



Round 18

T1

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

+

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

+

2x 600m @80% w 400m Jog Recovery

2x 400m @80% w 200m Jog Recovery

2x 200m @80% w 100m Jog Recovery

1x Throw-In After Each Effort

+

[DFR Drill](#)

T2

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

+

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

+

5sets of

2x 150m @85%, jog 50m, 100m @85%

2x Throw-In between reps

Additional 90" standing rest b/w sets

+

[Cran Drill w Trigger](#)

T3

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

+

Round 18 or [Match Sim 3](#) if No State/AFL Game

