



Boundary Umpires Round 14

T1

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

+

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

+

3:00 Out : 90" Rest with 3:00 Back : 90" Rest

2:00 Out : 60" Rest with 2:00 Back : 60" Rest

90" Out : 45" Rest with 90" Back : 45" Rest

60" Out : 30" Rest with 60" Back

1x TI each time at start point

+

[Tonka 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*)

+

6x 200m

Walk Back 50m, 50m forwards fast @ 90% into 1x TI

Walk back 30m, 30m backwards fast into 1x TI

200m 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 \(Original Recipe\)](#)

