



BOUNDARY UMPIRES

WEEK 4 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
<p>3 x 800m OT 5'</p> <p>Rest 3'</p> <p>2 x 600m OT 4' + 2 x 400m OT 3'</p>	<p>Set 1 - 3 x 800m OT 5'</p> <p>Set 2 – 6 x 80m @ RPE 8 OT 30"</p> <p>Set 3 - 6 x 100m @ RPE 8 OT 45"</p> <p>Rest 3' b/w sets</p>

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
<p>6 x Backward Run 30m @ High Intensity into Quick Decel in 5m. Jog back recovery.</p> <p>Set 1 – 6 x 80m @ RPE 8 OT 30"</p> <p>Set 2 - 6 x 100m @ RPE 8 OT 45"</p> <p>Set 3 - 4 x 200m @ RPE 8 OT 90"</p> <p>Rest 3' b/w sets.</p>	<p>Set 1 - 3 x 800m OT 5'</p> <p>Set 2 – 6 x 80m @ RPE 8 OT 30"</p> <p>Set 3 - 6 x 100m @ RPE 8 OT 45"</p> <p>Rest 3' b/w sets</p>

T3

[Pre-Training Mobility](#) + [T3 Warm Up](#)

Option 1	Option 2	Option 3
AFLW Game	State Game	<p>No Game Session</p> <p>3 x 20' Game Sim 3 : 1' rest b/w cycles</p> <p>Rest 5' b/w sets</p>