

## FIELD UMPIRE OFF SEASON

### WEEK 14

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>CONDITIONING</b>						
SESSION 22		SESSION 23		SESSION 24	↔	<a href="#">BW FLUSH RECOVERY CIRCUIT</a>
<b>CHANGE OF DIRECTION</b>						
<a href="#">UMPIRE CHOICE COD</a>		<a href="#">UMPIRE CHOICE COD</a>		NONE	↔	
<b>ROBUSTNESS</b>						
<a href="#">BODY ARMOUR C2</a>		<a href="#">BODY ARMOUR C1</a>		<a href="#">BODY ARMOUR C2</a>	↔	
<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 22	SESSION 23	SESSION 24
<a href="#">MOBILITY + 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, Intra-Club Big Club Visit = Flush EXTRA</b></p> <p><b>Otherwise...</b>  <b>4-6x 50M BUILDING STRIDES</b>                      (WALK RECOVERY + 30" REST)                      +  <b>3-4x COMBO SET</b>  <a href="#">800M</a> OT5'                      INTO                      (4x) <a href="#">200M</a> OT2'                      W EXTRA 90" REST AT END OF X4 REPS</p> <p>ONCE COMPLETED FINISH WITH                      1 x 5' F/L (20":40")</p>	<p><b>4SETS OF BOUNCE PREP OT90"</b>                      (BOUNCE/BACKAWAY W <u>HARD</u> 40M                      EFFORT AS IF FOLLOWING CLEARANCE)</p> <p><b>3-5x SETS OF...</b></p> <p>(4x) <a href="#">85M OT45"</a>                      WITH <u>EXTRA</u> 90" REST @ END OF SETS</p> <p>COMBO T1-2 OR MODIFIED BY HPM                      MAY DO LESS THAN 3x SETS</p> <p><i>Note the shift to 'classic' inseason                      T2 model. Shorter, sharper, higher                      intensity, but less overall volume</i></p>	<p>AFLW GAME                      OR</p> <p>SOLID CLUB VISIT /INTRA-CLUB                      OR</p> <p><a href="#">Weekend Mashup</a>                      OR</p> <p>2x SETS OF  <a href="#">Weekend Mashup 2.0</a>                      OR</p> <p>3x SETS OF  <a href="#">HEAVEN &amp; HELL</a></p> <p>SET ASIDE 2HR FOR THESE SESSIONS                      TAKE ADEQUATE HYDRATION</p>
BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>