

## FIELD UMPIRE OFF SEASON (ORIGINAL RECIPE)

### WEEK 9

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>CONDITIONING</b>						
SESSION 7		SESSION 8		SESSION 9	↔	<a href="#"><u>BW FLUSH RECOVERY CIRCUIT</u></a>
<b>CHANGE OF DIRECTION</b>						
<a href="#"><u>BACKWARD 10M TO 20M ACCELERATION</u></a> x4 w 60" REST B/W		<a href="#"><u>LATERAL 5M OUT N BACK TO 30M STRIDE</u></a> x2E/S 60" REST B/W SETS		NONE	↔	
<b>ROBUSTNESS</b>						
<a href="#"><u>BODY ARMOUR C1</u></a>		<a href="#"><u>BODY ARMOUR C2</u></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="#"><u>Strength A</u></a>				<a href="#"><u>Strength B</u></a>	

### TRAINING SEQUENCE

SESSION 7	SESSION 8	SESSION 9
<a href="#"><u>MOBILITY + T1 WARMUP</u></a>	MOBILITY + <a href="#"><u>WARM UP DRILLS</u></a>	MOBILITY + <a href="#"><u>T2 WARMUP</u></a>
COD DRILLS	COD DRILLS	COD DRILLS
<p><b>2-3x</b> FOLLOWING</p> <p>2x (<a href="#"><u>2' RUN : 1' JOG</u></a>)</p> <p>REST 4' B/W SETS</p>	<p><b>2-4x</b> FOLLOWING</p> <p>(<a href="#"><u>8" Hard Run</u></a> : 22" Walk) x 4' w 3' rest b/w sets</p> <p><b>OR</b></p> <p><b>2-4x</b> FOLLOWING</p> <p><a href="#"><u>EUROFIT(15":15")</u></a> x 4' w 3' REST B/W SETS</p>	<p><b>2x</b> SET OF NO GAME SESSION 4 AKA <a href="#"><u>HEAVEN &amp; HELL</u></a></p> <p>RPE = GAME INTENSITY</p>
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>