

FIELD UMPIRE OFF SEASON (RETRO RECIPE)

WEEK 10

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 10		SESSION 11		SESSION 12	↔	<u>BW FLUSH RECOVERY CIRCUIT</u>
CHANGE OF DIRECTION						
<u>RETREAT CROSSOVER TO ACCELERATE 20M x4 w 45" REST B/W</u>		2x E/S <u>TIGHT ARC TO ACCELERATE 15M 60" REST B/W SETS</u>		NONE	↔	
ROBUSTNESS						
<u>BODY ARMOUR C2</u>		<u>BODY ARMOUR C1</u>		BODY ARMOUR C2	↔	
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

SESSION 10	SESSION 11	SESSION 12
<u>MOBILITY + T1 WARMUP</u>	MOBILITY + <u>WARM UP DRILLS</u>	MOBILITY + <u>T2 WARMUP</u>
COD DRILLS AFTER CONDITIONING	COD DRILLS	COD DRILLS
<p><u>FLUSH RUN</u></p> <p>ASSUMING YOUR LAST SESSION WAS EITHER</p> <p>AFLW GAME OR 2X SETS OF HEAVEN & HELL</p> <p>THIS IS A RELATIVE DELOAD GIVEN INCREASED WEEKEND TRAINING</p>	<p>4SETS OF (20M FLOAT:10M ACCEL) x3</p> <ul style="list-style-type: none"> - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS <p>3-4x FOLLOWING SET</p> <p>3x <u>100M OT45"</u> INTO 2x 1' RUNS w 1' REST B/W</p> <p>REST 3' B/W SETS</p> <p>100's = <u>RPE 6-7</u> 1' RUNS = <u>RPE 4-5</u></p>	<p>AFLW GAME OR</p> <p>SOLID CLUB VISIT OR</p> <p>4x SET OF FOLLOWING <u>COMBO</u> <u>'RYANO RUN'</u> INTO <u>800M OT5'CYCLE</u> (REST B/W SETS BUILT INTO PROGRAMS)</p> <p>PLUS... EASY 3-4KM JOG</p>
BODY ARMOUR C2	BODY ARMOUR C1	BODY ARMOUR C2