



Boundary Umpires Round 17

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
+
400m w 90" standing recovery + 1x TI
600m w 90" standing recovery + 1x TI
1000m w 2' standing recovery + 1x TI
600m w 90" standing recovery + 1x TI
400m + 1x TI with all reps @80%
+
[Bear 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*)
+
5sets of
150m w Throw-In and walk back 50m
100m w Throw-In
Reps @ 80-85% and 150m Jog recovery 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 \(Original Recipe\)](#)

