



Round 15

T1

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

+

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

+

4x 800m @5km Threshold Pace

1x Throw-In + 2' Jog Recovery

+

[Thiele Drill](#)

T2

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

+

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

+

10x 100m

40m @85%, 20m Bwd Trigger, 40m @85%

1x Throw-In + Jog 100m Recovery b/w reps

+

[Cran Drill](#)

T3

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

+

Round 15 or [Match Sim 3](#) if No State/AFL Game

