T1

Pre-Session Mobility + 2km Ramp Warmup + T1 Drills

+

Pick any ONE (1) T**1** 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

+

VolKayneO Drill
4-6x Reps of ea. position

+

1x

5' @ 90% MAS w 90" Rest

into

4' @95% MAS w 90" Rest

into

3' @95% MAS w 90" Rest

into

2' @100% MAS w 90" Rest

Into

1' @100% MAS

Modified T1

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

+

Pick any ONE (1) T**1** 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

+

[VolKayneO Drill](#)
4-6x Reps of ea. position

+

1x
5' @ 90% MAS w 90" Rest
into
4' @95% MAS w 90" Rest
into
3' @95% MAS

Hybrid T1

Pre-Session Mobility + 2km Ramp Warmup + T1 Drills

+

Pick any ONE (1) T**1** Pattern (Link Here)

+

3km LSR

+

VolKayneO Drill
4-6x Reps of ea. position

+

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) T**2** Pattern (Link Here)

+

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

+

5-6x
1km @ 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) T**2** 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) T**1** Pattern (Link Here)
+

8x 50m Strides w *Hard* Deceleration after each
Use This Structure: 4 @80%, 2@ 90%, 2@Choice %
+

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

+

VolKayneO Drill
4-6x Reps of ea. position
+

1x
5' @ 90% MAS w 90" Rest
into
4' @95% MAS w 90" Rest
into
3' @95% MAS

	5' @ 90%	4' @ 95%	3' @ 95%	2' @ 100%	1' @ 100%
Group 1	1440m	1215m	915m	640m	320
Group 2	1395m	1180m	885m	620m	310
Group 3	1350m	1140m	855m	600m	300

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