



Pre-Finals 'BYE'

T1

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

+

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

+

4x 600m

Accelerating Each 200m (65%, 75%, 85%)

1x Throw-In + 2' Recovery

+

[Shadow Drill](#)

T2

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

+

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

+

10x 150m

Stride 100m @70% into 50m @90%

1x Throw-In + 150m Jog Recovery

+

[Cran Drill w Trigger](#)

T3

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

+

½ Mona Fartlek Original Recipe*

3min Rest

+

4x 150m

100m @75%, 20m Bwd Trigger, 30m @90%

1x Throw-In + 150m Jog Recovery

3min Rest

+





½ Mona Fartlek Original Recipe*

3min Rest

+

1x Decision Making Drill

[Bear Drill](#)

[DFR Drill](#)

[Muir Drill](#)

* Each Half Mona run 90" effort @5km threshold pace and increase speed slightly as hard efforts get shorter. 15" efforts at the end should be at 80-90%

