



Round 14

T1

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

+

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

+

12' @ Threshold Pace

3' Jog Recovery

+

4x 150m @75%

1x Throw-In + 150m Jog Recovery

+

[DFR Drill](#)

T2

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

+

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

+

6x

200m @80%

1x Throw-In + Walk 50m

50m @85%

1x Throw-In + Jog 200m Recovery b/w reps

+

[Race The Throw](#)

T3

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

+

Round 14 or [Match Sim 3](#) if No State/AFL Game

