



Boundary Umpires Round 9

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Retreat Crossover to Backward Run](#) x 4 w 45" b/w
+
12min Threshold Run @ 15"/km slower than 5km Race Pace
5' jog recovery
+
400m, 300m, 200m @ 80 %
Throw-In after each rep w 200m & 150m walk recovery b/w
+
[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)
+
5sets of
2x 150m
- 50m @ 70%, 50m @ 80%, 50m @ 90%
- 150m jog recovery b/w reps
- 1x Throw-In & 150m jog recovery b/w sets
+
[Shadow Drill](#) (x5' each person)
+
[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 \(Original Recipe\)](#)

