



Boundary Umpires Round 2

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w
+
3' Run Out & 3' Run Return w 90" Recovery + 1x TI
2' Run Out & 2' Run Return w 60" Recovery + 1x TI
90" Run Out & 90" Run Return w 45" Recovery + 1x TI
1' Run Out & 1' Run Return w 30" Recovery + 1x TI
(Throw-In only done from back at starting point)
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
[COD 4 - Multidirectional](#) x2 e/s w 30" b/w
+
8x sets of
200m @ 80% w 1x TI
Walk back 50m + 50m @ 90% + 1x TI
(200m jog recovery b/w 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 \(Original Recipe\)](#)

