



Offseason 20/21

Interval Run Series

Start with pre-session [mobility](#) followed by this [warmup drill](#) sequence

- You can progress each week *or* repeat 1-2x before increasing
- Absolutely a personal choice as the game itself requires very minimal running
- However, this may assist your ability to train harder/for longer in skill sessions

2 x 5' Run w 2' Walk b/w sets	RPE = 3-4
3 x 4' Runs w 2' Walk b/w sets	RPE = 4-5
4 x 3' Runs w 2' Walk b/w sets	RPE = 4-5
6 x 2' Runs w 90" Walk b/w sets	RPE = 5-6
6 x 2' Runs w 1' Walk b/w sets	RPE = 5-6
2x (3 x 90" Run : 60" Walk) w 2' Rest b/w sets	RPE = 6-7
2x (4 x 60" Run : 45" Walk) w 2' Rest b/w sets	RPE = 6-7
3x (4 x 45" Run : 30" Walk) w 2' Rest b/w sets	RPE = 6-7

Remember goal umpiring is largely short, sharp movements <10m

Therefore, it's important to add in the following elements in your session:

- Change of Direction Drills to sharpen footwork and multiplanar movements
- Body Armour Series to help prevent injuries from rapid COD and skill drills

