



## **Field Umpires Rnd 21-23**

### **CONDITIONING OVERVIEW**

Round 20 was a deload week with a reduction in running distance and running intensity. There are now only 3 rounds left until the finals!

Make sure you look after your body and be diligent with your mobility/robustness. Take ownership and modify the program depending how your body feels.

The aim of the next coming weeks is:

#### **T1**

- The first two weeks will build volume using sub threshold running. Round 23 there will be a slight decrease in volume but will include a small amount of above threshold running.
- Volumes of running will be remarkably similar leading into the finals period as everyone should be feeling very fit.

#### **T2**

- Early in the training block there will be more of an emphasis on tempo running, so that high speed metres are accumulated with slightly longer recoveries.
- Recoveries will then slightly reduce shifting the focus to slightly more anaerobic.
- Round 23 will include slightly more change of direction focus which will challenge the anaerobic system even more.

#### **PLEASE NOTE:**

I want to reiterate the importance of looking after your body during this period. Make sure your nutrition is on point, you have quality sleep, and manage your daily stressors. Good luck!

