



Boundary Umpires Round 20

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
+
12' Threshold @ 15"/km Slower than 5km Race Pace
3' Jog Recovery
+
400m, 300m, 200m @ 80%
1x Throw-In + 200m Jog Recovery b/w Efforts
+
[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*)
+
8sets of
200m @ 80%
1x Throw-In, Walk Back 50m
Fast 50m @ 90%
1x Throw-In w 200m 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 \(Original Recipe\)](#)

