

FIELD UMPIRE OFF SEASON (RETRO RECIPE)

WEEK 1

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

TRAINING SEQUENCE

INTRO RUN 1	OFF FEET CONDITIONING A	INTRO RUN 3
<u>MOBILITY + WARM UP DRILLS</u>	MOBILITY	MOBILITY + WARM UP DRILLS
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
3 x 5' F/L (20":40") W 3-4' REST B/W SETS <u>RPE 4-5</u>	LOOKING FOR 45-60' OF HR 120-150 BPM	3 x 4' RUNS W 2' REST B/W SETS RPE 5-6
BODY ARMOUR A1	BODY ARMOUR A2	BODY ARMOUR A1