



## Pre-Final Bye

### **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

+

### **1x**

5' @ 110% MAS (15":15") w 60" Rest

into

3' @95% MAS w 90" Rest

into

2' @100% MAS w 60" Rest

into

2' @110% MAS

### **Hybrid T1**

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

+

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

+

3km LSR

+

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](#))

+

Own Choice T2

- No more threshold running than normal
- You decide how you want to break it down

## BYE WEEKEND RUN SESSION

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

+

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

+

Requirements are as follows –

- Minimum 15km Running
- 6km Threshold
- 6x 100s of High Speed (Quicker than 2.30k Pace)
- 15 Throw-Ins
- 10 x 80m Backwards Running
- 4 x 150s Game sim (Game intensity)
- [Whip 5-2 Drill](#)

	15" @ 110%	3' @ 95%	2' @ 100%	2' @ 110%
Group 1	89m	915m	640m	700m
Group 2	86m	885m	620m	680m
Group 3	83m	855m	600m	660m

