



BOUNDARY UMPIRES – SEASON 8, 2023

FINALS WEEK 1 - Week of 6th November

- 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

[Pre-Training Mobility](#) + Easy 1km Jog + [Warm Up](#)
[Post to Post](#) x5 (Build intensity with every rep you complete. Last rep should be 90%)
[Backward Run 10m to 30m Sprint](#) x4 w 60" recovery

3 x 800m OT 5'

Rest 3'

3 x 600m OT 4'

SESSION 2

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

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

6 x Backward Run 30m @ High Intensity into Quick Decel in 5m. Jog back recovery.

5 x 100m @ [RPE 8](#) OT 45"

Rest 3'

4 x 200m @ [RPE 8](#) OT 90"

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

FINALS WEEK 2 - Week of 13th November

- 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

[Pre-Training Mobility](#) + Easy 1km Jog + [Warm Up](#)
[Post to Post](#) x5 (Build intensity with every rep you complete. Last rep should be 90%)
[Backward Run 10m to 30m Sprint](#) x4 w 60" recovery

3 x 800m OT 5'

Rest 3'

2 x 600m OT 4'

SESSION 2

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

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

6 x Backward Run 30m @ High Intensity into Quick Decel in 5m. Jog back recovery.

Set 1 – 4 x 80m @ [RPE 8](#) OT 30"

Set 2 - 6 x 100m @ [RPE 8](#) OT 45"

Set 3 - 4 x 200m @ [RPE 8](#) OT 90"

Rest 3' b/w sets.

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

FINALS WEEK 3 - Week of 20th November

- 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

[Pre-Training Mobility](#) + Easy 1km Jog + [Warm Up](#)
[Post to Post](#) x5 (Build intensity with every rep you complete. Last rep should be 90%)
[Backward Run 10m to 30m Sprint](#) x4 w 60" recovery

3 x 800m OT 5'

Rest 3'

2 x 600m OT 4' + 2 x 400m OT 3'

SESSION 2

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

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

6 x Backward Run 30m @ High Intensity into Quick Decel in 5m. Jog back recovery.

Set 1 – 6 x 80m @ [RPE 8](#) OT 30"

Set 2 - 6 x 100m @ [RPE 8](#) OT 45"

Set 3 - 4 x 200m @ [RPE 8](#) OT 90"

Rest 3' b/w sets.

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

FINALS WEEK 4 - Week of 27th November

- 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

[Pre-Training Mobility](#) + Easy 1km Jog + [Warm Up](#)
[Post to Post](#) x5 (Build intensity with every rep you complete. Last rep should be 90%)
[Backward Run 10m to 30m Sprint](#) x4 w 60" recovery

3 x 800m OT 5'

Rest 3'

2 x 600m OT 4' + 2 x 400m OT 3'

SESSION 2

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

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

6 x Backward Run 30m @ High Intensity into Quick Decel in 5m. Jog back recovery.

Set 1 – 6 x 80m @ [RPE 8](#) OT 30"

Set 2 - 6 x 100m @ [RPE 8](#) OT 45"

Set 3 - 4 x 200m @ [RPE 8](#) OT 90"

Rest 3' b/w sets.