



Boundary Umpires Round 8

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w
+
3x 1km @ 5km Race Pace
1x Throw-In after each w + 600m jog recovery
+
[Race The Throw](#)
+
[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*)
+
2sets of
4x 200m @ 80%
into
1x Throw-In, Walk Back 50m, 50m @ 90%, 1x Throw-In
- 150m Jog recovery b/w reps
- 150m Walk 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 \(Original Recipe\)](#)

