



Round 19

T1

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

+

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

+

[½ Mona Fartlek Original Recipe](#)

3' Jog Recovery

+

4x 300m @80%

1x Throw-In + 200m Jog Recovery

+

[Thiele Drill](#)

T2

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

+

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

+

8x

150m

1x Throw-In + Walk 50m into

50m (30m @85%, 20m Bwd Trigger)

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

+

[Muir Drill](#)

(Solo or Pair)

T3

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

+

Round 19 or [Match Sim 3](#) if No State/AFL Game

