



Boundary Umpires Round 4

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
12' Threshold Run
15"/km Slower than 5km Race Pace followed by 3' Rest
+
6x 400m @ 80%
1x Throw-In + 60" standing recovery b/w sets
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
[Backward Arc To Stride 30m](#) x2 e/s w 30" b/w
+
2sets of...
4x 200m
100m @ 75% into 50m @ 80-85% into 50m @ 90%
1x Throw-In + 90" jog recovery b/w reps
3' Jog Recovery b/w sets
+
[Tennis Lethal 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 \(Original Recipe\)](#)

