



Round 20

T1

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

+

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

+

4x 800m @5km TT Pace

2x Throw-In + 400m Jog Recovery

+

[Slipper Scrum](#)

T2

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

+

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

+

5x

200m

Walk Back 50m into

30m Fwd Trigger into 20m Bwd Trigger

1x Throw-In + 200m Jog Recovery b/w sets

+

[Cran Drill w Trigger](#)

T3

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

+

Round 20 or [Match Sim 3](#) if No State/AFL Game

