



Boundary Umpires Round 11

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)

+

[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w

+

3' Out, 3' Back

2' Out, 2' Back

1' Out, 1' Back

30" Out, 30" Back

+

1x Throw-In after each run 'Back' w Half Rep Duration in standing recovery

+

[Thiele Drill](#)

+

[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 v2.0 Drills](#)

+

[45degree Cuts \(Drill 6\)](#) x4 w 30" b/w (*increase intensity each rep*)

+

3sets of

200m, 150m, 50m w all reps @ 80-85%

- *1x Throw-In & jog next rep distance as recovery*
- *400m jog b/w sets*

+

[Thiele 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 \(Original Recipe\)](#)

