**Round 1**

## T1

Pre-Session Mobility + 2km Ramp Warmup + T1 Drills
+
Pick any ONE (1) T**1** Pattern (Link Here)
+
## 6x 80m Fwd/Back/Stop/Start * (See below for description)

*Walk return recovery*
+
## Bear Drill (with throws)

*10-15' Total*
+
## 3 x 3' MAS

10" On: 10" Off @ 110% (Straight Line)
3' rest b/w sets
+
## Optional Easy Run To Finish

## Modified T1

Pre-Session Mobility + 2km Ramp Warmup + T1 Drills
+
Pick any ONE (1) T**1** Pattern (Link Here)
+
## 2-3x 80m Fwd/Back/Stop/Start * (See below for description)

*Walk return recovery*
+
## Bear Drill (with throws)

*10-15' Total*
+
## 2 x 3' MAS
10" On: 10" Off @ 110% (Straight Line)
3' rest b/w sets
+
## Optional Easy Run To Finish

# Hybrid T1

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

+

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

+

## 3km LSR

+

## [Bear Drill (with throws)](#)

*10-15' Total*

+

## 2-3 x 1km Efforts at Threshold

60" rest b/w sets

+

## 3km LSR


# T2

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

+

Pick any ONE (1) T**2** Pattern (Link [Here](#))

+

## 2 x 1km Surge Work

*Each 1km effort has the following:*
*- 3-5x change of speed in the rep*
*- Overall average speed need to be at threshold*
*- 60" rest b/w reps*

+

## 10x Throw-Ins To Target

+

## Select ONE of Two Options

A) 2x 1km Surge as above

B) 2x 1km THD (based off 6min test)

+

## Easy 3-5km Jog To Finish

# T2 THD

Pre-Session Mobility + 2km Ramp Warmup + T2 Drills
+
Pick any ONE (1) T**2** Pattern (Link Here)
+

## 4-5 x 1km Efforts

*- 60" rest b/w reps*

+

## 10x Throw-Ins To Target

+

## Easy 3-5km Jog To Finish


# Hybrid T1 Catch-Up

Pre-Session Mobility + 2km Ramp Warmup + T2 Drills
+
Pick any ONE (1) T**2** Pattern (Link Here)
+

## 2-3x 80m Fwd/Back/Stop/Start * (See below for description)

*Walk return recovery*

+

## Bear Drill (with throws)

*10-15' Total*

+

## 10x Throw-Ins To Target

+

## 2 x 3' MAS

10" On: 10" Off @ 105-110% (Straight Line)
3' rest b/w sets

+

## Optional Easy Run To Finish

|  | 110% | Straight Line (m) |
|---|---|---|
| Group 1 | 5.9 | 59 |
| Group 2 | 5.7 | 57 |
| Group 3 | 5.5 | 55 |

## 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!!!!

[REMINDER VIDEO ON INSEASON SETUP/STRUCTURE](#)

| 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 |