



Round 4

**** [WATCH THIS NEW T1 VIDEO](#) ****

T1

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

+

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

+

4x 80m Fwd/Back/Stop/Start * (See below for description)

Walk return recovery

+

2x 150m Accel/Decel

- Cone each 25m
- Accelerate to cone
- Decelerate to complete stop as hard as possible
- Accelerate to next cone etc.

+

[Boundary Touch Football](#) (x10-15min)

+

3 x 4' MAS

15" On: 15" 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](#))

+

4x 80m Fwd/Back/Stop/Start * (See below for description)

Walk return recovery

+





2x 150m Accel/Decel

- Cone each 25m
- Accelerate to cone
- Decelerate to complete stop as hard as possible
- Accelerate to next cone etc.

+

Boundary Touch Football (x10-15min)

+

2 x 4' MAS

15" On: 15" 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

+

Boundary Touch Football (x10-15min)

+

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

+

[Boundary Touch Football](#) (x10-15min)

+

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 10" (m)	Straight 15" (m)
Group 1	5.9	59	89
Group 2	5.7	57	86
Group 3	5.5	55	83

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

