

FIELD UMPIRE PROGRAM A

WEEK 6

MON	TUES	WED	THUR	FRI	SAT	SUN
4/1	5/1	6/1	7/1	8/1	9/1	10/1
CONDITIONING						
BW FLUSH RECOVERY CIRCUIT	TEMPO RUN E		INTERVAL RUN E	OFF	MIXED PHYSIOLOGY D	↔
CHANGE OF DIRECTION						
	BUILT INTO TEMPO SESSION		4x 45DEGREE CUTS - DRILL 6 60" REST B/W SETS	OFF	BACKWARD ARC TO ACCELERATE 20M x 2E/S	↔
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

TEMPO RUN E	INTERVAL RUN E	MIXED PHYSIOLOGY D
MOBILITY + WARM UP DRILLS	MOBILITY + T1 WARMUP	MOBILITY + T2 WARMUP
COD DRILLS	COD DRILLS	COD DRILLS
ALL AT 70% OF YOUR TOP SPEED HALF ARC INTO.. 100M STRIDE x8 REPS OT60" REST 3' THEN...	3 SETS OF 800M OT6' INTO 3x 200M OT2'	EUROFIT (15":15") x 3' x3 W 2' REST B/W REST 3-4'
BACKWARD 10M TO STRIDE INTO... 80M STRIDE x8 REPS OT45" REST 3' THEN...	REST 5' B/W SETS INC. 4X BOUNCES	3SETS OF MIDZONE MADNESS x2 W 60" B/W W 2' REST B/W SETS
LATERAL 5M OUT N BACK INTO.. 60M STRIDE x8 REPS OT35"	OPTIONAL EXTRA 1-2 x 3' Game Runs w 2' Rest - Midzone ump - Movement patterns/scenarios	2 x 5' F/L (40:20) 3' REST B/W
STARTING MOVEMENT IS BUILT INTO YOUR TOTAL TIME TO COMPLETE EACH REP	RPE 5-7	RPE STARTS AT 7 BUT FINISHES AT 4-5
BODY ARMOUR C2	BODY ARMOUR C1	BODY ARMOUR C2