



# BOUNDARY UMPIRES

## ROUND 5

### 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 + 5 x 1km Progressive Runs @ <a href="#">RPE 5/6/7/8/8</a> Rest 2' b/w	30m Accel and + 20m Float + 30m Max Effort x2 w walk back recovery + 3 x 1km Progressive Runs @ <a href="#">RPE 7/8</a> Rest 2' b/w + <a href="#">Post to Post</a> x3 laps @ <a href="#">RPE 9</a>

### 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 + <a href="#">Post to Post</a> x4 laps @ Building Intensities each lap. *Last lap = Max Effort. + Set 1: 4 x 300m @ 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 @ <a href="#">RPE 7/8</a> Rest 2' b/w + <a href="#">Post to Post</a> x3 laps @ <a href="#">RPE 9</a>

### 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