



Round 21

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

+

[Shadow Drill \(2x 5'\)](#)

+

2x

3' MAS (15":15") @110% w 60" Rest

into

2' MAS @100% w 60" Rest

Into

2' MAS @100% w 60" Rest

(No Additional Rest After Second 2' MAS... 60" only)





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

+

[Shadow Drill \(2x 5'\)](#)

+

1x

3' MAS (15":15") @110% w 60" Rest

into

2' MAS @100% w 60" Rest

Into

2' MAS @100%

Hybrid T1

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

+

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

+

3km LSR

+

[Shadow Drill \(2x 5'\)](#)

+

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](#))

+

10x 50m w Odds = Backward, Evens = 70% Strides

+

2-3x

2km @ Threshold Pace w 2' rest b/w reps

+

10x Throw-In To Target

+

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 8' 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%***

+

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

+

[Shadow Drill \(2x 5'\)](#)

+

1x

3' MAS (15":15") @110% w 60" Rest

into

2' MAS @100% w 60" Rest

Into

2' MAS @100%

	110%	15" @ 110%	2' @ 100%
Group 1	5.9	89m	640m
Group 2	5.7	86m	620m
Group 3	5.5	83m	600m





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

