



Field Umpires Rnd 16-20

CONDITIONING OVERVIEW

Round 15 was a deload week with a reduction in running distance and running intensity.

We are now moving towards the back end of the season and it is imperative that we stay diligent on the small things so that we can finish off the season strong.

The aim of the next coming weeks is:

T1

- There will be an initial increase in running volume although a drop will be matched with increased proportion of threshold running. The body will be exposed to aerobic and glycolytic adaptations, both important qualities that are essential on game day.

T2

- Early in the training block there will be more of an emphasis on tempo running, so that high speed metres are accumulated with longer recoveries.
- Recoveries will decrease to become more intensive throughout the training block. The increase in intensity is accompanied by a decrease in volume so that the body still feels good for game days.

PLEASE NOTE:

You will notice a small robustness circuit at the end of the field sessions. The circuit aims to build resiliency in the common areas that are prone to injury in umpiring.

This includes the calf/soleus area, the groin region, and the hamstring complex. This circuit has been designed to be efficient, so that it can be completed on the field in 5 mins or less.

The exercises in the first circuit of the week, are slightly more demanding than the second circuit later in the week. This is to ensure that the body is fresh and ready for the game.

