



# BOUNDARY UMPIRES

## ROUND 3

### T1

[Pre-Training Mobility](#) + [T1 Warm Up](#) + 1km Ramp

Backward Run 20m + Forward Trigger 30m x4 w walk back recovery

Full T1	T1/T2 Combo
30m Accel and + 20m Float + 30m Max Effort x4 w walk back recovery + 3 x 8 min Threshold Runs : 3' Rest in b/w Include 2-3 throw-ins during rest period	30m Accel and + 20m Float + 30m Max Effort x2 w walk back recovery + 2 x 8 min Threshold Runs : 3' Rest in b/w Include 2-3 throw-ins during rest period + Set 1: 3 x 300m @ <a href="#">RPE 8</a> : 1' rest in b/w Set 2: 4 x 200m @ <a href="#">RPE 8-9</a> : 1' rest in b/w

### T2

[Pre-Training Mobility](#) + [T2 Warm Up](#) + 1km Ramp

[Half Arc to Stride 30m](#) x2 e/s

Full T2	T1/T2 Combo
Set 1: 3 x 400m @ <a href="#">RPE 8</a> : 1' rest in b/w Set 2: 4 x 300m @ <a href="#">RPE 8</a> : 1' rest in b/w Set 3: 5 x 200m @ <a href="#">RPE 8-9</a> : 1' rest in b/w Rest 3' b/w sets + Throw-in + Backward Run 20m + Trigger 40m x4 w 60" rest in b/w	30m Accel and + 20m Float + 30m Max Effort x2 w walk back recovery + 2 x 8 min Threshold Runs : 3' Rest in b/w Include 2-3 throw-ins during rest period + Set 1: 3 x 300m @ <a href="#">RPE 8</a> : 1' rest in b/w Set 2: 4 x 200m @ <a href="#">RPE 8-9</a> : 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' <a href="#">Game Sim 3</a> : 1' rest b/w cycles Rest 5' b/w sets