



FIELD UMPIRES – SEASON 8, 2023

ROUND 6 – Week of 2nd October

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.

SESSION 1

Warm Up - Jog:Walk 45":15" x6 (build intensity each rep)

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

[Back 5m into Fwd Accel 5m x3](#) X4 @ 100% Intensity : 30" Rest in b/w

SET 1 – 3 x [Post to Post](#) @ [RPE = 6-8](#) Intensity

SET 2 – 4 x 200m @ [RPE = 7-8](#) OT 90"

Rest 3' b/w sets

SESSION 2

5 min Easy + [Warm Up Drills](#)

4 x 40m Building Strides @ 70/80/90/95%

4 x 20m Easy Jog into 20m Hard Sprint into 20m Easy jog : 20" Rest

2 x each side - Lateral 5m Out n Back into 30m Stride

2X SETS

10 x 50m OT 20"

[Game Run](#) 400m

Rest 3' b/w sets

All efforts = [RPE = 8-9](#)

IF YOU AREN'T APPOINTED TO A GAME

Option 1

Option 2

AFLW Match Sim Appointment
(Essentially AFLW Reserves)

4 x 1.8km [Game Sim](#)
Rest 5' b/w sets



FIELD UMPIRES – SEASON 8, 2023

ROUND 7 – Week of 9th October

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.

SESSION 1

Warm Up - Jog:Walk 45":15" x6 (build intensity each rep)

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

[Back 5m into Fwd Accel 5m x3](#) X4 @ 100% Intensity : 30" Rest in b/w

SET 1 – 4 x [Post to Post](#)@ [RPE = 6-8](#) Intensity

SET 2 – 4 x 200m @ [RPE = 7-8](#) OT 90"

Rest 3' b/w sets

SESSION 2

5 min Easy + [Warm Up Drills](#)

4 x 40m Building Strides @ 70/80/90/95%

4 x 20m Easy Jog into 20m Hard Sprint into 20m Easy jog : 20" Rest

2 x each side - Lateral 5m Out n Back into 30m Stride

2X SETS

12 x 50m OT 20"

[Game Run](#) 400m

Rest 3' b/w sets

All efforts = [RPE = 8-9](#)

IF YOU AREN'T APPOINTED TO A GAME

Option 1

Option 2

AFLW Match Sim Appointment
(Essentially AFLW Reserves)

4 x 1.8km [Game Sim](#)
Rest 5' b/w sets



FIELD UMPIRES – SEASON 8, 2023

ROUND 8 – Week of 16th October

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.

SESSION 1

Warm Up - Jog:Walk 45":15" x6 (build intensity each rep)

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

[Back 5m into Fwd Accel 5m x3](#) X4 @ 100% Intensity : 30" Rest in b/w

SET 1 – 4 x [Post to Post](#) @ [RPE = 6-8](#) Intensity

SET 2 – 6 x 200m @ [RPE = 7-8](#) OT 90"

Rest 3' b/w sets

SESSION 2

5 min Easy + [Warm Up Drills](#)

4 x 40m Building Strides @ 70/80/90/95%

4 x 20m Easy Jog into 20m Hard Sprint into 20m Easy jog : 20" Rest

2 x each side - Lateral 5m Out n Back into 30m Stride

2X SETS

12 x 50m OT 20"

[Game Run](#) 500m

Rest 3' b/w sets

All efforts = [RPE = 8-9](#)

IF YOU AREN'T APPOINTED TO A GAME

Option 1

AFLW Match Sim Appointment
(Essentially AFLW Reserves)

Option 2

4 x 1.8km [Game Sim](#)
Rest 5' b/w sets