



## Boundary Umpires Round 13

### **T1**

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

+

([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w

+

3x 1km @ 5km Race Pace

- 1x Throw-In and 400m jog recovery after each 1km effort

+

[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 200m

- Walk 50m into FAST 50m into 1x Throw-In & jog 150m after each rep

+

[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 \(Original Recipe\)](#)

