



Boundary Umpires Round 19

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w
+
5x 600m @ 85%
1x Throw-In + 400m Jog Recovery
+
[Thiele 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*)
+
8x 150m @ 85%
1x Throw-in, walk back
50m fast (10m Fwd trigger, 20m Bwd trigger, 20m Fwd trigger)
1x Throw-In + 150m Jog Recovery
+
[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 \(Original Recipe\)](#)

