



BOUNDARY UMPIRES

ROUND 4

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 + 4 x 1km Progressive Runs @ RPE 5/6/7/8 Rest 2' b/w	30m Accel and + 20m Float + 30m Max Effort x2 w walk back recovery + 3 x 1km Progressive Runs @ RPE 7/8 Rest 2' b/w + Set 1: 2 x 300m @ RPE 8 : 1' rest in b/w Set 2: 3 x 200m @ RPE 8-9 : 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
Throw-in + Backward Run 20m + Trigger 40m x4 w 60" rest in b/w + Post to Post x3 laps @ Building Intensities each lap. *Last lap = Max Effort. + Set 1: 2 x 400m @ RPE 8 : 1' rest b/w Set 2: 4 x 200m @ RPE 8 : 1' rest b/w Rest 3' b/w sets	30m Accel and + 20m Float + 30m Max Effort x2 w walk back recovery + 3 x 1km Progressive Runs @ RPE 7/8 Rest 2' b/w + Set 1: 2 x 300m @ RPE 8 : 1' rest in b/w Set 2: 3 x 200m @ RPE 8-9 : 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