



Boundary Umpires Round 22

T1

Pre-Session [Mobility](#) + 2km Ramp Warmup + [T1 Drills](#)
+
[Lateral 5m Out n Back to Run 15m](#) x2 e/s w 30" b/w
+
[2x Half Mona \(Original Recipe\)](#)
2x T1 + 3' Recovery b/w
+
[Slipper Scrum](#)
+
[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 100m @ 85%
1x Throw-In + Walk back 50m
50m fast @ 90% + 1x throw-in + jog 100m recovery*
**rolling start – jog 5m into each 50m hard effort*
+
[Cran 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 \(Original Recipe\)](#)

