



Semi 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

+

[DFR Drill](#)

T2

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

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

+

6x 100m @85%

1x Throw-In + 100m Jog Recovery

+

[Cran Drill w Trigger](#)

RESTING UMPS

[½ Mona Fartlek \(Original Recipe\)](#)

90" Efforts @ Threshold Pace (15"/km slower than 5km Race Pace)

Gradually increasing speed as duration of hard efforts shorten (60" efforts @Race Pace)

Throw-Ins under fatigue Immediately after

+

[Race The Throw x8](#)





T3

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

+

Semi Final or [Match Sim 3](#) if No State/AFL Game

