



Field Umpires Rnd 6-10

CONDITIONING OVERVIEW

Following the Round 5 deload in which there was a significant reduction in volume and greater choice of intensity from the umpire – we are now ready to start a new training cycle.

Your body should be feeling relatively fresh and fit with Round 4 including a higher amount of threshold running.

The plan is to increase total volume over the coming weeks whilst slowly build back up to peak threshold volume. Following 4 weeks there will be another deload at Round 10.

T1

- First two weeks will build total volume at *lower* intensities
- Weeks 3-4 (Rnds 8-9) will see volume hold whilst there is an increase in the proportion of threshold running

T2

- More tempo style runs so body accustomed to higher speed running
- Initially, recovery is slightly longer (extensive) to work on running form
- Recovery will reduce (intensive) challenging CV system at higher speeds
- The tempo runs will then adjust to higher speed MAS running with even less recovery time to challenge system further

FEEDBACK: “Couple of T1 sessions went a little long... hard to fit in week”

We have taken that feedback on board and will consciously plan for sessions, including the warm-up, to take no longer than 1 hour.

Let us reiterate that you can always do the modified session based on your own circumstances e.g. Turnarounds, travel, recovery, time available etc.

Listen to your body and if you need to make a few adjustments, then do so.

