



Boundary Umpires Round 14

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

+

2x [Half Mona Fartlek \(Original Recipe\)](#)

- 3x *Throw-Ins* and 5min jog recovery between halves

+

[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*)

+

3x 2Laps (400m laps)

- *Alternating 100m Fast, 100m Jog*
- *2x Throw-Ins after ea. rep w 1x lap jog recovery*

+

[Race The Throw](#)

+

[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 \(Original Recipe\)](#)

