



FIELD UMPIRES

ROUND 6

T1

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

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

Full T1	T1/T2 Combo
4 x 90" Run @ RPE 6-7 : 1' Walk Rest 3' + 4 x 60" Run @ RPE 8 : 1' Walk	4 x 60" Run @ RPE 8 : 1' Walk + 10 x 10" Run @ RPE 8 : OT 30" Rest in b/w + Square Run 2 x2 : 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 10" Run @ RPE 8 : OT 30" Rest in b/w X1 Set Rest 3' b/w sets + Square Run 2 x4 : 30" rest b/w X1 Set	4 x 60" Run @ RPE 8 : 1' Walk + 10 x 10" Run @ RPE 8 : OT 30" Rest in b/w + Square Run 2 x2 : 30" rest b/w

T3

T3

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