



## Boundary Umpires Week 3

### T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)  
+  
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w  
+  
[Mona Fartlek](#)

Compare Distance to Week 2 of Offseason Program

+  
[Body Armour C1](#)

### T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)  
+  
[Backward Arc To Stride 30m](#) x2 e/s w 30" b/w  
+  
3x 1200m

- *Alternating 100m @90%, 100m jog and 400m easy jog between sets*

+  
[Federer Slam](#)  
+  
[Body Armour C2](#)

### T3

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)  
+  
6x 100m building strides w throw-in after each  
+  
30min Steady State Run  
(Easy to Moderate Effort)

***OR***

2x 15' F/L w 5' Rest b/w sets

*Use roughly 70% Effort : 40% Float*

Set 1= 30":30" x15

Set 2= (20":20", 30":30", 40":40", 1':1') x3

