Field Umpire Program A

Week 3

Mon	Tues	Wed	Thur	Fri	Sat	Sun
14/12	15/12	16/12	17/12	18/12	19/12	20/12
Conditioning						
	Tempo Run B		Interval Run B		Mixed Physiology A	BW Flush Recovery Circuit
Change Of Direction						
	45° Cuts Drill 6 x2 e/s w 45" b/w		Half Arc to 5m Sprint x3 e/s 60" b/w reps		SideShuffle 5m out/back to 50m sprint x2 e/s OT60"	
Robustness						
	Body Armour B1		Body Armour B2		Body Armour B1	
Strength (You can complete strength on running days – but do so *after* all conditioning/COD etc.)						
	Strength A			Strength B		

Training Sequence

Tempo Run B	Interval Run B	Mixed Physiology A
Mobility + Warm Up Drills	Mobility + T1 Warmup	Mobility + T2 Warmup
COD Drills	COD Drills	COD Drills
Tempo Run **B** All at **70%** of Your Top Speed All reps start w 5m Backaway into.. Run The 50m Arc Line x5 reps OT70" Rest 3' then... Goal Square To Centre Square x5 reps OT50" Rest 3' then... Run The 50m Square x5 reps OT30" Last Rep Should Feel Like First	4x 2' Run : 2' Walk Rest 3' 3x 2' Run : 2' Walk Rest 3' 2x 2' Run : 2' Walk RPE 5-6	6x 100m @ 85-90% OT90" Rest 3' 4x 100m OT90" (w ea rep 4x 25m 45° cuts) @ 85% Rest 3' 3x 400m @85-90% OT4' Rest 3' 3 x 5' F/L (30":30") w 3' Rest b/w Sets RPE 6-7
Body Armour **B1**	Body Armour **B2**	Body Armour **B1**