

FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

WEEK 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
INTRO RUN 1		INTRO RUN 2		INTRO RUN 3	↔	
CHANGE OF DIRECTION						
N/A		N/A		N/A	↔	
ROBUSTNESS						
BODY ARMOUR A1		BODY ARMOUR A2		BODY ARMOUR A1	↔	
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	Strength A				Strength B	

TRAINING SEQUENCE

INTRO RUN 1	INTRO RUN 2	INTRO RUN 3
MOBILITY + WARM UP DRILLS	MOBILITY + WARM UP DRILLS	MOBILITY + WARM UP DRILLS
COD DRILLS	COD DRILLS	COD DRILLS
3 x 5' F/L (20":40") W 3-4' REST B/W SETS RPE 4-5	20' STEADY STATE TRAIL RUN HR = 130-155BPM (NOT BITUMEN OR ATHLETICS TRACK) RPE 3	3 x 4' RUNS W 2' REST B/W SETS RPE 5-6
BODY ARMOUR A1	BODY ARMOUR A2	BODY ARMOUR A1