# BOUNDARY UMPIRES – SEASON 8, 2023

# ROUND 4 - Week of 18ᵗʰ September

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.
- If you are still training with your state league program, do not complete this program until you are no longer attending.

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## SESSION 1

1km Warm Up – Progress pace each 200m

6 x 20m Backward run – build your intensity gradually each rep : easy jog return

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

**Repeat Speed Set**
4 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (200m)

3X SETS
Run RPE 8-9 : Jog RPE 2-3
20" : 20" / 30" : 30" / 40" : 40" / 60" : 60"
Rest 3' b/w sets
Include 2-3 throw-ins during rest period

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## SESSION 2
Warm Up
4 x Forward Run 20m into 30m Backward Run into 20m Forward Run : easy jog return
4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

2X SETS
200m OT 90" + 100m OT 40" x3 cycles
Rest 3' b/w sets
RPE 8-9

Throw-in + 20m Hard + 10m Float + 20m Hard : 30" Rest in b/w x4

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| GAME | |
|---|---|
| Option 2 | Option 3 |
| State Game | No Game Session<br>4 x 1.8km Game Sim 3 : 1' rest b/w cycles<br>Rest 5' b/w sets |

# BOUNDARY UMPIRES – SEASON 8, 2023

# ROUND 5 - Week of 25<sup>th</sup> September

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.
- If you are still training with your state league program, do not complete this program until you are no longer attending.

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## SESSION 1

1km Warm Up – Progress pace each 200m

6 x 20m Backward run – build your intensity gradually each rep : easy jog return

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

**Repeat Speed Set**
2X SETS
2 x 10m OT 10" into 4 x 20m OT 15" into 2 x 30m OT 20" (320m)
Rest 2' b/w sets

4X SETS
Run RPE 8-9 : Jog RPE 2-3
20" : 20" / 30" : 30" / 40" : 40" / 60" : 60"
Rest 3' b/w sets
Include 2-3 throw-ins during rest period

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## SESSION 2
Warm Up
4 x Forward Run 20m into 30m Backward Run into 20m Forward Run : easy jog return
4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

2X SETS
200m OT 90" + 100m OT 40" x4 cycles
Rest 3' b/w sets
RPE 8-9

Throw-in + 20m Hard + 10m Float + 20m Hard : 30" Rest in b/w x4

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## GAME

| Option 2 | Option 3 |
|---|---|
| State Game | No Game Session<br>4 x 1.8km Game Sim 3 : 1' rest b/w cycles<br>Rest 5' b/w sets |