

FIELD UMPIRE OFF SEASON (RETRO RECIPE)

WEEK 5

MON	TUES	WED	THUR	FRI	SAT	SUN
CONDITIONING						
TEMPO RUN D		OFF FEET CONDITIONING C		MIXED PHYSIOLOGY C	↔	<u>BW FLUSH RECOVERY CIRCUIT</u>
CHANGE OF DIRECTION						
<u>SIDESHUFFLE 5M OUT/BACK TO 15M SPRINT x2 E/S OT60"</u>		N/A		<u>DRILL 4 x 2E/S</u>	↔	
ROBUSTNESS						
<u>BODY ARMOUR C1</u>		<u>BODY ARMOUR C2</u>		BODY ARMOUR C1	↔	
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

TEMPO RUN D <u>MOBILITY + T1 WARMUP</u>	OFF FEET CONDITIONING C MOBILITY	MIXED PHYSIOLOGY C MOBILITY + <u>T2 WARMUP</u>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
<p>TEMPO RUN C ALL AT 70% OF YOUR TOP SPEED</p> <p>ALL START W <u>HALF ARC</u> INTO.. RUN THE 50M ARC LINE x5 REPS OT60" REST 3' THEN...</p> <p>GOAL SQUARE TO CENTRE SQUARE x5 REPS OT40" REST 3' THEN...</p> <p>RUN 50M (CENTRE SQUARE LENGTH) x5 REPS OT25"</p> <p>LAST REP SHOULD FEEL LIKE FIRST</p>	<p>LOOKING FOR 60' OF HR>130BPM INCLUDING 20' OF HR>150BPM</p> <p>(DOES NOT MEAN 80'+ SESSION)</p>	<p><u>85M OT45" OR 15" RUNS OT45"</u> 3x 3' ROUNDS W 3' REST B/W</p> <p><u>1x 3' RUN : 2' WALK</u> <u>2x 2' RUN : 1' WALK</u> <u>2x 1' RUN : 30" WALK</u></p> <p>REST 3-4'</p> <p>1 x 10' STEADY STATE RUN (KEEP HR AT 130-155BPM) (CAN ADD MORE TIME IF FEEL LIKE IT)</p> <p>RPE STARTS AT 5-6 BUT FINISHES AT 3</p>
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1