



Field Umpires

Week 5 **(NOTE)**

T1

T1 Warm Up

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Tight Arc To Stride 30m x3ea direction w 1x Bounce/Backway + 20" rest b/w

Full T1	Mod T1	Thur Game	T1 Combo
<u>1x 600m OT4'</u> <u>3x 200m OT2'</u> x4 sets w 4' b/w	<u>1x 600m OT4'</u> <u>2x 200m OT2'</u> x3 sets w 4' b/w	<u>100m OT40"</u> ± <u>50mOT20"</u> 4' Sets x3-4 w 3' rests b/w	<u>1x 600m OT4'</u> <u>2x 200m OT2'</u> x2 sets w 4' b/w + <u>100m OT40"</u> ± <u>50mOT20"</u> 4' Sets x2 w 3' rests b/w

T2

T2 Warm Up

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Retreat Crossover To Run (30m) x 4 w 1x Bounce/Backway + 30" rest b/w

Full T2	Mod T2	Fri Game	T2 Combo
<u>100m OT40"</u> ± <u>50mOT20"</u> 4' Sets x3-4 w 3' rests b/w	<u>100m OT40"</u> ± <u>50mOT20"</u> 4' Sets x2-3 w 3' rests b/w	PRE-GAME ACTIVATION	<u>1x 600m OT4'</u> <u>2x 200m OT2'</u> x2 sets w 4' b/w + <u>100m OT40"</u> ± <u>50mOT20"</u> 4' Sets x2 w 3' rests b/w

T3

General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFLW GAME OR AAMI SERIES GAME	CLUB VISIT OR INTERCLUB	15' Run w 6' Rest + 3 x 5' F/L w 3' Rest <i>F/L 1 = 40:20</i> <i>F/L 2 = 30:30</i> <i>F/L 3 = 20:40</i> *Completed Mid-Week Game	<u>No Game Session 1</u> <u>'The Checklist'</u> x1 Set Only + <u>½ Mona Fartlek</u> <u>(Original Recipe)</u> x1 Set Only

