



Round 23

T1

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

+

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

+

1000m @ 5km TT Pace

1x Throw-In + 2' Recovery

+

[Jenko Biathlon](#)

+

[Bear Drill](#)

T2

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

+

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

+

10x 100m

(40m @85%, 20m Bwd Trigger, 40m @85%)

1x Throw-In + 100m Jog Recovery b/w Reps

+

[Muir Drill](#)

T3

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

+

Round 23 or [Match Sim 3](#) if No State/AFL Game

