

## FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

### WEEK 6

| MON   | TUES                           | WED  | THUR | FRI   | SAT                            | SUN   |
|---|--------------------------------|--|------|---|--------------------------------|---|
| <b>CONDITIONING</b>   |                                |  |      |   |                                |   |
| TEMPO RUN<br>E  |                                | INTERVAL RUN<br>E  |      | MIXED<br>PHYSIOLOGY<br>D  | ↔                              | <a href="#">BW<br/>FLUSH<br/>RECOVERY<br/>CIRCUIT</a> |
| <b>CHANGE OF DIRECTION</b>  |                                |  |      |   |                                |   |
| BUILT INTO<br>TEMPO SESSION   |                                | 4x<br><a href="#">45DEGREE CUTS -<br/>DRILL 6</a><br>60" REST B/W SETS |      | <a href="#">BACKWARD ARC<br/>TO ACCELERATE</a><br><br>15M<br>x 2E/S | ↔                              |   |
| <b>ROBUSTNESS</b>   |                                |  |      |   |                                |   |
| <a href="#">BODY ARMOUR<br/>C2</a>  |                                | <a href="#">BODY ARMOUR<br/>C1</a>                                     |      | BODY ARMOUR<br>C2   | ↔                              |   |
| <b>STRENGTH</b><br>(You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.) |                                |  |      |   |                                |   |
|   | <a href="#">Strength<br/>A</a> |  |      |   | <a href="#">Strength<br/>B</a> |   |

### TRAINING SEQUENCE

| TEMPO RUN E  | INTERVAL RUN E   | MIXED PHYSIOLOGY D  |
|--|--|---|
| <a href="#">MOBILITY</a> + <a href="#">T1 WARMUP</a>   | MOBILITY + <a href="#">WARM UP DRILLS</a>  | MOBILITY + <a href="#">T2 WARMUP</a>  |
| COD DRILLS   | COD DRILLS   | COD DRILLS  |
| ALL AT <b>70%</b> OF YOUR TOP SPEED<br><a href="#">HALF ARC</a> INTO..<br>100M STRIDE<br>X6 REPS OT60" REST 3' THEN...<br><br><a href="#">BACKWARD 10M TO STRIDE</a> INTO...<br>80M STRIDE<br>X6 REPS OT45" REST 3' THEN...<br><br><a href="#">LATERAL 5M OUT N BACK</a> INTO..<br>60M STRIDE<br>X6 REPS OT35" | <a href="#">3x 600M OT4'</a><br><a href="#">3x 400M OT3'</a><br><a href="#">4x 200M OT2'</a><br><br>1 x 3' Game Runs<br>- Midzone ump<br>- Movement patterns/scenarios<br><br>FINISH THROWING DOWN 5-10 BOUNCES<br><br><a href="#">RPE</a> 5-6 | <a href="#">EUROFIT (15":15")</a> x 2'<br>x4 W 90" REST B/W<br><br>REST 3-4'<br><br>3SETS OF<br><a href="#">MIDZONE MADNESS</a> x2 W 60" B/W<br>W 2' REST B/W SETS<br><br>1-2 x 5' F/L (40:20)<br>3' REST B/W |
| STARTING MOVEMENT IS BUILT INTO YOUR TOTAL TIME TO COMPLETE EACH REP   |  | RPE STARTS AT 7 BUT FINISHES AT 4-5   |
| <b>BODY ARMOUR C2</b>  | <b>BODY ARMOUR C1</b>  | <b>BODY ARMOUR C2</b>   |