FIELD UMPIRE PROGRAM C
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						
SOLID O/L	SESSION 3		SOLID O/L		SESSION 4	⇔
CHANGE OF DIRECTION						
	RETREAT CROSSOVER TO BACKWARD 20M x4 w 60" REST B/W		NIL		2X E/S TIGHT ARC TO ACCELERATE 15M 60" REST B/W SETS	⇔
ROBUSTNESS						
	BODY ARMOUR C2		BODY ARMOUR C1		BODY ARMOUR C2	⇔
STRENGTH (You can complete strength on running days – but do so *after* all conditioning/COD etc.)						
Strength A					Strength B	⇔

TRAINING SEQUENCE

SESSION 3	SOLID O/L	SESSION 4
MOBILITY + WARM UP DRILLS		MOBILITY + T2 WARMUP
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 **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	LOOKING FOR **70'** OF HR>135BPM INCLUDING **30'** OF HR>145BPM (DOES **NOT** 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 **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
BODY ARMOUR **C2**	BODY ARMOUR **C1**	BODY ARMOUR **C2**