



Field Umpires Round 10

T1

[T1 v2.0 Warm Up](#)

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[Tight Arc To Stride](#) 30m x2 each direction w 1x Bounce/Backway + 30" rest b/w

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Full T1	Mod T1	Thur Game	T1 Combo
3-4 x 1km Run (1:1 Work : Rest) Umpire determines pace	3 x 1km Run (1:1 Work : Rest) Umpire determines pace	100m OT60" x10 50m Return OT60" x10 4x 1' Game Run OT2' Reps @ RPE 4-5	2 x 1km Run (1:1 Work : Rest) Umpire determines pace 100m OT60" x6 50m Return OT60" x6

T2

[T2 v2.0 Warm Up](#)

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[C.O.D. 4](#) x2 each direction w 30" rest b/w

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Full T2	Mod T2	Fri Game	T2 Combo
100m OT60" x10 50m Return OT60" x10 4x 1' Game Run OT2' Reps @ RPE 4-5	100m OT60" x10 50m Return OT60" x10 2x 1' Game Run OT2' Reps @ RPE 4-5	<u>PRE-GAME ACTIVATION</u>	2 x 1km Run (1:1 Work : Rest) Umpire determines pace 100m OT60" x6 50m Return OT60" x6

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

