



## Boundary Umpires Week 6

### **T1**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)  
+  
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w  
+  
[Mona Fartlek](#)

- *Check distance & compare with previous sessions*

+  
[Body Armour C1](#)

### **T2**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)  
+  
[COD 4 - Multidirectional](#) x2 e/s w 30" b/w  
+  
3x 700m

- *Alternating 100m @90% with 100m Jog*
- *Recovery 400m jog (on top of final 100m jog) + 3x Throw-Ins*

+  
[Federer Slam](#)  
+  
[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 \(Original Recipe\)](#)

However...

If didn't have Prac Game or AAMI then replace ½ Mona with below

[Skill Drill 2](#) = 2 x 12' Sets with 1lap jog between

