



Boundary Umpires Round 19

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
1200m @ 5km Race Pace
2x Throw-In + 3' Jog Recovery
+
4x 400m @ 80%
1x Throw-In + 200m Jog Recovery
+
[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 150m
Accelerating each 50m (70% -> 80% -> 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 \(Original Recipe\)](#)

