



## Boundary Umpires Round 21 (Easy Week)

### T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)  
+  
[Retreat Crossover to Backward Run](#) x 4 w 45" b/w  
+  
4x 800m @ Threshold Pace  
(15"/km Slower than 5km Race Pace)  
*1x Throw-In + 2' Jog Recovery b/w Efforts*  
+  
[Shadow 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)*  
+  
8x 150m  
90m @ 75% into 10m Backwards, Trigger, 50m @ 90%  
*1x Throw-In w 150m Jog Recovery b/w sets*  
+  
[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 \(Original Recipe\)](#)

