



## Round 16

### T1

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

+

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

+

3x 1km @5km Race Pace

*1x Throw-In + 90" Recovery2*

+

[Slipper Scrum](#)

### T2

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

+

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

+

8x 150m @80-85%

*1x Throw-In + Jog 150m Recovery b/w reps*

+

[Race The Throw](#)

### T3

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

+

Round 16 or [Match Sim 3](#) if No State/AFL Game

