



## Finals Week3

### **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

+

**[Stagg Drill w Throw](#)**

+

### **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

+

**[Stagg Drill w Throw](#)**

+

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

