

FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

WEEK 8

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 4		SESSION 5		SESSION 6	↔	BW FLUSH RECOVERY CIRCUIT
CHANGE OF DIRECTION						
RETREAT CROSSOVER TO ACCELERATE 20M x4 w 45" REST B/W		3SETS OF BACK 5M RUN 10M (x3) 60" REST B/W SETS		2x E/S TIGHT ARC TO ACCELERATE 15M 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 4	SESSION 5	SESSION 6
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 85% OF YOUR TOP SPEED. LAST 2 REPS INCREASE TO 95% OF YOUR TOP SPEED - USE A 60-90" REST B/W REPS 2-4x FOLLOWING SET 1 x 300M OT90" INTO 2' RUN FOR MAX DISTANCE REST 4' B/W SETS 300's = RPE 6-7 2' RUN FOR DISTANCE = RPE 6	4SETS OF (20M FLOAT:10M ACCEL) x3 - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS 2-4x FOLLOWING SET 2x 100M OT45" INTO 2x 1' RUNS W 1' REST B/W REST 3' B/W SETS 100's = RPE 6-7 1' RUNS = RPE 6	2x SET OF NO GAME SESSION 2 AKA Intensity To Volume ¼ RPE = GAME INTENSITY
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1