



Field Umpires Rnd 1-5

CONDITIONING OVERVIEW

In the lead up to Round 1 there was a reduction in training load before the beginning of the 'true' in-season.

The plan now is to increase the load and intensity over the next 4 weeks, at which point there will be a 'deload' week with reduced training volume.

T1

- Slow increase in total running volume
- Concurrent incremental increase in intensity
- Results in umpires being exposed to a higher cruising speed

T2

- Session that exposes umpires to higher running speeds
- Important in building a chronic load to higher speed metres
- Build resiliency and robustness in the hip and lower limb region

- Initial tempo returns limit these high-speed metres so no sudden volume spike
- The repeats are *reduced* each week meaning runs are lengthened
- This results in gradual buildup of high speed metres (staged progression)

2020 Feedback: "Variety would be nice... but... results do speak for themselves"

We will look to find the balance of both variety and results without compromising principles of progressive overload and specificity.

Over the next few weeks there will be a change in warmup routines to provide a different mechanical *and* mental stimulus (reduce training monotony)

These warmups will retain the theme of providing elasticity to the lower limb along with providing context to important running positions in the aim of improving technique.

