



FIELD UMPIRES

FINALS – WEEK 4

Note – T1 and T2 conditioning has options of completing 1 or 2 sets. This should be chosen based on how you feel, and completely your choice based on your ideal preparation leading up to the Grand Final.

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>Post to Post x3 laps x3 sets. 3' rest b/w sets. RPE 5-6 + 1-2 sets x 3' Game Runs @ RPE 4-5</p>	<p>Post to Post x3 laps X2 sets. 3' rest b/w sets. RPE 5-6 + 12 x 14" Run : OT 30" @ RPE 8</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 14" Run : OT 30" @ RPE 8 X1 Set. Rest 3' + 4-6 x cycles of: 10":10"/20":20"/30":30" RPE 6-7</p>	<p>Post to Post x3 laps X2 sets. 3' rest b/w sets. RPE 5-6 + 12 x 14" Run : OT 30" @ RPE 8</p>