



Boundary Umpires Round 5

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w
+
200m @ 80% + 1x Thow-In w 90" Recovery
400m @ 80% + 1x Thow-In w 2' Recovery
600m @ 80% + 1x Thow-In w 2' Recovery
400m @ 80% + 1x Thow-In w 90" Recovery
200m @ 80% + 1x Thow-In
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
[45degree Cuts \(Drill 6\)](#) x4 w 30" b/w (*increase intensity each rep*)
+
3x 700m
Alternate: 100m @ 85-90% w 100m Jog
1x Throw-In + 500m jog recovery
+
[Golden Child](#) (VIC)
(Requires bigger group)

[Thiele Drill](#) (Interstate)

+

[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 \(Original Recipe\)](#)

