



Boundary Umpires Round 13

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
5x 600m @ 80%
1x TI + 400m Jog Recovery
+

Shadow Drill

+
Body Armour C1

T2

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T2 Drills](#)
+
[Backward Arc To Stride 30m](#) x2 e/s w 30" b/w
+
8x 150m
50m @ 70%, 50m @ 80%, 50m @ 90%
1x TI + 150m Jog Recovery b/w sets
+

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 \(Original Recipe\)](#)

