

FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

WEEK 2

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
TEMPO RUN A		AEROBIC RUN A		INTERVAL RUN A	↔	BW FLUSH RECOVERY CIRCUIT
CHANGE OF DIRECTION						
DRILL 4 x 2E/s		N/A		DRILL 3 x2 E/s	↔	
ROBUSTNESS						
BODY ARMOUR A2		BODY ARMOUR A1		BODY ARMOUR A2	↔	
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	Strength A				Strength B	

TRAINING SEQUENCE

TEMPO RUN A	AEROBIC RUN A	INTERVAL RUN A
MOBILITY + WARM UP DRILLS	MOBILITY + WARM UP DRILLS	MOBILITY + WARM UP DRILLS
COD DRILLS	COD DRILLS	COD DRILLS
<p>ALL AT 70% OF YOUR TOP SPEED FOCUS ON RELAXED/PERFECT TECH</p> <p>RUN 80M x4 REPS OT60" REST 3' THEN...</p> <p>RUN 60M x4 REPS OT40" REST 3' THEN...</p> <p>RUN 40M x4 REPS OT30"</p> <p>LAST REP SHOULD FEEL LIKE FIRST</p>	<p>25-30' STEADY STATE TRAIL RUN HR = 130-155BPM (NOT BITUMEN OR ATHLETICS TRACK)</p> <p>RPE 3</p>	<p>3X SETS OF</p> <p>2 x 3' RUNS w 2' WALK B/W REPS</p> <p>3' REST B/W SETS</p> <p>RPE 5-6</p>
BODY ARMOUR A2	BODY ARMOUR A1	BODY ARMOUR A2