



Round 13

T1

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

+

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

+

4x 600m @80%

1x Throw-In + 200m Jog Recovery

+

[Shadow Drill](#)

T2

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

+

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

+

5x

150m, Jog 50m, 100m

1' Rest + 1x Throw-In b/w reps

+

[Muir Drill](#)

T3

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

+

Round 13 or [Match Sim 3](#) if No State/AFL Game

