

FIELD UMPIRE OFF SEASON (RETRO RECIPE)

WEEK 9

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 7		SESSION 8		SESSION 9	↔	<u>BW FLUSH RECOVERY CIRCUIT</u>
CHANGE OF DIRECTION						
<u>BACKWARD 10M TO 20M ACCELERATION</u> x4 w 60" REST B/W		<u>LATERAL 5M OUT N BACK TO 30M STRIDE</u> x2E/S 60" REST B/W SETS		NONE	↔	
ROBUSTNESS						
<u>BODY ARMOUR C1</u>		<u>BODY ARMOUR C2</u>		BODY ARMOUR C1	↔	
STRENGTH (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
	<u>Strength A</u>				<u>Strength B</u>	

TRAINING SEQUENCE

SESSION 7	SESSION 8	SESSION 9
<u>MOBILITY + T1 WARMUP</u>	MOBILITY + <u>WARM UP DRILLS</u>	MOBILITY + <u>T2 WARMUP</u>
COD DRILLS	COD DRILLS	COD DRILLS
<p>2-3x FOLLOWING</p> <p>2x (<u>2' RUN : 1' JOG</u>)</p> <p>REST 4' B/W SETS</p>	<p>3SETS OF (20M FLOAT:10M ACCEL) x3</p> <ul style="list-style-type: none"> - 20M FLOAT IS EASY - 10M ACCEL IS HARD EFFORT - 60-90" REST B/W REPS <p>2-4x FOLLOWING SET</p> <p>2x <u>100M OT45"</u> INTO 2x 1' RUNS w 1' REST B/W</p> <p>REST 3' B/W SETS</p> <p>100's = <u>RPE</u> 6-7 1' RUNS = RPE 6</p>	<p>2x SET OF NO GAME SESSION 4 AKA <u>HEAVEN & HELL</u></p> <p>RPE = GAME INTENSITY</p>
BODY ARMOUR C1	BODY ARMOUR C2	BODY ARMOUR C1