



Finals Week2

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

+

Thiele Drill

+

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

+

[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](#))

+

5-6x 1km Efforts @ Threshold Pace w 2' Rest b/w

+

10x Throw-Ins To Target

+

3-5km Easy Jog

| | 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 |

