

## FIELD UMPIRE OFF SEASON (RETRO RECIPE)

### WEEK 7

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>CONDITIONING</b>						
SESSION 1		SESSION 2		SESSION 3	↔	<a href="#">BW FLUSH RECOVERY CIRCUIT</a>
<b>CHANGE OF DIRECTION</b>						
<a href="#">RETREAT CROSSOVER TO ACCELERATE 20M</a> x4 w 45" REST B/W		NONE		4x <a href="#">45DEGREE CUTS - DRILL 6</a> 60" REST B/W SETS	↔	
<b>ROBUSTNESS</b>						
<a href="#">BODY ARMOUR C1</a>		<a href="#">BODY ARMOUR C2</a>		BODY ARMOUR C1	↔	
<b>STRENGTH</b> (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	<a href="#">Strength A</a>				<a href="#">Strength B</a>	

### TRAINING SEQUENCE

SESSION 1	SESSION 2: OFF FEET CONDITIONING D	SESSION 3
<a href="#">MOBILITY</a> + <a href="#">T1 WARMUP</a>	MOBILITY	MOBILITY + <a href="#">T2 WARMUP</a>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	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 = <a href="#">RPE 6</a> 3' RUN FOR DISTANCE = RPE 5	LOOKING FOR 60' OF HR>130BPM INCLUDING 25' OF HR>150BPM  (DOES NOT MEAN 80'+ SESSION)	1x SET OF NO GAME SESSION 3 AKA <a href="#">MIXED METHOD 1/4</a>  OPTIONAL EXTRA 1 x 10-15' STEADY STATE RUN HR @ 130-155BPM  RPE = GAME INTENSITY
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>