



Preseason Week 2

MON	TUES	WED	THUR	FRI	SAT	SUN
8-10km LSR	T1 6km Threshold / Threshold+	REST	5km LSR (Flush)	T2 Drill Specific MAS Running	20km LSR	REST

T1

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

+

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

+

[Movement Pattern 3](#)

2x Complete Sets

Jog 1x Lap

1x Complete Set

+

[Shadow Drill](#)

(Work in pairs with 5' each, add a couple of throws each block)

+

3 x 5' MAS

20" On: 10" Off @ 110% - with NO COD (straight line)

T2

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

+

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

+

10x Throw-Ins

(After Warmup)

+

6 x 200s

- 50m Fwd, 50m Bwd, 50m Fwd, 50m Bwd @ around 90% game intensity

- Jog 30", Walk 30" Recovery b/w each

+





6 x 400m

- Threshold pace
- 60" rest b/w reps

+

10x Throw-Ins
(*After Conditioning*)

[Boundary Follow-Up Presentation](#)

Includes details on 6' Run test, MAS running and progressions for game conditioning

