



## Boundary Umpires Round 7

### **T1**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)  
+  
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w  
+  
2x [Half Mona Fartlek \(Original Recipe\)](#)  
*2x Throw-In after each half w + 5' jog recovery b/w sets*  
+  
[Race The Throw](#)  
+  
[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 5x 150m Windsprints  
(50m @ 90% - 50m @ 70% - 50m @ 90%)  
- *1x Throw-In + 150m Jog recovery b/w reps*  
- *150m Walk recovery b/w sets*  
+  
[Bear Drill](#)  
+  
[Body Armour C2](#)

### **T3 or GAME**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [Warmup Drills](#)  
+  
6x 100m building strides w throw-in after each  
+  
[Whip 5-2 Drill](#) x4 Sets w 3' Walk recovery b/w

