



Round 9

T1

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

+

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

+

1200m @5kmTT Pace

(3' Recovery)

+

[Jenko Biathlon](#)

(1x Throw-In + 1' Recovery)

+

[Bear Drill](#)

T2

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

+

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

+

8x 100m @85%

(1x Throw-In + 100m Jog Recovery)

Additional 2' Rest

+

6x 50m 'Turn & Burn'

20m Bwds Trigger accelerating off the mark, sharp turn n go into 30m Fwd Trigger

(1x Throw-In + 50m Jog Recovery)

+

[Cran Drill](#)

T3

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

+

Round 9 or [Match Sim 3](#) if No State/AFL Game

