



Field Umpires

Round 11

T1

T1 v2.0 Warm Up

+

1x Bounce into Backward 10m into 30m stride x 3 w Slow Walk Back Recovery

Full T1	Mod T1	Thur Game	T1 Combo
<p><u>3' Run: 90" Jog</u></p> <p>x3-4</p>	<p><u>3' Run: 90" Jog</u></p> <p>x3</p>	<p><u>Run the 50m Square (200m) x4 OT2'</u></p> <p>±</p> <p><u>100m OT50" x8</u></p> <p>±</p> <p><u>20m Returns OT30" x8</u></p> <p>+</p> <p>1x 600m Reps @ <u>RPE4- 5</u></p> <p>1x 400m Reps @ <u>RPE4- 5</u></p>	<p><u>3' Run: 90" Jog</u></p> <p>x2</p> <p><u>Run the 50m Square (200m) x2 OT2'</u></p> <p>±</p> <p><u>100m OT50" x8</u></p> <p>±</p> <p><u>20m Returns OT30" x8</u></p>

T2

T2 v2.0 Warm Up

+

1x Bounce into Lateral 5m Out n Back to 20m Acceleration x2e/s w Slow Walk Back Recovery

Full T2	Mod T2	Fri Game	T2 Combo
<p><u>Run the 50m Square (200m) x4 OT2'</u></p> <p>±</p> <p><u>100m OT50" x8</u></p> <p>±</p> <p><u>20m Returns OT30" x8</u></p> <p>+</p> <p>1 x 600m Reps @ <u>RPE4- 5</u></p> <p>1 x 400m Reps @ <u>RPE4- 5</u></p>	<p><u>Run the 50m Square (200m) x4 OT2'</u></p> <p>±</p> <p><u>100m OT50" x6</u></p> <p>±</p> <p><u>20m Returns OT30" x6</u></p> <p>+</p> <p>1 x 400m Reps @ <u>RPE4- 5</u></p>	<p><u>PRE-GAME ACTIVATION</u></p>	<p><u>3' Run: 90" Jog</u></p> <p>x2</p> <p><u>Run the 50m Square (200m) x2 OT2'</u></p> <p>±</p> <p><u>100m OT50" x8</u></p> <p>±</p> <p><u>20m Returns OT30" x8</u></p>

T3

General Warm Up

+

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

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

