



Boundary Umpires Round 9

T1

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

+

[Retreat Crossover to Backward Run](#) x 4 w 45" b/w

+

3:00 Out w 90" Recovery & 3:00 Back w 90" Recovery

2:00 Out w 60" Recovery & 2:00 Back w 60" Recovery

1:30 Out w 45" Recovery & 1:30 Back w 45" Recovery

1:00 Out w 30" Recovery & 1:00 Back w 30" Recovery

30" Out w 15" Recovery & 30" Back w 15" Recovery

1x TI each time at start point

+

[Shadow Drill](#)

+

[Body Armour C1](#)

T2

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

+

[S-Curve Run x 60m](#) x4 w 45" b/w

(Increase speed & 'tightness' of curves each rep)

+

8x 200m

(10m Backwards, 30m @90%, 30m @70%, 30m @90%) x2

1x TI + 200m Jog Recovery

+

[Muir 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 \(Original Recipe\)](#)

