



Boundary Umpires Week 5

T1

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

+

[Retreat Crossover to Backward Run](#) x 4 w 45" b/w

+

4x 1km @ 5km pace

- 2x Throw-Ins + 90" Standing Recovery

+

[Body Armour C1](#)

T2

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

+

[S-Curve Run x 60m](#) x4 w 45" b/w

- Increase speed & 'tightness' of curves each rep

+

10x 150m

- 70m @80% into 60m @90% into 20m backwards trigger
- Recovery for all reps = 1x Throw-in + 150m jog

+

[Shadow Drill](#) x 4laps

+

[Body Armour C2](#)

T3 or GAME

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

+

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

+

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

