

## FIELD UMPIRE PROGRAM B

### 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						
N/A			N/A			N/A
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
3 x 5' F/L (20":40") W 3-4' REST B/W SETS  <u>RPE</u> 4-5	20' STEADY STATE TRAIL RUN HR = 130-155BPM ( <i>NOT BITUMEN OR ATHLETICS TRACK</i> ) RPE 3	3 x 4' RUNS W 2' REST B/W SETS  RPE 5-6
BODY ARMOUR A1	BODY ARMOUR A2	BODY ARMOUR A1