



# FIELD UMPIRES

## FINALS – WEEK 1

### T1

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

6 x Ball Up + Backaway into 30-40m stride @ 60/75/90/95/100/100% : 1' rest b/w

Full T1	T1/T2 Combo
<p><a href="#">Post to Post</a> x2 laps x3 sets. 3' rest b/w sets. <a href="#">RPE 5-6</a></p>	<p><a href="#">Post to Post</a> x2 laps X2 sets. 3' rest b/w sets. <a href="#">RPE 5-6</a> + 12 x 10" Run : 20" Rest @ <a href="#">RPE 8</a></p>

### T2

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

[COD 4](#) into Stride 30m @ 90%+ top speed x2 e/s w 45" rest b/w

Full T2	T1/T2 Combo
<p>12 x 10" Run : 20" Rest @ <a href="#">RPE 8</a> X1 Set. Rest 3' + 4 x cycles of: 10":10"/20":20"/30":30" <a href="#">RPE 6-7</a></p>	<p><a href="#">Post to Post</a> x2 laps X2 sets. 3' rest b/w sets. <a href="#">RPE 5-6</a> + 12 x 10" Run : 20" Rest @ <a href="#">RPE 8</a></p>

### T3 (for emergencies only)

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