



BOUNDARY UMPIRES

ROUND 7

T1

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

Backward Run 30m + Forward Trigger 40m x2 w 60" recovery

Full T1	T1/T2 Combo
Repeat Speed x1 set Sprint 20m up + 20m back OT 20" Sprint 40m up + 40m back OT 40" Sprint 60m up + 60m back + 3 x 3' Run @ RPE 5 : 2' Walk X2 Sets Rest 3' b/w sets	Repeat Speed x1 set Sprint 20m up + 20m back OT 20" Sprint 40m+ up + 40m back OT 40" Sprint 60m up + 60m back + 3 x 3' Run @ RPE 5 : 2' Walk + 10 x 12" Run @ RPE 8 OT 30"

T2

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

Full T2	T1/T2 Combo
4 x 40m Strides @ 75/85/95/100% 4 x 30m Backward Strides @ 75/85/95/100% Backward Running Drill 2 x6 + 10 x 12" Run @ RPE 8 OT 30" X2 Sets Rest 3' b/w sets	Repeat Speed x1 set Sprint 20m up + 20m back OT 20" Sprint 40m+ up + 40m back OT 40" Sprint 60m up + 60m back + 3 x 3' Run @ RPE 5 : 2' Walk + 10 x 12" Run @ RPE 8 OT 30"

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