



Boundary Umpires Round 15

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)
+
[Retreat Crossover to Backward Run](#) x 4 w 45" b/w
+
1200m @5km Race Pace
- 2x Throw-Ins and 3min jog recovery
+
4x 500m @ 80%
- 1x Throw-Ins and 250m jog recovery after ea rep
+
[Cran Drill](#) *or* [Lethal 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
4x 200m
- 100m @75% into 50m @80-85% into 50m @90%
- 1x Throw-In & 150m jog recovery b/w reps and 3' jog recovery b/w sets
+
[Shadow 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 \(Original Recipe\)](#)

