

## FIELD UMPIRE OFF SEASON

### WEEK 13

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 19		SESSION 20		SESSION 21	↔	<a href="#">BW FLUSH RECOVERY CIRCUIT</a>
CHANGE OF DIRECTION						
<a href="#">UMPIRE CHOICE COD</a>		<a href="#">UMPIRE CHOICE COD</a>		NONE	↔	
ROBUSTNESS						
<a href="#">BODY ARMOUR C1</a>		<a href="#">BODY ARMOUR C2</a>		<a href="#">BODY ARMOUR C1</a>	↔	
STRENGTH (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 19	SESSION 20	SESSION 21
<a href="#">MOBILITY</a> + <a href="#">T1 WARMUP</a>	MOBILITY + <a href="#">T2 WARMUP</a>	MOBILITY + <a href="#">WARM UP DRILLS</a>
<a href="#">UMPIRE CHOICE T1 COD DRILLS</a>	<a href="#">UMPIRE CHOICE T2 COD DRILLS</a>	NONE
<p><b>Weekend ALFW or Big Club Visit = Flush EXTRA</b></p> <p><b>Otherwise...</b></p> <p><b>4-6x 50M BUILDING STRIDES</b> (WALK RECOVERY + 30" REST)</p> <p style="text-align: center;">+</p> <p><b>2-4x SETS OF</b>  <a href="#">800M</a> OT5'  <a href="#">600M</a> OT4'  <a href="#">400M</a> OT4'</p> <p>COMPLETE APPROPRIATE NO. OF SETS BASED OFF YOUR DAY -1/+1</p>	<p><b>3SETS OF</b> (10M FLOAT:10M <b>BWD</b>:15M ACCEL:) <b>x3</b></p> <ul style="list-style-type: none"> <li>- SPIN TO HIT BWD RUN 10M</li> <li>- BWD IN SAME DIRECTION</li> <li>- SPIN AGAIN FOR ACCEL 15M</li> <li>- 60-90" REST B/W REPS</li> </ul> <p><b>2-5x FOLLOWING COMBO RUN SET</b>  <a href="#">(10" SHUTTLE RUN : 20" REST) x4'</a>  2' REST  <a href="#">(10" STRAIGHT-LINE : 10" REST) x3'</a>  2' REST</p> <p><i>2x Sets absolute minimum based on being club visit top-up con.</i></p>	<p>AFLW GAME OR</p> <p>SOLID CLUB VISIT OR</p> <p><a href="#">Weekend Mashup</a> OR</p> <p><b>2x</b> SETS OF <a href="#">Weekend Mashup 2.0</a> OR</p> <p><b>3x</b> SETS OF <a href="#">HEAVEN &amp; HELL</a></p> <p>SET ASIDE 2HR FOR THESE SESSIONS TAKE ADEQUATE HYDRATION</p>
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>