

FIELD UMPIRE PROGRAM C

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	SOLID O/L		INTERVAL RUN A	SOLID O/L	
CHANGE OF DIRECTION						
	DRILL 4 x 2E/S			DRILL 3 x 2E/S + BACK 5M RUN 10M (x3)		
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	SOLID O/L	INTERVAL RUN A
MOBILITY + WARM UP DRILLS		MOBILITY + WARM UP DRILLS
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	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>LOOKING FOR 60' OF HR>130BPM (NOT 1HOUR TOTAL... 1 HOUR >130BPM)</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

