



## Round 8

### T1

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

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

[Half Mona Fartlek \(Original Recipe\)](#)

*(2x Throw-In + 3' Recovery)*  
+

4x 400m @80% w '[Random Throw Zone](#)'

*(1x Throw-In + 1' Recovery)*  
+

[Slipper Scrum](#)

### T2

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

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

8x 150m Accelerating

50m @70%, 50m @80%, 30m @90%, 20m Bwds Trigger

*(1x Throw-In + 150m Jog Recovery)*  
+

[Race The Throw](#)

### T3

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

Round 8 or [Match Sim 3](#) if No State/AFL Game

