



## Round 24

### 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

+

[Cran Drill](#) and [Thiele Drill](#)

+

### 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) 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

+

[Cran Drill](#) and [Thiele Drill](#)

+

**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) T1 Pattern (Link [Here](#))

+

3km LSR

+

[Cran Drill](#) and [Thiele 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](#))

+

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) 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](#))

+

**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**

+

**[Cran Drill](#) and [Thiele Drill](#)**

+

**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

