



Round 0

T1

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

+

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

+

4x 150m (*Mod = 3x*)

150m consists of: 6x (20m **Sprint**, 5m Decel to a **STOP**)

Walk return recovery

+

6x 80m Fwd/Back/Stop/Start * (See below for description)

Walk return recovery

+

[Boundary Touch Football](#)

2 x 6' w 3' rest b/w halves inc. 5-8x throws

+

3 x 3' MAS

Set3: **10"** On: **20"** Off @ **120%** (Straight Line)

3' rest b/w sets

T2

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

+

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

+

5 x 1km

Each 1km effort has the following:

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

Add backwards running in when suits





T3

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

6' Run Test

+

Easy 2km LSR

+

5x 150m Accel/Decel

150 m = (Accel 25m/Decel 5m) x5

+

[Thiele Drill x 5'](#)

+

2x 2km Threshold w 90" rest b/w

+

6-8km LSR

	120%	Straight Line (m)	1 COD (m)
Group 1	6.5	65	32
Group 2	6.3	63	31
Group 3	6.1	61	30

Fwd/Back/Stop/Start

- Aim of the drill is to visualise 80m Game period with all aspects of game demands
- Each rep to be done different (umpire choice) but needs to be done HARD!!!!





Weekly Schedule

	Mon	Tuesday	Wednesday	Thursday	Friday	Sat	Sun	Mon
Thursday Game	Easy 8km	Modified Main Group	Pre Game Run	Game	Flush or day off	Easy 8km	Optional THD	Easy 4-6km
Friday Game	Easy 8km	Main Group	Easy 4-6km	Pre Game Run	Game	Flush or day off	Easy 8km	Easy 8km
Saturday Game	Easy 8km	Main Group	Easy 8km	T2	Pre Game Run	Game	Flush or day off	Easy 8km
Sunday Game	Easy 8km	Main Group	Easy 8km	T2	Easy 4-6	Pre Game Run	Game	Easy 8km
Monday Game	Easy 8km	Main Group	Easy 8km	Easy 4-6	T2	Flush or day off	Pre Game Run	Game

