



Round 16

T1

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

+

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

+

Pick Conditioning Based On Oval Space Available

“Plenty Of Oval Space”	“Limited Oval Space”
3x Point-Post to Point-Post <i>(Same 80m effort as last 10x Rounds)</i>	4x 80m Fwd/Back/Stop/Start <i>* (See below for description)</i>
<i>Walk return recovery</i>	<i>Walk return recovery</i>
+	+
Cran Drill	2x 150m Accel/Decel
+	- Cone each 25m
Throw-Ins	- Accelerate to cone
+	- Hard decelerate to complete stop
2x sets of following combo	- Accelerate to next cone etc.
90” MAS @ 100%	+
<i>(Do NOT run faster than listed)</i>	Cran Drill
<i>60” rest then into</i>	+
3’ MAS	Throw-Ins
15” On: 15” Off @ 110% (Straight Line)	+
3’ rest b/w sets	3 x 4’ MAS
+	15” On: 15” Off @ 110% (Straight Line)
Optional Easy Run To Finish	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](#))

+

Pick Conditioning Based On Oval Space Available

“Plenty Of Oval Space”	“Limited Oval Space”
2x Point-Post to Point-Post <i>(Same 80m effort as last 10x Rounds)</i> <i>Walk return recovery</i> + <u>Cran Drill</u> + Throw-Ins + 2x sets of following combo 90” MAS @ 100% <i>(Do <u>NOT</u> run faster than listed)</i> <i>60” rest then into</i> 3’ MAS 15” On: 15” Off @ 110% (Straight Line) 3’ rest b/w sets + Optional Easy Run To Finish	3x 80m Fwd/Back/Stop/Start <i>* (See below for description)</i> <i>Walk return recovery</i> + 2x 150m Accel/Decel - Cone each 25m - Accelerate to cone - Hard decelerate to complete stop - Accelerate to next cone etc. + <u>Cran Drill</u> + Throw-Ins + 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

+

[Cran Drill](#)

+

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

- *Change speed 3-5x per rep*
- *Overall average speed needs to be at threshold*

60" rest b/w reps

+

10x Throw-Ins To Target

+

Select ONE of Two Options

A) 2x 1km Surge (Repeating)

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](#))

"Plenty Of Oval Space"

3x Point-Post to Point-Post

(Same 80m effort as last 10x Rounds)

Walk return recovery

+

Cran Drill

+

Throw-Ins

+

2x sets of following combo

90" MAS @ 100%

(Do NOT run faster than listed)

60" rest then into

3' MAS

15" On: 15" Off @ 110% (Straight Line)

3' rest b/w sets

"Limited Oval Space"

4x 80m Fwd/Back/Stop/Start

** (See below for description)*

Walk return recovery

+

2x 150m Accel/Decel

+

Cran Drill

+

Throw-Ins

+

2x sets of following combo

90" MAS @ 100%

(Do NOT run faster than listed)

60" rest then into

3' MAS

15" On: 15" Off @ 110% (Straight Line)

3' rest b/w sets





	110%	Straight 10" (m)	Straight 15" (m)	1' @ 100%	90" @ 100%
Group 1	5.9	59	89	320m	480m
Group 2	5.7	57	86	310m	465m
Group 3	5.5	55	83	300m	450m

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

