



Prelim Final

T1

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

+

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

+

2x Sets of...

200m, 300m, 400m @80%

Jog same distance as effort for recovery b/w reps

1x Throw-In + 90" Recovery b/w sets

+

[Bear Drill](#)

T2

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

+

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

+

6x 100m @85%

1x Throw-In + 100m Jog Recovery

+

[Cran Drill w Trigger](#)

