

FIELD UMPIRE PROGRAM B

WEEK 4

MON	TUES	WED	THUR	FRI	SAT	SUN
21/12	22/12	23/12	24/12	25/12	26/12	27/12
CONDITIONING						
TEMPO RUN C		INTERVAL RUN C	↔	RELAX EAT - DRINK - SLEEP - REPEAT	SLEEP-IN LEFTOVERS AIM FOR A 10-15' WALK	MIXED PHYSIOLOGY B
CHANGE OF DIRECTION						
N/A		<u>45° CUTS</u> <u>DRILL 6</u> x2 E/S w 45" B/W	↔			<u>HALF ARC</u> <u>TO 30M SPRINT</u> x2 E/S OT75"
ROBUSTNESS						
<u>BODY ARMOUR</u> <u>B2</u>		<u>BODY ARMOUR</u> <u>B1</u>	↔			BODY ARMOUR B2
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

TEMPO RUN C	INTERVAL RUN C	MIXED PHYSIOLOGY B
<u>MOBILITY</u> + <u>WARM UP DRILLS</u>	MOBILITY + <u>T1 WARMUP</u>	MOBILITY + <u>T2 WARMUP</u>
COD DRILLS	COD DRILLS	COD DRILLS
TEMPO RUN C ALL AT 70% OF YOUR TOP SPEED ALL START W 5M BACKAWAY INTO.. RUN 80M x6 REPS OT60" REST 3' THEN... RUN 60M x6 REPS OT40" REST 3' THEN... RUN 40M x6 REPS OT30" LAST REP SHOULD FEEL LIKE FIRST	<u>1x 800M OT6'</u> <u>1x 600M OT5'</u> <u>2x 400M OT4'</u> <u>3x 200M OT2'</u> FINISH THROWING DOWN 5-10 BOUNCES <u>RPE 5-6</u>	4x 150M @ 80-90% OT90" REST 3' 4x 100M @ 80-90% OT90" REST 3' <u>50M OT20" OR 8" RUNS OT20"</u> 2 x 2' ROUNDS W 2' REST B/W <u>OPTIONAL</u> 1 x 10' F/L (30":30") RPE 5-6
BODY ARMOUR B1	BODY ARMOUR B2	BODY ARMOUR B1