



# Field Umpires Round 15

## T1

### T1 v2.0 Warm Up

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1x Bounce into Retreat Crossover into 30m Acceleration x 3 w slow walk back recovery

Full T1	Mod T1	Thur Game	T1 Combo
3-4 x 1km Run  (1:1 Work:Rest)  You determine pace	3 x 1km Run  (1:1 Work:Rest)  You determine pace	<u>Run the 50m Square(200m)</u> <u>x4 OT2'</u>  <u>50m Return OT60" x8</u>  1x 600m Reps @ <u>RPE4- 5</u> 1x 400m Reps @ <u>RPE4- 5</u>	2 x 1km Run  (1:1 Work:Rest) You determine pace  <u>Run the 50m Square(200m)</u> <u>x2 OT2'</u>  <u>50m Return OT60" x4</u>

## T2

### T2 v2.0 Warm Up

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1x Bounce into S-Curve Run x40-60m x3 w building intensity w slow walk back recovery

Full T2	Mod T2	Fri Game	T2 Combo
<u>Run the 50m Square(200m)</u> <u>x4 OT2'</u>  <u>50m Return OT60" x8</u>  1x 600m Reps @ <u>RPE4- 5</u> 1x 400m Reps @ <u>RPE4- 5</u>	<u>Run the 50m Square(200m)</u> <u>x4 OT2'</u>  <u>50m Return OT60" x8</u>  1x 400m Reps @ <u>RPE4- 5</u>	<u>PRE-GAME</u> <u>ACTIVATION</u>	2 x 1km Run  (1:1 Work:Rest) You determine pace  <u>Run the 50m</u> <u>Square(200m)</u> <u>x2 OT2'</u>  <u>50m Return OT60" x4</u>

## T3

### General Warm Up

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OPTION 1	OPTION 2	OPTION 3	OPTION 4
AFL GAME	STATE GAME	<u>Mona Fartlek</u> <u>x3 Set Only</u>  3-5' rest b/w sets	<u>No Game Session 4</u> <u>'Heaven &amp; Hell'</u> <u>x2-3 Set Only</u> <b>(NOT 4 sets)</b>

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

