



FIELD UMPIRES

ROUND 4

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 @ RPE 6 : 1' Walk Rest 3' + 5 x 90" Run @ RPE 6-7 : 1' Walk	5 x 90" Run @ RPE 6-7 : 1' Walk + 8 x 15" Run @ RPE 8 : OT 30" Rest in b/w + Square Run 1 3 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 15" Run @ RPE 8 : OT 30" Rest in b/w X2 Sets Rest 3' b/w sets + Square Run 1 3 x 2 laps : 1 min rest b/w	5 x 90" Run @ RPE 6-7 : 1' Walk + 8 x 15" Run @ RPE 8 : OT 30" Rest in b/w + Square Run 1 3 x 2 laps : 1 min rest b/w

T3

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