

FIELD UMPIRE PROGRAM A

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		SOLID O/L	↔	RELAX EAT - DRINK - SLEEP - REPEAT	SLEEP-IN LEFTOVERS AIM FOR A 10-15' WALK	MIXED PHYSIOLOGY B
CHANGE OF DIRECTION						
2SETS OF <u>BACK 5M</u> <u>RUN 10M</u> (x3) 60" REST B/W SETS						<u>BACKWARD ARC</u> <u>TO 20M SPRINT</u> x2 E/S OT75"
ROBUSTNESS						
<u>BODY ARMOUR</u> B2		<u>BODY ARMOUR</u> B1	↔			BODY ARMOUR B2
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
<u>Strength</u> A		<u>Strength</u> B	↔			

TRAINING SEQUENCE

TEMPO RUN C	SOLID O/L	MIXED PHYSIOLOGY B
<u>MOBILITY</u> + WARM UP DRILLS		MOBILITY + <u>T2 WARMUP</u>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
TEMPO RUN C ALL AT 70% OF YOUR TOP SPEED ALL START W <u>5M SHUFFLE OUT/BACK</u> INTO.. RUN THE 50M ARC LINE X6 REPS OT60" REST 3' THEN... GOAL SQUARE TO CENTRE SQUARE X6 REPS OT40" REST 3' THEN... RUN THE 50M SQUARE X6 REPS OT25" LAST REP SHOULD FEEL LIKE FIRST	I WANT A HEAP OF INTERVAL WORK HERE 90" HARD : 60" FLOAT 60" HARD : 45" FLOAT 45" HARD : 30" FLOAT ETC. LOOKING FOR 75' OF HR>130BPM INCLUDING 40' OF HR>145BPM (DOES NOT MEAN 115'+ SESSION)	6x 150M @ 85-90% OT90" REST 3' 4x 100M @ 85-90% OT90" REST 3' <u>50M OT20" OR 8" RUNS OT20"</u> 3 x 2' ROUNDS W 90" REST B/W 2 x 5' F/L (30":30") W 2' REST B/W SETS
BODY ARMOUR B1	BODY ARMOUR B2	BODY ARMOUR B1
	ONLY 1x BIG PRE-XMAS O/L SESSION	<u>RPE</u> 5-7