



Boundary Umpires Round 18

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
([Backward 5m to Forward 10m x3](#)) x3 w 30" b/w
+
3x 1km @ 5km Race Pace
2x Throw-In + 90" Recovery
+
[Tonka 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 150m
(80m @75%, 20m Backwards trigger, 50m Forward trigger @90%)
1x Throw-In + 150m Jog Recovery
+
[Cran Drill w Trigger](#)
+
[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 \(Original Recipe\)](#)

