



## Boundary Umpires Round 22

### **T1**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 v2.0 Drills](#)  
+  
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w  
+  
3x 1km @ 5km Race Pace  
*2x Throw-In + 2' Walk Recovery b/w Efforts*  
+  
[Bear 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  
+  
8sets of  
100m @ 85%  
*1x Throw-In, Walk Back 50m*  
50m @ 90%  
*1x Throw-In w 100m Jog Recovery b/w sets*  
+  
[Cran 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 \(Original Recipe\)](#)

