



Round 17

T1

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

+

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

+

1200m @5km TT Pace

3-4x Throw-In + 3' Recovery

+

[Jenko Biathlon](#)

+

[Bear Drill](#)

T2

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

+

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

+

6x 150m @85%

1x Throw-In + Walk 50m into..

50m @90%

1x Throw-In + 150m Jog Recovery

+

[Race The Throw \(x6 Reps\)](#)

T3

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

+

Round 17 or [Match Sim 3](#) if No State/AFL Game

