



FIELD UMPIRES

ROUND 7

T1

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

3x Sets of - [Back 5m to Forward 10m x3](#) w 30" rest in bw.

Full T1	T1/T2 Combo
<p>Two Thirds Drill until you hit 600m x3 sets w 2' rest in b/w.</p> <p>+</p> <p>1 x 800m OT5' + 1 x 600m RPE 4-5</p>	<p>Two Thirds Drill until you hit 600m x2 sets w 2' rest in b/w.</p> <p>+</p> <p>6 x 30m Up + 30m Back OT 30" @ RPE 8</p> <p>+</p> <p>5 x Easy 30"/Mod 15"/Hard 10"/Walk 5")</p>

T2

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

[Lateral 5m Out n Back](#) + Backward Run 10m + Stride 30m x2 e/s w 45" rest b/w

Full T2	T1/T2 Combo
<p>6 x 30m Up + 30m Back OT 30" @ RPE 8</p> <p>+</p> <p>Veli Special Variant 1 2x Sets (5 x Easy 30"/Mod 15"/Hard 10"/Walk 5") Rest 3' b/w sets</p>	<p>Two Thirds Drill until you hit 600m x2 sets w 2' rest in b/w.</p> <p>+</p> <p>5 x 30m Up + 30m Back OT 30" @ RPE 8</p> <p>+</p> <p>5 x Easy 30"/Mod 15"/Hard 10"/Walk 5")</p>

T3

Option 1	Option 2	Option 3
AFLW Game	State Game	<p>No Game Session 2 *Complete 3 sets only</p>