



## Round 3

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

#### **T1**

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

+

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

+

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

*Walk return recovery*

+

#### [Jenko Biathlon](#)

+

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) T1 Pattern (Link [Here](#))

+

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

*Walk return recovery*

+

#### [Jenko Biathlon](#)

+

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) T1 Pattern (Link [Here](#))

+

3km LSR

+

[Jenko Biathlon](#)

+

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) T2 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) T2 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) T2 Pattern (Link [Here](#))

+

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

*Walk return recovery*

+

[Jenko Biathlon](#)

+

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

