



Round 21

T1

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

+

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

+

10' Threshold Run

2x Throw-In + 3' Recovery

+

4x 200m @85%

1x Throw-In + 150m Jog Recovery

+

[DFR Drill](#)

T2

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

+

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

+

8x 150m @80-85%

150m Jog Recovery

+

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

T3

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

+

Round 21 or [Match Sim 3](#) if No State/AFL Game

