



Boundary Umpires Round 23

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
+
800m @ 80%
400m Jog Recovery + 2x Throw-In
+
4x 400m @ 80-85%
1x Throw-In + 400m Jog Recovery
+
[Thiele 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 150m
50m Fast @ 90% -> 40m Float @ 80% into..
10m Backwards Trigger ->50m Fast @ 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 \(Original Recipe\)](#)

