



# FIELD UMPIRES

## ROUND 5

### T1

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

[Retreat Crossover + Accelerate 20m](#) x4 w walk back recovery

Full T1	T1/T2 Combo
5 x 2' Run @ <a href="#">RPE 6</a> : 1' Walk Rest 3' + 5 x 90" Run @ <a href="#">RPE 6-7</a> : 1' Walk	5 x 90" Run @ <a href="#">RPE 6-7</a> : 1' Walk + 10 x 15" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w + <a href="#">Square Run 2</a> x4 : 30" rest b/w

### T2

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

Tight Arc into Accelerate 15m x2 e/s w 45" rest b/w

Full T2	T1/T2 Combo
10 x 15" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w X2 Sets Rest 3' b/w sets + <a href="#">Square Run 2</a> x4 : 30" rest b/w X2 Sets	5 x 90" Run @ <a href="#">RPE 6-7</a> : 1' Walk + 10 x 15" Run @ <a href="#">RPE 8</a> : OT 30" Rest in b/w + <a href="#">Square Run 2</a> x4 : 30" 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