

FIELD UMPIRE OFF SEASON

WEEK 15

| DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|---|-------|--------------------------|-------|------------|-------|-------|
| CONDITIONING | | | | | | |
| SESSION 25 | | SESSION 26 | | SESSION 27 | ↔ | |
| CHANGE OF DIRECTION | | | | | | |
| <u>UMPIRE CHOICE COD</u> | | <u>UMPIRE CHOICE COD</u> | | NONE | ↔ | |
| ROBUSTNESS | | | | | | |
| <u>BODY ARMOUR C1</u> | | <u>BODY ARMOUR C2</u> | | | | |
| 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 25 | SESSION 26 | SESSION 27 |
|---|--|--|
| <u>MOBILITY + T1 WARMUP</u> | MOBILITY + <u>T2 WARMUP</u> | MOBILITY + <u>WARM UP DRILLS</u> |
| <u>UMPIRE CHOICE T1 COD DRILLS</u> | <u>UMPIRE CHOICE T2 COD DRILLS</u> | NONE |
| Weekend ALFW, Intra-Club Big Club Visit = Flush EXTRA Otherwise... 4-6x 50M BUILDING STRIDES (WALK RECOVERY + 30" REST) + 2-4x COMBO SET <u>3' RUN</u> w 2' REST INTO <u>90" RUN</u> w 3' REST <i>MAJORITY OF AFL UMPs WILL HAVE PRAC GAMES WHILST MANY VFL WILL NEED THIS T1 BASED VOLUME SESSION</i> | 4SETS OF BOUNCE PREP OT90" (BOUNCE/BACKAWAY w <u>HARD</u> 40M EFFORT AS IF FOLLOWING CLEARANCE) 2-5x SETS OF... (4x) <u>15" Run OT45"</u> WITH <u>EXTRA 60"</u> REST @ END OF SETS <i>WITH MANY HAVING PRAC MATCHES THIS VOLUME MAY BE AS LOW AS 2X SETS OR A 2+2 COMBO T1/2 SESSION</i> | AFLW GAME OR INTRA-CLUB OR <u>Weekend Mashup</u> OR 2x SETS OF <u>Weekend Mashup 2.0</u> OR 3x SETS OF <u>HEAVEN & HELL</u> SET ASIDE 2HR FOR THESE SESSIONS TAKE ADEQUATE HYDRATION |
| BODY ARMOUR C1 | BODY ARMOUR C2 | OWN RECOVERY |