

FIELD UMPIRE OFF SEASON

WEEK 11

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 13		SESSION 14		SESSION 15	↔	BW FLUSH RECOVERY CIRCUIT
CHANGE OF DIRECTION						
UMPIRE CHOICE COD		UMPIRE CHOICE COD		NONE	↔	
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 13	SESSION 14	SESSION 15
MOBILITY + T1 WARMUP	MOBILITY + T2 WARMUP	MOBILITY + WARM UP DRILLS
UMPIRE CHOICE T1 COD DRILLS	UMPIRE CHOICE T2 COD DRILLS	NONE
<p>4-6x 50M BUILDING STRIDES (WALK RECOVER + 30" REST)</p> <p style="text-align: center;">+</p> <p>2-4x SETS OF 90" RUN : 90" FLOAT (2x) 60" RUN: 60" FLOAT (2x) 30" RUN: 30" FLOAT (2x) 15" RUN: 15" FLOAT (3' WALK RECOVERY B/W SETS)</p> <p>FLEXIBILITY BASED UPON VARIABLES: - CLUB VIST (DAY BEFORE/OF/NEXT) - AFLW (COMPLETED ON WEEKEND) - INTEGRATING BACK FROM REHAB - 4SETS = NONE OF THE ABOVE</p>	<p>4SETS OF (15M FLOAT:15M ACCEL) x3 - FLOAT IS EASY, ACCEL IS HARD - 60-90" REST B/W REPS</p> <p>2-5x FOLLOWING COMBO RUN SET</p> <p style="text-align: center;">TURN 'N BURN (x2) INTO 50M RETURN OT60" (x4)</p> <p style="text-align: center;">w 2' REST B/W SETS (ON TOP OF LAST REP OF 50M RETURN)</p> <p style="text-align: center;">RPE = 7</p>	<p>AFLW GAME <i>OR</i></p> <p>SOLID CLUB VISIT <i>OR</i></p> <p>WEEKEND MASHUP</p> <p>SET ASIDE 2HR FOR THIS SESSION</p> <p style="text-align: center;"><i>PLAN AHEAD FOR SCHEDULE</i></p> <p style="text-align: center;"><i>TAKE ADEQUATE HYDRATION</i></p>
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1