



BOUNDARY UMPIRES – SEASON 8, 2023

ROUND 6 - Week of 2nd October

- 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.

SESSION 1

1.5km Warm Up @ 4:30/km

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 4 x 30m OT 20" (380m)

Rest 2' b/w sets

3X SETS

4 x 30" [RPE 3](#) / 20" @ [RPE 7](#) / 10" @ [RPE 9-10](#)

Rest 3' b/w sets

Include 2-3 throw-ins during rest period

SESSION 2

1km Easy Run + [Warm Up](#)

[Back 5m into Fwd Accel 5m x3](#) X4 @ 100% Intensity : 30" Rest in b/w

4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

4 continuous cycles of:

25m OT 10" + 50m OT 20" + 75m OT 30" + 100m OT 45"

[RPE 8-9](#)

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

IF YOU ARE'T APPOINTED TO A GAME

No Game Session

4 x 1.8km [Game Sim 3](#) : 1' rest b/w cycles

Rest 5' b/w sets



BOUNDARY UMPIRES – SEASON 8, 2023

ROUND 7 - Week of 9th October

- 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.

SESSION 1

1.5km Warm Up @ 4:30/km

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 4 x 30m OT 20" (380m)

Rest 2' b/w sets

3X SETS

5 x 30" [RPE 3](#) / 20" @ [RPE 7](#) / 10" @ [RPE 9-10](#)

Rest 3' b/w sets

Include 2-3 throw-ins during rest period

SESSION 2

1km Easy Run + [Warm Up](#)

[Back 5m into Fwd Accel 5m x3](#) X4 @ 100% Intensity : 30" Rest in b/w

4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

5 continuous cycles of:

25m OT 10" + 50m OT 20" + 75m OT 30" + 100m OT 45"

[RPE 8-9](#)

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

IF YOU ARE'T APPOINTED TO A GAME

No Game Session

4 x 1.8km [Game Sim 3](#) : 1' rest b/w cycles

Rest 5' b/w sets



BOUNDARY UMPIRES – SEASON 8, 2023

ROUND 8 - Week of 16th October

- 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.

SESSION 1

1.5km Warm Up @ 4:30/km

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 4 x 30m OT 20" (380m)

Rest 2' b/w sets

3X SETS

6 x 30" [RPE 3](#) / 20" @ [RPE 7](#) / 10" @ [RPE 9-10](#)

Rest 3' b/w sets

Include 2-3 throw-ins during rest period

SESSION 2

1km Easy Run + [Warm Up](#)

[Back 5m into Fwd Accel 5m x3](#) X4 @ 100% Intensity : 30" Rest in b/w

4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

6 continuous cycles of:

25m OT 10" + 50m OT 20" + 75m OT 30" + 100m OT 45"

[RPE 8-9](#)

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

IF YOU ARE'T APPOINTED TO A GAME

No Game Session

4 x 1.8km [Game Sim 3](#) : 1' rest b/w cycles

Rest 5' b/w sets