



Boundary Umpires Round 16

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+

[Half Mona Fartlek Original Recipe](#)

4x Throw-Ins + 3' Recovery

+

4x 400m @ 80%

1x Throw-Ins + 1' Recovery

+

[Thiele 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

+

5x

(2x 150m)

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

100m jog b/w reps

90" Recovery + 2x Throw-Ins 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 \(Original Recipe\)](#)

