



FIELD UMPIRES

ROUND 1

T1

[Pre-Training Mobility](#) + [T1 Warm Up](#)

Forward Run 20m + Backward Run 10m + Forward Run 20m x4

| Full T1 | T1/T2 Combo |
|---|--|
| 3 x 3' Run @ RPE 5 : 2' Walk X2 Sets Rest 3' b/w sets | 3 x 3' Run @ RPE 5 : 2' Walk + 10 x 10" Run @ RPE 8 : 10" Rest in b/w X1 Set + 1 x 3' Game Runs @ RPE 4 |

T2

[Pre-Training Mobility](#) + [T2 Warm Up](#)

[Lateral 5m Out n Back to Run](#) 20m x2 e/s

| Full T2 | T1/T2 Combo |
|---|--|
| 10 x 10" Run @ RPE 8 : 10" Rest in b/w X2 Sets Rest 3' b/w sets + 3 x 3' Game Runs @ RPE 4 Rest 2' b/w | 3 x 3' Run @ RPE 5 : 2' Walk + 10 x 10" Run @ RPE 8 : 10" Rest in b/w X1 Set + 1 x 3' Game Runs @ RPE 4 |

T3

| Option 1 | Option 2 | Option 3 |
|-----------|------------|--|
| AFLW Game | State Game | No Game Session 2 *Complete 3 sets only |