

FIELD UMPIRE PROGRAM C

WEEK 6

MON	TUES	WED	THUR	FRI	SAT	SUN
4/1	5/1	6/1	7/1	8/1	9/1	10/1
CONDITIONING						
SOLID O/L	BW FLUSH RECOVERY CIRCUIT	TEMPO RUN E	↔	OFF	MIXED PHYSIOLOGY D	↔
CHANGE OF DIRECTION						
		BUILT INTO TEMPO SESSION	↔	OFF	2SETS OF BACK 5M RUN 10M (x3) 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

TEMPO RUN E	SOLID O/L	MIXED PHYSIOLOGY D
MOBILITY + WARM UP DRILLS		MOBILITY + T2 WARMUP
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
ALL AT 70% OF YOUR TOP SPEED HALF ARC INTO.. 100M STRIDE x8 REPS OT60" REST 3' THEN... BACKWARD 10M TO STRIDE INTO... 80M STRIDE x8 REPS OT45" REST 3' THEN... LATERAL 5M OUT N BACK INTO.. 60M STRIDE x8 REPS OT35" STARTING MOVEMENT IS BUILT INTO YOUR TOTAL TIME TO COMPLETE EACH REP	LOOKING FOR 70' OF HR>135BPM INCLUDING 30' OF HR>145BPM (DOES NOT MEAN 100'+ SESSION)	EUROFIT (15":15") x 3' x3 W 2' REST B/W REST 3-4' 3SETS OF MIDZONE MADNESS x2 W 60" B/W W 2' REST B/W SETS 2 x 5' F/L (40:20) 3' REST B/W RPE STARTS AT 7 BUT FINISHES AT 4-5
BODY ARMOUR C2	BODY ARMOUR C1	BODY ARMOUR C2