



Boundary Umpires Round 1

T1

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

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([Back Hard 10m To Stride 30m](#)) x4 w 30" b/w

+

400m, 600m, 800m, 600m, 400m @80%

- 1x Throw-In & 50% of previous distance time as recovery

+

[Body Armour C1](#)

T2

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

+

[Tight Arc To Stride](#) x1 e/s w 30" b/w

+

[Backward Arc To Stride](#) x1 e/s w 30" b/w

+

5sets of

2x 150m

- 50m @ 70%, 50m @ 80%, 50m @ 90%
- 150m jog between **reps**
- 1x Throw-In + 150m jog between **sets**

+

[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 \(Original Recipe\)](#)

