

(10m Bwd, 30m @85%, 30m @70%, 30m @85%) x2

1x Throw-in + 200m jog recovery b/w reps

+

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

T3

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

+

Round 12 or [Match Sim 3](#) if No State/AFL Game

