



FIELD UMPIRES – SEASON 8, 2023

ROUND 9 – Week of 23rd 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

4 x 20m Backward Run into 180 degree into 20m Stride : 30" rest

2X Sets

3' Run RPE = 6: 1' Walk

2x 2' Run RPE = 7: 1' Walk

2 x 1' Run RPE = 8: 1' Walk

Rest 3' b/w sets

SESSION 2

5 min Easy Jog + [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 [COD 5](#) @ 100% intensity

2X SETS – VELI SPECIAL

4 x 30" [RPE 3](#) / 20" @ [RPE 7](#) / 10" @ [RPE 9-10](#)

Rest 3' b/w sets

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 10 – Week of 30th 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

4 x 20m Backward Run into 180 degree into 20m Stride : 30" rest

2X Sets

2 x 3' Run RPE = 6 : 1' Walk

2 x 2' Run RPE = 7 : 1' Walk

2 x 1' Run RPE = 8 : 1' Walk

Rest 3' b/w sets

SESSION 2

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

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

2 x Each Side [COD 5](#) @ 100% intensity

2X SETS – VELI SPECIAL

5 x 30" [RPE 3](#) / 20" @ [RPE 7](#) / 10" @ [RPE 9-10](#)

Rest 3' b/w sets

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