



Preseason Week 4

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](#))

+

6x 150m

150m consists of: 6x (20m Sprint, 5m Decel)

Walk return recovery

+

[Slipper Scrum](#)

+

3 x 7' MAS

20" On: 10" Off @ 105% - with 1 COD*

3' rest b/w sets

T2

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

+

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

+

Target Throws

+

4x 50m Strides @ 80% Speed

*** strictly no faster and walk return/recovery ***

+

5x 1km Efforts w 60" Recovery

Each 1km = 250m threshold into 50m @80% speed

Into 400m long run pace, into 250m threshold, into 50m @80% speed

(Add in backward running when suits)





	105%	Straight line (m)	1 COD (m)
Group 1	5.67	113	57
Group 2	5.46	109	55
Group 3	5.25	105	53

[*Boundary Follow-Up Presentation](#)

Reminder on the MAS COD setup

