



Round 24

T1

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

+

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

+

1000m @80%

1x Throw-In + 90" Recovery

+

800m @80%

1x Throw-In + 90" Recovery

+

600m @80%

1x Throw-In + 90" Recovery

+

400m @80%

1x Throw-In + 90" Recovery

+

200m

1x Throw-In

+

[Slipper Scrum](#)

T2

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

+

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

+

6x 150m @85%

1x Throw-In + Walk 50m in 50m @90%

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

+

[Race The Throw](#)





T3

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

+

Round 24 or [Match Sim 3](#) if No State/AFL Game

