



## Boundary Umpires Round 17

### T1

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

+

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

+

10' Threshold

*4x Throw-Ins + 3' Recovery*

+

3x 600m @ 80%

*1x Throw-Ins + 90" 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*)

+

6x 200m

Walk Back 50m, 50m fast (30m Fwd trigger into 20m Bwd Trigger)

*2x Throw-Ins + 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 \(Original Recipe\)](#)

