



## Boundary Umpires Round 3

### **T1**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)  
+  
[Retreat Crossover to Backward Run](#) x 4 w 45" b/w  
+  
4x 800m @ 80%  
  
*1x Throw-In + 400m jog recovery b/w sets*  
+  
[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  
100m @ 75-80%, 50m @ 90%  
  
*1x Throw-In + 150m jog recovery b/w sets*  
+  
[Cran Drill](#)  
+  
[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 \(Original Recipe\)](#)

