Field Umpire Program A

Week 5

Mon	Tues	Wed	Thur	Fri	Sat	Sun
28/12	29/12	30/12	31/12	1/1	2/1	3/1
Conditioning						
BW Flush Recovery Circuit	Tempo Run D		Interval Run D	OFF	Mixed Physiology C	⇔
Change Of Direction						
	SideShuffle 5m out/back to 50m sprint x2 e/s OT60"		2sets of Back 5m Run 10m (x3) 60" rest b/w sets	OFF	Drill 4 x 2e/s	⇔
Robustness						
	Body Armour C1		Body Armour C2	OFF	Body Armour C1	⇔
Strength (You can complete strength on running days – but do so *after* all conditioning/COD etc.)						
	Strength A				Strength B	⇔

Training Sequence

Tempo Run D	Interval Run D	Mixed Physiology C
Mobility + Warm Up Drills	Mobility + T1 Warmup	Mobility + T2 Warmup
COD Drills	COD Drills	COD Drills
Tempo Run C All at **70%** of Your Top Speed ALL start w Half Arc into.. Run The 50m Arc Line x7 reps OT60" Rest 3' then... Goal Square To Centre Square x7 reps OT40" Rest 3' then... Run The 50m Square x7 reps OT25" Last Rep Should Feel Like First	3x 600m OT4' 4x 400m OT3' 6x 200m OT2' Finish w 5-10x Bounce/Backaway w 30-40m Angled Strides 60" walk Recovery RPE 6-7	85m OT45" or 15" Runs OT45" 2x 6' Rounds w 4' Rest b/w 1x 3' Run : 2' Walk 2x 2' Run : 1' Walk 2x 1' Run : 30" Walk Rest 3-4' 2 x 10' Steady State Runs w 4-5' b/w *(Keep HR at 130-155bpm)* RPE Starts at 6-7 but finishes at 3
Body Armour **C1**	Body Armour **C2**	Body Armour **C1**