

## FIELD UMPIRE OFF SEASON (RETRO RECIPE)

### WEEK 6

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>CONDITIONING</b>						
TEMPO RUN E		OFF FEET CONDITIONING C		MIXED PHYSIOLOGY D	↔	<a href="#">BW FLUSH RECOVERY CIRCUIT</a>
<b>CHANGE OF DIRECTION</b>						
BUILT INTO TEMPO SESSION		N/A		<a href="#">BACKWARD ARC TO ACCELERATE 15M x 2E/S</a>	↔	
<b>ROBUSTNESS</b>						
<a href="#">BODY ARMOUR C2</a>		<a href="#">BODY ARMOUR C1</a>		BODY ARMOUR C2	↔	
<b>STRENGTH</b> (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	<a href="#">Strength A</a>				<a href="#">Strength B</a>	

### TRAINING SEQUENCE

TEMPO RUN E	OFF FEET CONDITIONING C	MIXED PHYSIOLOGY D
<a href="#">MOBILITY + T1 WARMUP</a>	MOBILITY	MOBILITY + <a href="#">T2 WARMUP</a>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
<p>ALL AT <b>70%</b> OF YOUR TOP SPEED <a href="#">HALF ARC</a> INTO.. 100M STRIDE X6 REPS OT60" REST 3' THEN...</p> <p><a href="#">BACKWARD 10M TO STRIDE</a> INTO... 80M STRIDE X6 REPS OT45" REST 3' THEN...</p> <p><a href="#">LATERAL 5M OUT N BACK</a> INTO.. 60M STRIDE X6 REPS OT35"</p> <p>STARTING MOVEMENT IS BUILT INTO YOUR TOTAL TIME TO COMPLETE EACH REP</p>	<p>LOOKING FOR 60' OF HR&gt;130BPM INCLUDING 20' OF HR&gt;150BPM</p> <p>(DOES NOT MEAN 80'+ SESSION)</p>	<p><a href="#">EUROFIT (15":15")</a> x 2' x4 w 90" REST B/W</p> <p>REST 3-4'</p> <p>3SETS OF <a href="#">MIDZONE MADNESS</a> x2 w 60" B/W W 2' REST B/W SETS</p> <p>1-2 x 5' F/L (40:20) 3' REST B/W</p> <p><a href="#">RPE</a> STARTS AT 7 BUT FINISHES AT 4-5</p>
BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>