



## Field Umpires Rnd 11-15

### CONDITIONING OVERVIEW

Round 10 was a deload week which involved a reduction in running volume for the T1 with umpires given ownership in selecting the intensity.

T2 also decreased in stress as the recoveries were slightly longer and more extensive.

We are approaching mid-season with deload week allowing the body to recover and freshen up. The aim of the next coming weeks is to:

#### T1

- Initial increase in running volume followed by slight decrease, with the proportion of threshold running building. Undulating volume and intensity expose the body to both aerobic and more anaerobic methods.

#### T2

- Initially T2 will contain more tempo style running. This allows umpire to work on running mechanics in aerobic fashion. The tempo running will then become more intensive with shift to target the anaerobic energy system.
- Tempo running will then change into more MAS short interval methods which will target both the aerobic and anaerobic energy system development as well as improve repeat high intensity running abilities.

#### PLEASE NOTE:

There has been a change up in both the T1 and T2 movement and speed preparation to add variability to your sessions so that they don't become so monotonous.

These drills target important running positions that provide context to high-speed running. They also train important qualities such as rhythm, co-ordination, elasticity, and stiffness, as well as prepare the body for more intense work to come.

#### **DO NOT SKIP THIS ASPECT OF YOUR TRAINING**

*'A career of short cuts is a fast path to a career cut short'*

- Rob Jackson

