Field Umpire Off Season (Original Recipe)

Week 5

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Conditioning						
Tempo Run D		**Interval Run D**		**Mixed Physiology C**	⇔	**BW Flush Recovery Circuit**
Change Of Direction						
SideShuffle 5m out/back to 15m sprint x2 e/s OT60"		**2sets of Back 5m Run 10m (x3)** 60" rest b/w sets		**Drill 4** x 2e/s	⇔	
Robustness						
Body Armour C1		**Body Armour C2**		**Body Armour C1**	⇔	
Strength (You can complete strength on running days – but do so *after* all conditioning/COD etc.)						
	Strength A				**Strength B**	

Training Sequence

Tempo Run D	Interval Run D	Mixed Physiology C
Mobility + **T1 Warmup**	Mobility + Warm Up Drills	Mobility + **T2 Warmup**
COD Drills	COD Drills	COD Drills
Tempo Run C All at **70%** of Your Top Speed ALL start w Half Arc into.. Run The 50m Arc Line x5 reps OT60" Rest 3' then… Goal Square To Centre Square x5 reps OT40" Rest 3' then… Run 50m (Centre Square Length) x5 reps OT25" Last Rep Should Feel Like First	1x 800m OT6' 2x 600m OT5' 2x 400m OT4' 3x 200m OT2' Finish w Bounce/Backaway w 30-40m Angled Strides 3x e/s 60" walk Recovery RPE 5-6	85m OT45" OR 15" Runs OT45" 3x 3' Rounds w 3' Rest b/w 1x 3' Run : 2' Walk 2x 2' Run : 1' Walk 2x 1' Run : 30" Walk Rest 3-4' 1 x 10' Steady State Run *(Keep HR at 130-155bpm)* (Can add more time if feel like it) RPE Starts at 5-6 but finishes at 3
Body Armour **C1**	Body Armour **C2**	Body Armour **C1**