

FIELD UMPIRE PROGRAM B

WEEK 8 (CLUB VISITS OPEN: SESSIONS ACCOUNT FOR TOP-UP OR STANDALONE CONDITIONING)

MON	TUES	WED	THUR	FRI	SAT	SUN
18/1	19/1	20/1	21/1	22/1	23/1	24/1
CONDITIONING						
	SESSION 4		SESSION 5	OFF	SESSION 6	↔
CHANGE OF DIRECTION						
	RETREAT CROSSOVER TO BACKWARD 20M x4 w 60" REST B/W		3SETS OF BACK 5M RUN 10M (x3) 60" REST B/W SETS	OFF	2x E/S TIGHT ARC To ACCELERATE 15M 60" REST B/W SETS	↔
ROBUSTNESS						
	BODY ARMOUR C2		BODY ARMOUR C1	OFF	BODY ARMOUR C2	↔
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	Strength A				Strength B	↔

TRAINING SEQUENCE

SESSION 4	SESSION 5	SESSION 6
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 2-4x FOLLOWING SET 1 x 300M OT90" INTO 2' RUN FOR MAX DISTANCE REST 4' B/W SETS 300's = RPE 6-7 2' RUN FOR DISTANCE = RPE 6	4SETS OF (20M FLOAT:10M ACCEL) x3 - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS 2-4x FOLLOWING SET 2x 100M OT45" INTO 2x 1' RUNS W 1' REST B/W REST 3' B/W SETS 200's = RPE 6-7 1' RUNS = RPE 6	2x SET OF NO GAME SESSION 2 AKA Intensity To Volume ¼ RPE = GAME INTENSITY
BODY ARMOUR C2	BODY ARMOUR C1	BODY ARMOUR C2