

# FIELD UMPIRE PROGRAM C

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						
SOLID O/L	SESSION 1		SOLID O/L		SESSION 2	↔
CHANGE OF DIRECTION						
	<a href="#">RETREAT CROSSOVER TO ACCELERATE 20M</a> x4 W 45" REST B/W		NIL		<a href="#">BACKWARD 10M TO 30M ANGLED STRIDE</a> 60" REST B/W SETS	↔
ROBUSTNESS						
	<a href="#">BODY ARMOUR C1</a>		<a href="#">BODY ARMOUR C2</a>		BODY ARMOUR C1	↔
STRENGTH (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

SESSION 1	SOLID O/L	SESSION 2
<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
6X 50-60M ROLLING START STRIDES - BUILD EFFORT EACH REP - USE A 60-90" REST B/W REPS - GENUINE TOP SPEED WORK  <b>3x FOLLOWING SET</b>  4 x 150M OT90" INTO 3' RUN FOR MAX DISTANCE  REST 5' B/W SETS  150's = <a href="#">RPE 6</a> 3' RUN FOR DISTANCE = RPE 5	LOOKING FOR <b>70'</b> OF HR>135BPM INCLUDING <b>30'</b> OF HR>145BPM  (DOES <b>NOT</b> MEAN 100'+ SESSION)	4SETS OF (20M FLOAT:10M ACCEL) x3 - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS  <b>3x FOLLOWING SET</b>  3x <a href="#">200M OT2'</a> INTO 2x <a href="#">90" RUNS</a> W 60" REST B/W  REST 3-4' B/W SETS  200's = <a href="#">RPE 6</a> 90" RUNS = RPE 5
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>