



Finals Week 1

T1

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

+

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

+

2sets of

300m, 200m, 100m @80%

1x Throw-In + Rep Distance Jog Recovery

300m Walk b/w sets

+

[Slipper Scrum](#)

T2

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

+

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

+

6x 100m @80%

1x Throw-In + 100m Jog Recovery

+

[Cran Drill w Trigger](#)

T3

GAME

