



# FIELD UMPIRES

## ROUND 3

### T1

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

Side Shuffle 10m + Backward Run 10m + Forward Run 40m x4

Full T1	T1/T2 Combo
4 x 2' Run @ <a href="#">RPE 6</a> : 1' Walk X2 Sets Rest 3' b/w sets	4 x 2' Run @ <a href="#">RPE 6</a> : 1' Walk + 8 x 14" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X1 Set + <a href="#">Square Run 1</a> 2 x 2 laps : 1 min rest b/w

### T2

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

[45 Degree Cuts – Drill 6](#) x4

Full T2	T1/T2 Combo
8 x 14" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X2 Sets Rest 3' b/w sets + <a href="#">Square Run 1</a> 2 x 2 laps : 1 min rest b/w	4 x 2' Run @ <a href="#">RPE 6</a> : 1' Walk + 8 x 14" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X1 Set + <a href="#">Square Run 1</a> 2 x 2 laps : 1 min rest b/w

### T3

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