BOUNDARY UMPIRES

ROUND 2

T1

Pre-Training Mobility + T1 Warm Up + 1km Ramp

Forward Run 20m + Backward Run 10m + Forward Run 20m x4

Full T1	T1/T2 Combo
50m fast stride + 20m backward run : light jog back recovery x4 + 4 x 6 min Threshold Runs : 3' Rest in b/w Include 2-3 throw-ins during rest period	50m fast stride + 20m backward run : light jog back recovery x4 + 2 x 6 min Threshold Runs : 3' Rest in b/w Include 2-3 throw-ins during rest period + 4 x 400m @ RPE 8 : 1' rest in b/w

T2

Pre-Training Mobility + T2 Warm Up + 1km Ramp

Lateral 5m Out n Back to Run 20m x2 e/s

Full T2	T1/T2 Combo
4 x 400m @ RPE 8 : 1' rest in b/w + 4 x 300m @ RPE 8 : 1' rest in b/w Rest 3' b/w sets + Throw-in + 20m Hard + 10m Float + 20m Hard : 30" Rest in b/w x4	50m fast stride + 20m backward run : light jog back recovery x4 + 2 x 6 min Threshold Runs : 3' Rest in b/w Include 2-3 throw-ins during rest period + 4 x 400m @ RPE 8 : 1' rest in b/w

T3

Pre-Training Mobility + T3 Warm Up

Option 1	Option 2	Option 3
AFLW Game	State Game	No Game Session 3 x 20' Game Sim 3 : 1' rest b/w cycles Rest 5' b/w sets