



## Boundary Umpires Week 4

### T1

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

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[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w

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4km @ 15-20" slower than 5km pace

- 3 min jog followed by 4-5 Throw-Ins

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4x 400m @ 15-20" faster than 5km pace

- Recovery = Standing 1 min + 1x Throw-In

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[Body Armour C1](#)

### T2

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

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[COD 4 - Multidirectional](#) x2 e/s w 30" b/w

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10x 150m

- Odds: 50m @ 90%, 50m Float, 50m Hard
- Evens: 120m @ 75% then kick down last 30m
- Recovery for all reps = 1x Throw-in + 150m jog

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[Body Armour C2](#)

### T3

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

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6x 100m building strides w throw-in after each

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[½ Mona Fartlek \(Original Recipe\)](#)

