

FIELD UMPIRE PROGRAM A

WEEK 1

| MON | TUES | WED | THUR | FRI | SAT | SUN |
|--|-----------------------------|------|---------------------------------|-----------------------------|------|---|
| 30/11 | 1/12 | 2/12 | 3/12 | 4/12 | 5/12 | 6/12 |
| CONDITIONING | | | | | | |
| INTRO RUN 1 | | | INTRO RUN 2 | | | INTRO RUN 3 |
| CHANGE OF DIRECTION | | | | | | |
| <u>DRILL 2B</u> x2/ES | | | <u>DRILL 4</u> x 2E/S | | | 2SETS OF <u>BACK 5M</u> <u>RUN 10M</u> <u>(x3)</u> 60" REST B/W SETS |
| ROBUSTNESS | | | | | | |
| <u>BODY ARMOUR</u> <u>A1</u> | | | <u>BODY ARMOUR</u> <u>A2</u> | | | BODY ARMOUR A1 |
| STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.) | | | | | | |
| | <u>Strength</u> <u>A</u> | | | <u>Strength</u> <u>B</u> | | |

TRAINING SEQUENCE

| INTRO RUN 1 | INTRO RUN 2 | INTRO RUN 3 |
|--|--|--|
| <u>MOBILITY</u> + <u>WARM UP DRILLS</u> | MOBILITY + WARM UP DRILLS | MOBILITY + WARM UP DRILLS |
| COD DRILLS | COD DRILLS | COD DRILLS |
| 4 x 5' F/L (20":40") W 3-4' REST B/W SETS <u>RPE</u> 4-5 | 20-25' STEADY STATE TRAIL RUN HR = 130-155BPM (<i>NOT BITUMEN OR ATHLETICS TRACK</i>) RPE 3 | 4 x 4' RUNS W 2' REST B/W SETS RPE 5-6 |
| BODY ARMOUR A1 | BODY ARMOUR A2 | BODY ARMOUR A1 |