



Round 22

T1

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

+

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

+

1200m @ 5km TT Pace

1x Throw-In + 2' Recovery

+

400m, 300m, 200m, 100m

1x Throw-In + ½ Previous Rep Distance Jog Recovery

+

[Shadow Drill](#)

T2

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

+

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

+

8x 200m @80-85%

2x(10m Bwd, 30m @85%, 30m @ 70%, 30m @85%)

150m Jog Recovery b/w Reps

+

[Cran Drill w Trigger](#)

T3

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

+

Round 22 or [Match Sim 3](#) if No State/AFL Game

