## Offseason 20/21

# Steady State 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

6' Steady State Run

9' Steady State Run

12' Steady State Run

15' Steady State Run

18' Steady State Run

21' Steady State Run

24' Steady State Run

All these runs should be RPE 3 and keep heart rate between 130-155bpm

**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