FIELD UMPIRE PROGRAM B
WEEK 7 (CLUB VISITS OPEN TO THIS GROUP AS OF SUN 17/1)

MON	TUES	WED	THUR	FRI	SAT	SUN
11/1	12/1	13/2	14/2	15/1	16/1	17/1
CONDITIONING						
	SESSION 1		SESSION 2	OFF	SESSION 3	⇔
CHANGE OF DIRECTION						
	RETREAT CROSSOVER TO ACCELERATE 20M x4 w 45" REST B/W		4x BACKWARD 10M TO 30M ANGLED STRIDE 60" REST B/W SETS	OFF	4x 45DEGREE CUTS - DRILL 6 60" REST B/W SETS	⇔
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

SESSION 1	SESSION 2	SESSION 3
MOBILITY + WARM UP DRILLS	MOBILITY + T1 WARMUP	MOBILITY + T2 WARMUP
COD DRILLS	COD DRILLS	COD DRILLS
6x 50-60M ROLLING START STRIDES - BUILD EFFORT EACH REP - USE A 60-90" REST B/W REPS - GENUINE TOP SPEED WORK **3x** FOLLOWING SET 4 x 150M OT90" INTO 3' RUN FOR MAX DISTANCE REST 5' B/W SETS	4SETS OF (20M FLOAT:10M ACCEL) x3 - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS **3x** FOLLOWING SET 3x 200M OT2' INTO 2x 90" RUNS w 60" REST B/W REST 3-4' B/W SETS	**1x** SET OF NO GAME SESSION 3 AKA MIXED METHOD 1/4 *OPTIONAL* EXTRA 1 x 10-15' STEADY STATE RUN HR @ 130-155BPM
150's = RPE 6 3' RUN FOR DISTANCE = RPE 5	200's = RPE 6 90" RUNS = RPE 5	RPE = GAME INTENSITY
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1