

FIELD UMPIRE PROGRAM A

WEEK 2

MON	TUES	WED	THUR	FRI	SAT	SUN
7/12	8/12	9/12	10/12	11/12	12/12	13/12
CONDITIONING						
	TEMPO RUN A		AEROBIC RUN A		INTERVAL RUN A	⇔
CHANGE OF DIRECTION						
	DRILL 4 x 2E/s		DRILL 3 x 2E/s + BACK 5M RUN 10M (x3)		DRILL 4 x 2E/s	⇔
ROBUSTNESS						
	BODY ARMOUR A2		BODY ARMOUR A1		BODY ARMOUR A2	⇔
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
Strength A			Strength B			

TRAINING SEQUENCE

TEMPO RUN A	AEROBIC RUN A	INTERVAL RUN A
MOBILITY + WARM UP DRILLS	MOBILITY + WARM UP DRILLS	MOBILITY + WARM UP DRILLS
COD DRILLS	COD DRILLS	COD DRILLS
<p>ALL AT 70% OF YOUR TOP SPEED FOCUS ON RELAXED/PERFECT TECH</p> <p>RUN THE 50M ARC LINE x4 REPS OT70" REST 3' THEN...</p> <p>GOAL SQUARE TO CENTRE SQUARE x4 REPS OT50" REST 3' THEN...</p> <p>RUN THE 50M SQUARE x4 REPS OT30"</p> <p>LAST REP SHOULD FEEL LIKE FIRST</p>	<p>30-35' STEADY STATE TRAIL RUN HR = 130-155BPM (<i>NOT BITUMEN OR ATHLETICS TRACK</i>)</p> <p>RPE 3</p>	<p>2X SETS OF</p> <p>3 x 3' RUNS W 2' WALK B/W REPS</p> <p>3' REST B/W SETS</p> <p>RPE 5-6</p>
BODY ARMOUR A2	BODY ARMOUR A1	BODY ARMOUR A2