



Field Umpires Round 6

T1

T1 Warm Up

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1x Bounce into [Retreat Crossover into 30m Acceleration](#) x3 w slow walk back recovery

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Full T1	Mod T1	Thur Game	T1 Combo
4'Run (@85% MAS) w 2'rest b/w sets x4 sets	4'Run (@85% MAS) w 2'rest b/w sets x3 sets	Run The 50m Square OT2' x5 Run 50m Arc OT60" x6 20m Return OT30" x8 + 1x 600m OT5' 1x 400m OT4' Reps @ RPE4- 5	4'Run (@85% MAS) w 2'rest b/w sets x2 sets + Run The 50m Square OT2' x5 Run 50m Arc OT60" x6 20m Return OT30" x8

T2

T2 Warm Up

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1x Bounce into [S-Curve Run x40-60m](#) x3 w building intensity and slow walk back recovery

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Full T2	Mod T2	Fri Game	T2 Combo
Run The 50m Square OT2' x5 Run 50m Arc OT60" x6 20m Return OT30" x8 + 1x 600m OT5' 1x 400m OT4' Reps @ RPE4- 5	Run The 50m Square OT2' x5 Run 50m Arc OT60" x6 20m Return OT30" x8 + <i>OPTIONAL</i> 1x 400m OT4' Reps @ RPE4- 5	PRE-GAME ACTIVATION	4'Run (@85% MAS) w 2'rest b/w sets x2 sets + Run The 50m Square OT2' x5 Run 50m Arc OT60" x6 20m Return OT30" x8

T3

General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME	Mona Fartlek x3 Set Only 3-5' rest b/w sets	No Game Session 3 'Mixed Method ¼' x3 Set Only

Skills coaches to collaborate with state HPM to arrange sessions based off this template

