



## Boundary Umpires Week 1

### T1

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

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1km @ 5km TT Pace w 3' Recovery

2x 300m @80% w 200m Recovery Jog

3x 200m @85% w 100m Recovery Jog

4x 80-120m @ 85% (fast leg turnover)

- *b/w sets, 400m jog w 2 x 40m-50m backward efforts + 2x Throw-ins*
- *1st throw after completion of rep, 2<sup>nd</sup> throw after 400m recovery jog*

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[Body Armour C1](#)

### T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)

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6x 200m @ 80%

- *First 150m @80% w last 50m kickdown*
- *Concentrate on showing change of pace and holding for the 50m 'easy fast'*

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[Thiele Drill](#) (10min)

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[Body Armour C2](#)

### T3

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

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30min Easy Run

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6x 100m strides w throw-in after each

