

FIELD UMPIRE OFF SEASON (RETRO RECIPE)

WEEK 4

MON	TUES	WED	THUR	FRI	SAT	SUN
CONDITIONING						
TEMPO RUN C		OFF FEET CONDITIONING B		MIXED PHYSIOLOGY B	↔	
CHANGE OF DIRECTION						
<u>45° CUTS</u> <u>DRILL 6</u> x2 E/S w 45" B/W		N/A		<u>HALF ARC</u> <u>TO 15M SPRINT</u> x2 E/S OT75"	↔	
ROBUSTNESS						
<u>BODY ARMOUR</u> <u>B2</u>		<u>BODY ARMOUR</u> <u>B1</u>		<u>BODY ARMOUR</u> <u>B2</u>	↔	
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	<u>Strength</u> <u>A</u>				<u>Strength</u> <u>B</u>	

TRAINING SEQUENCE

TEMPO RUN C	OFF FEET CONDITIONING B	MIXED PHYSIOLOGY B
<u>MOBILITY</u> + <u>T1 WARMUP</u>	MOBILITY	MOBILITY + <u>T2 WARMUP</u>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
TEMPO RUN C ALL AT 70% OF YOUR TOP SPEED ALL START W 5M BACKAWAY INTO.. RUN 80M X6 REPS OT60" REST 3' THEN... RUN 60M X6 REPS OT40" REST 3' THEN... RUN 40M X6 REPS OT30" LAST REP SHOULD FEEL LIKE FIRST	LOOKING FOR 60' OF HR>130BPM INCLUDING 30' OF HR>145BPM (DOES NOT MEAN 90'+ SESSION)	4x 150M @ 75-58% OT90" REST 3' 4x 100M @ 75-85% OT90" REST 3' <u>50M OT20" OR 8" RUNS OT20"</u> 2 x 2' ROUNDS W 2' REST B/W <u>OPTIONAL</u> 1 x 10' F/L (30":30") <u>RPE 5-6</u>
BODY ARMOUR B1	BODY ARMOUR B2	BODY ARMOUR B1