



Field Umpires Round 16

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

| Full T1 | Mod T1 | Thur Game | T1 Combo |
|---|---|---|--|
| <u>4'Run w 2'rest b/w sets</u> x4 sets | <u>4'Run w 2'rest b/w sets</u> x3 sets | <u>(85m OT45" x6)</u> x4 w 2' rest b/w sets 2 x 400m Reps @ <u>RPE4-5</u> | <u>4'Run w 2'rest b/w sets</u> x2 sets + <u>(85m OT45" x6)</u> x2 w 2' rest b/w sets |

Post-Training IP Work

T2

T2 v2.0 Warm Up

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C.O.D. 4 x2 each direction w 30" rest b/w

| Full T2 | Mod T2 | Fri Game | T2 Combo |
|---|--|--------------------------------|--|
| <u>(85m OT45" x6)</u> x4 w 2' rest b/w sets 2 x 400m Reps @ <u>RPE4-5</u> | <u>(85m OT45" x6)</u> x4 w 2' rest b/w sets | <u>PRE-GAME ACTIVATION</u> | <u>4'Run w 2'rest b/w sets</u> x2 sets + <u>(85m OT45" x6)</u> x2 w 2' rest b/w sets |

Post-Training IP Work

T3

General Warm Up

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

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

