



Boundary Umpires Round 6

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
1200m @ 5km Race Pace
2x TI + 3' Jog Recovery
+
4x 400m @ 80%
1x TI + 200m Jog Recovery
+
[Thiele Drill](#)
+
[Body Armour C1](#)

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
[COD 4 - Multidirectional](#) x2 e/s w 30" b/w
+
8x 200m @ 80%
1x TI + Walk Back 50m into 50m fast effort @ 90%
1x TI + 200m Jog Recovery
+
[Cran w Trigger](#)
+
[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 \(Original Recipe\)](#)

