



Boundary Umpires Round 6

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Retreat Crossover to Backward Run](#) x 4 w 45" b/w
+
1200m @5km Race Pace
2x Throw-In + 3' jog recovery
+
5x 400m @ 80%
1x Throw-In + 500m jog recovery
+
[Race The Throw](#)
+
[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)
+
2sets of 5x 100m
50m @ 75-50% and 50m @ 90%
100m Jog recovery b/w reps
100m Walk recovery b/w sets
+
[Joint Boundary/Goal Skills Session](#)
+
[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 \(Original Recipe\)](#)

