



# FIELD UMPIRES

## ROUND 2

### 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 @ <a href="#">RPE 5</a> : 2' Walk + 3 x 2' Run @ <a href="#">RPE 5</a> : 1' Walk  Rest 3' b/w sets	3 x 3' Run @ <a href="#">RPE 5</a> : 2' Walk + 10 x 12" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X1 Set + 1 x 3' <a href="#">Game Runs</a> @ <a href="#">RPE 4</a>

### 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 12" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X2 Sets Rest 3' b/w sets + 3 x 3' <a href="#">Game Runs</a> @ <a href="#">RPE 4</a> Rest 2' b/w	3 x 3' Run @ <a href="#">RPE 5</a> : 2' Walk + 10 x 12" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X1 Set + 1 x 3' <a href="#">Game Runs</a> @ <a href="#">RPE 4</a>

### T3

Option 1	Option 2	Option 3
AFLW Game	State Game	<a href="#">No Game Session 2</a> *Complete 3 sets only