



FIELD UMPIRES

ROUND 9

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>Full Ground Con x4 w/ 30" rest in b/w x3 sets. 3' rest b/w sets + 2 x 600m OT 4' + 2 x 400m OT 3' RPE 5-6</p>	<p>Full Ground Con x4 w/ 30" rest in b/w x2 sets. 3' rest b/w sets + 6 x 35m Up + 35m Back OT 30" @ RPE 8 + 5 x Easy 30"/ Mod 20"/ Hard 10"</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 35m Up + 35m Back OT 30" @ RPE 8 + Veli Special Original 2x Sets (5 x Easy 30"/ Mod 20"/ Hard 10") Rest 3' b/w sets</p>	<p>Full Ground Con x4 w/ 30" rest in b/w x2 sets. 3' rest b/w sets + 6 x 35m Up + 35m Back OT 30" @ RPE 8 + 5 x Easy 30"/ Mod 20"/ Hard 10"</p>

T3

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