



FIELD UMPIRES – SEASON 8, 2023

FINALS WEEK 1 – Week of 6th November

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

SESSION 1

[Pre-Training Mobility](#) + [Warm Up](#)

6 x Ball Up + Backaway into 30-40m stride @ 60/75/90/95/100/100% : 30" rest b/w

3X SETS

[Post to Post](#) x2 laps

3' rest b/w sets.

[RPE 5-6](#)

SESSION 2

[Pre-Training Mobility](#) + [Warm Up](#)

[COD 4](#) into Stride 30m @ 90%+ top speed x2 e/s w 45" rest b/w

12 x 10" Run : 20" Rest

@ [RPE 8](#)

Rest 3'

+

4 x cycles of: 10":10"/20":20"/30":30"

[RPE 6-7](#)

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

FINALS WEEK 2 – Week of 13th November

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

SESSION 1

[Pre-Training Mobility](#) + [Warm Up](#)

6 x Ball Up + Backaway into 30-40m stride @ 60/75/90/95/100/100% : 30" rest b/w

3X SETS

[Post to Post](#) x3 laps

3' rest b/w sets.

[RPE 5-6](#)

SESSION 2

[Pre-Training Mobility](#) + [Warm Up](#)

[COD 4](#) into Stride 30m @ 90%+ top speed x2 e/s w 45" rest b/w

12 x 12" Run : OT 30"

@ [RPE 8](#)

Rest 3'

+

5 x cycles of: 10":10"/20":20"/30":30"

[RPE 6-7](#)

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



FIELD UMPIRES – SEASON 8, 2023

FINALS WEEK 3 – Week of 20th November

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

SESSION 1

[Pre-Training Mobility](#) + [Warm Up](#)

6 x Ball Up + Backaway into 30-40m stride @ 60/75/90/95/100/100% : 30" rest b/w

[Post to Post](#) x3 laps

X3 Sets

3' rest b/w sets.

[RPE 5-6](#)

+

Choice of 1 or 2 sets x 3' [Game Runs](#) @ [RPE 4-5](#)

SESSION 2

[Pre-Training Mobility](#) + [Warm Up](#)

[COD 4](#) into Stride 30m @ 90%+ top speed x2 e/s w 45" rest b/w

12 x 14" Run : OT 30"

@ [RPE 8](#)

Rest 3'

+

6 x cycles of: 10":10"/20":20"/30":30"

[RPE 6-7](#)

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

FINALS WEEK 4 – Week of 27th November

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

SESSION 1

[Pre-Training Mobility](#) + [Warm Up](#)

6 x Ball Up + Backaway into 30-40m stride @ 60/75/90/95/100/100% : 30" rest b/w

[Post to Post](#) x3 laps

X3 Sets

3' rest b/w sets.

[RPE 5-6](#)

+

Choice of 1 or 2 sets x 3' [Game Runs](#) @ [RPE 4-5](#)

SESSION 2

[Pre-Training Mobility](#) + [Warm Up](#)

[COD 4](#) into Stride 30m @ 90%+ top speed x2 e/s w 45" rest b/w

12 x 14" Run : OT 30"

@ [RPE 8](#)

Rest 3'

+

4-6 x cycles of: 10":10"/20":20"/30":30"

[RPE 6-7](#)