

FIELD UMPIRE PROGRAM A

WEEK 9 (CLUB VISITS OPEN: SESSIONS ACCOUNT FOR TOP-UP OR STANDALONE CONDITIONING)

MON	TUES	WED	THUR	FRI	SAT	SUN
25/1	26/1	27/1	28/1	29/1	30/1	31/1
CONDITIONING						
	SESSION 7		SESSION 8	OFF	OFF	SESSION 9
CHANGE OF DIRECTION						
	BACKWARD 10M TO 20M ACCELERATION x4 w 60" REST B/W		LATERAL 5M OUT N BACK TO 30M STRIDE x2E/S 60" REST B/W SETS	OFF	OFF	NIL
ROBUSTNESS						
	BODY ARMOUR C1		BODY ARMOUR C2	OFF	OFF	BODY ARMOUR C1
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	
<p>2-3x FOLLOWING</p> <p>2x (2' RUN : 1' JOG)</p> <p>REST 4' B/W SETS</p>	<p>2-4x FOLLOWING</p> <p>(8"Hard Run : 22" Walk) x 4' w 3' rest b/w sets</p> <p style="text-align: center;"><u>OR</u></p> <p>2-4x FOLLOWING</p> <p>EUROFIT(15":15") x 4' w 3' REST B/W SETS</p>	<p>2x SET OF NO GAME SESSION 4 AKA HEAVEN & HELL</p> <p>RPE = GAME INTENSITY</p>
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1