

## FIELD UMPIRE PROGRAM C

### 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	SOLID O/L		SOLID O/L		INTRO RUN 3	
CHANGE OF DIRECTION						
<u>DRILL 2B</u> x2/ES					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	SOLID O/L	INTRO RUN 3
<u>MOBILITY</u> + <u>WARM UP DRILLS</u>		MOBILITY + WARM UP DRILLS
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
4 x 5' F/L (20":40") W 3-4' REST B/W SETS  <u>RPE</u> 4-5	LOOKING FOR 60' OF HR>130BPM (NOT 1HOUR TOTAL... 1 HOUR >130BPM)	4 x 4' RUNS W 2' REST B/W SETS  RPE 5-6
BODY ARMOUR A1	BODY ARMOUR A2	BODY ARMOUR A1