



Boundary Umpires Week 2

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Backward 10m To Stride 30-50m](#) x 3 w 30" b/w
+
8x 150m @ 80%

- *Focus on fast turnover and 'easy fast'*
- *Walk return recovery with 3x Throw-Ins w movement*

+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
5km TT
+
[Cran Drill](#)
+
[Body Armour C2](#)

T3

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)
+
½ Mona Fartlek
(*Easy to Moderate Effort*)
+
6x 100m strides w throw-in after each

1/2 Mona = 1x set of the following
3' Run : 90" Recovery, (2x) 2' Run : 60" Recovery, (1x) 1' Run : 30" Recovery

