

FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

WEEK 4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
TEMPO RUN C		INTERVAL RUN C		MIXED PHYSIOLOGY B	↔	
CHANGE OF DIRECTION						
N/A		<u>45° CUTS DRILL 6</u> x2 E/S w 45" B/W		<u>HALF ARC TO 15M SPRINT</u> x2 E/S OT75"	↔	
ROBUSTNESS						
<u>BODY ARMOUR B2</u>		<u>BODY ARMOUR B1</u>		BODY ARMOUR B2	↔	
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 C	INTERVAL RUN C	MIXED PHYSIOLOGY B
<u>MOBILITY</u> + <u>T1 WARMUP</u>	MOBILITY + <u>WARM UP DRILLS</u>	MOBILITY + <u>T2 WARMUP</u>
COD DRILLS	COD DRILLS	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	<u>2x 3' RUN : 3' WALK</u> REST 3' <u>2x 2' RUN : 2' WALK</u> REST 3' <u>2x 1' RUN : 1' WALK</u> FINISH THROWING DOWN 5-10 BOUNCES <u>RPE 5-6</u>	4x 150M @ 75-85% 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") RPE 5-6
BODY ARMOUR B1	BODY ARMOUR B2	BODY ARMOUR B1