



Boundary Umpires Round 12

T1

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

+

[Retreat Crossover to Backward Run](#) x 4 w 45" b/w

+

400m, 600m, 800m, 600m, 400m all @ 80%

- 1x Throw-In after each rep, jog recovery = half distance of previous rep

+

[Bear Drill](#)

+

[Body Armour C1](#)

T2

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

+

[S-Curve Run x 60m](#) x4 w 45" b/w

(Increase speed & 'tightness' of curves each rep)

+

2sets of
5x 150m

- Accelerating each 50m (70%, 80%, 90%)
- 1x Throw-In & jog 150m after each rep
- 150m walk 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

+

[½ Mona Fartlek \(Original Recipe\)](#)

