

FIELD UMPIRE OFF SEASON (RETRO RECIPE)

WEEK 3

MON	TUES	WED	THUR	FRI	SAT	SUN
CONDITIONING						
TEMPO RUN B		OFF FEET CONDITIONING B		MIXED PHYSIOLOGY A	↔	BW FLUSH RECOVERY CIRCUIT
CHANGE OF DIRECTION						
SIDESHUFFLE 5M OUT/BACK TO 15M STRIDE x2 E/S OT60"		N/A		2SETS OF BACK 5M RUN 10M (x3) 60" REST B/W SETS	↔	
ROBUSTNESS						
BODY ARMOUR B1		BODY ARMOUR B2		BODY ARMOUR B1	↔	
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 B MOBILITY + T1 WARMUP	OFF FEET CONDITIONING B MOBILITY	MIXED PHYSIOLOGY A MOBILITY + T2 WARMUP
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
<p>TEMPO RUN B ALL AT 70% OF YOUR TOP SPEED</p> <p>RUN 80M x5 REPS OT60" REST 3' THEN...</p> <p>RUN 60M x5 REPS OT40" REST 3' THEN...</p> <p>RUN 40M x5 REPS OT30"</p> <p>LAST REP SHOULD FEEL LIKE FIRST</p>	<p>LOOKING FOR 60' OF HR>130BPM INCLUDING 30' OF HR>145BPM</p> <p>(DOES NOT MEAN 90'+ SESSION)</p>	<p>4x 100M @ 75-85% OT90" REST 3' 4x 100M OT90" (W EA REP 4x 25M 45° CUTS) @ 75% REST 3'</p> <p>3x 400M @75-85% OT4' REST 3'</p> <p>2 x 5' F/L (30":30") w 3' REST B/W SETS</p> <p>RPE 5-6</p>
BODY ARMOUR B1	BODY ARMOUR B2	BODY ARMOUR B1