

## FIELD UMPIRE PROGRAM C

### WEEK 3

MON	TUES	WED	THUR	FRI	SAT	SUN
14/12	15/12	16/12	17/12	18/12	19/12	20/12
<b>CONDITIONING</b>						
TEMPO RUN B	SOLID O/L			MIXED PHYSIOLOGY A	SOLID O/L	<a href="#">BW FLUSH RECOVERY CIRCUIT</a>
<b>CHANGE OF DIRECTION</b>						
<a href="#">45° CUTS DRILL 6</a> x2 E/s w 45" B/W				<a href="#">SIDESHUFFLE 5M OUT/BACK TO 20M SPRINT</a> x2 E/s OT60"		
<b>ROBUSTNESS</b>						
<a href="#">BODY ARMOUR B1</a>		<a href="#">BODY ARMOUR B2</a>		BODY ARMOUR B1		
<b>STRENGTH</b> (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
		<a href="#">Strength A</a>		↔	<a href="#">Strength B</a>	

### TRAINING SEQUENCE

TEMPO RUN B	SOLID O/L	MIXED PHYSIOLOGY A
<a href="#">MOBILITY</a> + <a href="#">WARM UP DRILLS</a>		MOBILITY + <a href="#">T2 WARMUP</a>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
<p>TEMPO RUN <b>B</b> ALL AT <b>70%</b> OF YOUR TOP SPEED</p> <p>ALL REPS START W 5M BACKAWAY INTO.. RUN THE 50M ARC LINE x5 REPS OT70" REST 3' THEN...</p> <p>GOAL SQUARE TO CENTRE SQUARE x5 REPS OT50" REST 3' THEN...</p> <p>RUN THE 50M SQUARE x5 REPS OT30"</p> <p>LAST REP SHOULD FEEL LIKE FIRST</p>	<p>LOOKING FOR 60' OF HR&gt;130BPM INCLUDING 30' OF HR&gt;145BPM</p> <p>(DOES <b>NOT</b> MEAN 90'+ SESSION)</p>	<p>6x 100M @ 85-90% OT90" REST 3'</p> <p>4x 100M OT90" (W EA REP 4x 25M 45° CUTS) @ 85% REST 3'</p> <p>3x 400M @85-90% OT4' REST 3'</p> <p>3 x 5' F/L (30":30") w 3' REST B/W SETS</p> <p><a href="#">RPE</a> 6-7</p>
BODY ARMOUR <b>B1</b>	BODY ARMOUR <b>B2</b>	BODY ARMOUR <b>B1</b>