



BOUNDARY UMPIRES

WEEK 1 FINALS

T1

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

[Post to Post](#) x5 (Building intensity with every rep you complete. Last rep should be at 90%)

[Backward Run 10m to 30m Sprint](#) x4 w 60" recovery

Full T1	T1/T2 Combo
3 x 800m OT 5'	3 x 800m OT 5'
Rest 3'	Rest 3'
3 x 600m OT 4'	5 x 100m @ RPE 8 OT 45" Rest 3' 4 x 200m @ RPE 8 OT 90"

T2

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

6 x 40m Strides @ 60/75/90/95/100/100% of top speed

Full T2	T1/T2 Combo
6 x Backward Run 30m @ High Intensity into Quick Decel in 5m. Jog back recovery.	3 x 800m OT 5'
5 x 100m @ RPE 8 OT 45" Rest 3'	Rest 3'
4 x 200m @ RPE 8 OT 90"	5 x 100m @ RPE 8 OT 45" Rest 3' 4 x 200m @ RPE 8 OT 90"

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