



Round 19

T1

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

+

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

+

8x 50m Strides w ***Hard*** Deceleration after each

4x 80%, 2x 90%, 2x Own Choice %

+

3x 150m Game Sim Movement w Throw-In At End

+

[**Jenko Biathlon**](#)

+

(4x) 90" MAS @ 100% w 60" rest

Extra 60" rest after last set

into

(4x) 60" MAS @110% w 45" rest

(Do NOT run faster than listed in either block)





Modified T1

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

+

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

+

6x 50m Strides w ***Hard*** Deceleration after each

*Use This Structure: 80%, 70%, **90%**, 80%, 70%, **90%***

+

2x 150m Game Sim Movement w Throw-In At End

+

[Jenko Biathlon](#)

+

(3x) 90" MAS @ 100%

(Do NOT run faster than listed)

1min rest b/w sets

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 1.6km (1Mile) 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 1.6km (1mile) 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](#))

+

3 x 2km 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 + [T1 Drills](#)

+

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

+

6x 50m Strides w **Hard** Deceleration after each

*Use This Structure: 80%, 70%, **90%**, 80%, 70%, **90%***

+

2x 150m Game Sim Movement w Throw-In At End

+

[Jenko Biathlon](#)

+

(3x) 90" MAS @ 100%

(Do NOT run faster than listed)

1min rest b/w sets

	110%	1' @ 110%	1' @ 100%	90" @ 100%
Group 1	5.9	350m	320m	480m
Group 2	5.7	340m	310m	465m
Group 3	5.5	330m	300m	450m

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

