



FIELD 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.

OT = “On The Minute”. For example, 400m OT 3’ means you will run 400m and let’s say you run that in 1:35, you will start your next interval rep when the time hits 3:00. This means you have 1:25 recovery.

SESSION 1

1km Warm Up @ 5:00/km

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

4 x Bounce + Back-away into 20m stride

3 x (3 x 400m OT 3’ + 200m OT 90” + 100m OT 45”)

Rest 2’ b/w sets

[RPE = 8](#) for all efforts

SESSION 2

5 x 30” Run : 15” Walk + [Warm Up Drills](#)

2 x e/s – 5m Lateral Shuffle into 30m stride : light jog back recovery

2 x e/s – 5m Backward Run into 90 degree turn straight line 30m stride : light jog back recovery

2 x (3 x 100m OT 40” + 80m OT 30” + 50m OT 20”)

Rest 3’ b/w sets

[RPE = 8-9](#)

GAME

Option 1	Option 2	Option 3
AFLW Practice Game	State Game	If you don’t have an appointed game: 4 x 1.8km Game Sim Rest 5’ b/w sets



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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.

OT = “On The Minute”. For example, 400m OT 3’ means you will run 400m and let’s say you run that in 1:35, you will start your next interval rep when the time hits 3:00. This means you have 1:25 recovery.

SESSION 1

1km Warm Up @ 5:00/km

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

4 x Bounce + Back-away into 20m stride

3X SETS

4 x 400m OT 3’ + 200m OT 90” + 100m OT 45”

Rest 2’ b/w sets

[RPE = 8](#) for all efforts

SESSION 2

5 x 30” Run : 15” Walk + [Warm Up Drills](#)

2 x e/s – 5m Lateral Shuffle into 30m stride : light jog back recovery

2 x e/s – 5m Backward Run into 90 degree turn straight line 30m stride : light jog back recovery

2X SETS

3 x 100m OT 40” + 80m OT 30” + 50m OT 20” + 25m OT 10”

Rest 3’ b/w sets

[RPE = 8-9](#)

GAME

Option 1	Option 2	Option 3
AFLW Practice Game	State Game	If you don’t have an appointed game: 4 x 1.8km Game Sim Rest 5’ b/w sets



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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.

OT = “On The Minute”. For example, 400m OT 3’ means you will run 400m and let’s say you run that in 1:35, you will start your next interval rep when the time hits 3:00. This means you have 1:25 recovery.

SESSION 1

1km Warm Up @ 5:00/km

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

4 x Bounce + Back-away into 20m stride

3X SETS

5 x 400m OT 3’ + 200m OT 90” + 100m OT 45”

Rest 2’ b/w sets

[RPE = 8](#) for all efforts

SESSION 2

5 x 30” Run : 15” Walk + [Warm Up Drills](#)

2 x e/s – 5m Lateral Shuffle into 30m stride : light jog back recovery

2 x e/s – 5m Backward Run into 90 degree turn straight line 30m stride : light jog back recovery

2X SETS

4 x 100m OT 40” + 80m OT 30” + 50m OT 20” + 25m OT 10”

Rest 3’ b/w sets

[RPE = 8-9](#)

GAME

Option 1	Option 2	Option 3
AFLW Practice Game	State Game	If you don’t have an appointed game: 4 x 1.8km Game Sim Rest 5’ b/w sets