



# FIELD UMPIRES

## ROUND 8

### 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><a href="#">Two Thirds Drill</a> until you hit 600m x3 sets w 2' rest in b/w.</p> <p>+</p> <p>1 x 800m OT5' + 2 x 600m OT 4' <a href="#">RPE 4-5</a></p>	<p><a href="#">Two Thirds Drill</a> until you hit 600m x2 sets w 2' rest in b/w.</p> <p>+</p> <p>8 x 30m Up + 30m Back OT 30" @ <a href="#">RPE 8</a></p> <p>+</p> <p>6 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>8 x 30m Up + 30m Back OT 30" @ <a href="#">RPE 8</a></p> <p>+</p> <p>Veli Special Variant 1 2x Sets (6 x Easy 30"/Mod 15"/Hard 10"/Walk 5") Rest 3' b/w sets</p>	<p><a href="#">Two Thirds Drill</a> until you hit 600m x2 sets w 2' rest in b/w.</p> <p>+</p> <p>8 x 30m Up + 30m Back OT 30" @ <a href="#">RPE 8</a></p> <p>+</p> <p>6 x Easy 30"/Mod 15"/Hard 10"/Walk 5")</p>

### T3

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