

FIELD UMPIRE OFF SEASON

WEEK 12

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 16		SESSION 17		SESSION 18	↔	BW FLUSH RECOVERY CIRCUIT
CHANGE OF DIRECTION						
UMPIRE CHOICE COD		UMPIRE CHOICE COD		NONE	↔	
ROBUSTNESS						
BODY ARMOUR C2		BODY ARMOUR C1		BODY ARMOUR C2	↔	
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 16	SESSION 17	SESSION 18
MOBILITY + T1 WARMUP	MOBILITY + T2 WARMUP	MOBILITY + WARM UP DRILLS
UMPIRE CHOICE T1 COD DRILLS	UMPIRE CHOICE T2 COD DRILLS	NONE
<p>Weekend ALFW or Big Club Visit = Flush EXTRA</p> <p>Otherwise...</p> <p>4-6x 50M BUILDING STRIDES (WALK RECOVERY + 30" REST)</p> <p style="text-align: center;">+</p> <p>2-4x SETS OF</p> <p>3' RUN W 90" REST 2' RUN W 90" REST 1' RUN W 90" REST</p> <p>REST EXTRA 2' ON TOP OF LAST REP. COMPLETE APPROPRIATE NO. OF SETS.</p>	<p>3SETS OF (10M FLOAT:10M BWD:15MACCEL:) x3</p> <ul style="list-style-type: none"> - SPIN TO HIT BWD RUN 10M - BWD IN SAME DIRECTION - SPIN AGAIN FOR ACCEL 15M - 60-90" REST B/W REPS <p>2-5x FOLLOWING COMBO RUN SET</p> <p style="text-align: center;">200M W 90" REST 150M W 75" REST 100M W 60" REST</p> <p>50M W 90" REST TO COMPLETE 1X SET</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 style="text-align: center;">2x SETS OF Weekend Mashup 2.0</p> <p>SET ASIDE 2HR FOR THIS SESSION <i>PLAN AHEAD FOR SCHEDULE</i> <i>TAKE ADEQUATE HYDRATION</i></p>
BODY ARMOUR C2	BODY ARMOUR C1	BODY ARMOUR C2