



## Boundary Umpires Round 18 (Easy Week)

### **T1**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)  
+  
[Retreat Crossover to Backward Run](#) x 4 w 45" b/w  
+  
12' Threshold Run w 5' Jog Recovery  
+  
4x 150m strides  
*70-75% w 1x Throw-In + 150m Jog Recovery*  
+  
[Shadow Drill](#)  
(2x 5' Sets)  
+  
[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)*  
+  
10x 150m  
*Stride 100m @70% into 50m @ 90%*  
*1x Throw-In after each rep w 150m 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 \(Original Recipe\)](#)

