



## Boundary Umpires Round 8

### **T1**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)

+

[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w

+

3x 1km

@5km Threshold Pace

2x TI + 2' Walk Recovery

+

[Bear Drill](#)

+

[Body Armour C1](#)

### **T2**

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)

+

[45degree Cuts \(Drill 6\)](#) x4 w 30" b/w (*increase intensity each rep*)

+

8x 150m Accelerating

50m @70%, 50m @80%, 50m @90%

1x TI + 150m Jog Recovery

+

[Cran Drill 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 \(Original Recipe\)](#)

