



Boundary Umpires Round 10 – Easy Week

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
12min Threshold Run
3' jog recovery
+
4 x 150m Strides @ 75 %
Throw-In after each stride w walk recovery b/w
+
[Cran Drill](#)
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 v2.0 Drills](#)
+
[Backward Arc To Stride 30m](#) x2 e/s w 30" b/w
+
8x 150m
- 100m @ 70-75%
- Kick last 50m @ 85-90%
- 1x Throw-In & 150m jog recovery b/w reps
+
[Cran 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 \(Original Recipe\)](#)

