



BOUNDARY UMPIRES – SEASON 8, 2023

ROUND 1 - Week of 28th August

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.
- If you are still training with your state league program, do not complete this program until you are no longer attending.

SESSION 1

1km Warm Up – Progress pace each 200m

6 x 20m Backward run – build your intensity gradually each rep : easy jog return

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

Repeat Speed Set

4 x 10m OT 10" / Rest 90" / 4 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (240m)

2X SETS

3 x 60" @ [RPE 3](#) / 60" @ [RPE 6](#) / 60" @ [RPE 9](#)

Rest 3' b/w sets

Include 2-3 throw-ins during rest period

SESSION 2

[Warm Up](#)

4 x Forward Run 20m into 30m Backward Run into 20m Forward Run : east jog return

4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

SET 1 - 10 x 50m OT 20"

SET 2 - 10 x 75m OT 30"

Rest 3' b/w sets

[RPE 8-9](#)

Throw-in + 20m Hard + 10m Float + 20m Hard : 30" Rest in b/w x4

GAME

| Option 1 | Option 2 | Option 3 |
|--------------------|------------|--|
| AFLW Practice Game | State Game | No Game Session 4 x 1.8km Game Sim 3 : 1' rest b/w cycles Rest 5' b/w sets |



BOUNDARY UMPIRES – SEASON 8, 2023

ROUND 2 - Week of 4th September

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.
- If you are still training with your state league program, do not complete this program until you are no longer attending.

SESSION 1

1km Warm Up – Progress pace each 200m

6 x 20m Backward run – build your intensity gradually each rep : easy jog return

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

Repeat Speed Set

6 x 10m OT 10" / Rest 90" / 6 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (300m)

2X SETS

3 x 45" @ [RPE 3](#) / 75" @ [RPE 6](#) / 60" @ [RPE 9](#)

Rest 3' b/w sets

Include 2-3 throw-ins during rest period

SESSION 2

[Warm Up](#)

4 x Forward Run 20m into 30m Backward Run into 20m Forward Run : east jog return

4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

SET 1 - 12 x 50m OT 20"

SET 2 - 10 x 75m OT 30"

Rest 3' b/w sets

[RPE 8-9](#)

Throw-in + 20m Hard + 10m Float + 20m Hard : 30" Rest in b/w x4

GAME

| Option 1 | Option 2 | Option 3 |
|--------------------|------------|--|
| AFLW Practice Game | State Game | No Game Session 4 x 1.8km Game Sim 3 : 1' rest b/w cycles Rest 5' b/w sets |



BOUNDARY UMPIRES – SEASON 8, 2023

ROUND 3 - Week of 11th September

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.
- If you are still training with your state league program, do not complete this program until you are no longer attending.

SESSION 1

1km Warm Up – Progress pace each 200m

6 x 20m Backward run – build your intensity gradually each rep : easy jog return

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

Repeat Speed Set

6 x 10m OT 10" / Rest 90" / 6 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (300m)

2X SETS

3 x 45" @ [RPE 3](#) / 60" @ [RPE 6](#) / 75" @ [RPE 9](#)

Rest 3' b/w sets

Include 2-3 throw-ins during rest period

SESSION 2

[Warm Up](#)

4 x Forward Run 20m into 30m Backward Run into 20m Forward Run : east jog return

4 x 40m Building Strides @ 80/90/95/100% : Walk Back as Recovery

SET 1 - 12 x 50m OT 20"

SET 2 - 12 x 75m OT 30"

Rest 3' b/w sets

[RPE 8-9](#)

Throw-in + 20m Hard + 10m Float + 20m Hard : 30" Rest in b/w x4

GAME

| Option 1 | Option 2 | Option 3 |
|--------------------|------------|--|
| AFLW Practice Game | State Game | No Game Session 4 x 1.8km Game Sim 3 : 1' rest b/w cycles Rest 5' b/w sets |