

## FIELD UMPIRE PROGRAM C

**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 5		SESSION 6	OFF	OFF	SESSION 7
CHANGE OF DIRECTION						
	<a href="#">BACKWARD 10M To 20M ACCELERATION</a> x4 w 60" REST B/W		<a href="#">LATERAL 5M OUT N BACK TO 30M STRIDE</a> x2E/S 60" REST B/W SETS	OFF	OFF	NIL
ROBUSTNESS						
	<a href="#">BODY ARMOUR C1</a>		<a href="#">BODY ARMOUR C2</a>	OFF	OFF	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 5	SESSION 6	SESSION 7
<a href="#">MOBILITY</a> + <a href="#">WARM UP DRILLS</a>	MOBILITY + <a href="#">T1 WARMUP</a>	MOBILITY + <a href="#">T2 WARMUP</a>
COD DRILLS	COD DRILLS	
<a href="#">STANDARD FLUSH RUN</a>	<p>2-4x FOLLOWING</p> <p>(<a href="#">8"Hard Run</a> : 22" Walk) x 4' w 3' rest b/w sets</p> <p><b><u>OR</u></b></p> <p>2-4x FOLLOWING</p> <p><a href="#">EUROFIT(15":15")</a> x 4' w 3' REST B/W SETS</p>	<p>2x SET OF NO GAME SESSION 2 AKA <a href="#">Intensity To Volume ¼</a></p> <p>RPE = GAME INTENSITY</p>
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>