

FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

WEEK 7

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 1		SESSION 2		SESSION 3	↔	BW FLUSH RECOVERY CIRCUIT
CHANGE OF DIRECTION						
RETREAT CROSSOVER TO ACCELERATE 20M x4 w 45" REST B/W		4x BACKWARD 10M TO 30M ANGLED STRIDE 60" REST B/W SETS		4x 45DEGREE CUTS - DRILL 6 60" REST B/W SETS	↔	
ROBUSTNESS						
BODY ARMOUR C1		BODY ARMOUR C2		BODY ARMOUR C1	↔	
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	Strength A				Strength B	

TRAINING SEQUENCE

SESSION 1	SESSION 2	SESSION 3
MOBILITY + T1 WARMUP	MOBILITY + WARM UP DRILLS	MOBILITY + T2 WARMUP
COD DRILLS	COD DRILLS	COD DRILLS
6x 50-60M ROLLING START STRIDES - BUILD EFFORT EACH REP UP TO 80% OF YOUR TOP SPEED. LAST 2 REPS INCREASE TO 90% OF YOUR TOP SPEED - USE A 60-90" REST B/W REPS 3x FOLLOWING SET 4 x 150M OT90" INTO 3' RUN FOR MAX DISTANCE REST 5' B/W SETS 150's = RPE 6 3' RUN FOR DISTANCE = RPE 5	4SETS OF (20M FLOAT:10M ACCEL) x3 - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS 3x FOLLOWING SET 3x 200M OT2' INTO 2x 90" RUNS w 60" REST B/W REST 3-4' B/W SETS 200's = RPE 6 90" RUNS = RPE 5	1x SET OF NO GAME SESSION 3 AKA MIXED METHOD 1/4 <i>OPTIONAL</i> EXTRA 1 x 10-15' STEADY STATE RUN HR @ 130-155BPM RPE = GAME INTENSITY
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1