

## FIELD UMPIRE OFF SEASON

### WEEK 16

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 28		SESSION 29		SESSION 30	↔	
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>				
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 28	SESSION 29	SESSION 30
<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
<b>Weekend ALFW, Intra-Club = Standard Flush Run</b>  <b>Otherwise...</b> <b>4-6x 50M BUILDING STRIDES</b> (WALK RECOVERY + 30" REST) + <b>COMPLETE Up To 3x 5' F/L w 3' RESTS</b> 1 = 20:40 (20" threshold, 40" jog) 2 = 30:30 (ABOVE/BELOW 'EFFORT') 3 = 20:20, 30:30, 40:40, 60:60 <i>EFFORT IS SOLID, RECOVERY IS PLODDING</i>  MAJORITY OF AFL UMPs WILL HAVE AAMI WHILST MANY VFL WILL ALSO BE INVOLVED IN THESE GAMES	4x BOUNCE/BACKAWAY w 40M OT90"  <b>1-5x FOLLOWING COMBO RUN SET</b>  <a href="#">200M</a> w 90" REST <a href="#">150M</a> w 75" REST <a href="#">100M</a> w 60" REST <a href="#">50M</a> w 90" REST TO COMPLETE 1x SET  <a href="#">RPE</a> = 5  WITH MANY HAVING PRAC MATCHES THIS MAY BE AS LOW AS 1-2SETS OF T1 AND 1-2 SETS OF T2 IN A T1/2 COMBO	AFLW GAME OR AAMI OR <a href="#">Weekend Mashup</a> OR 2x SETS OF <a href="#">Weekend Mashup 2.0</a> OR 3x SETS OF <a href="#">HEAVEN &amp; HELL</a>  SET ASIDE 2HR FOR NON-GAME SESSIONS TAKE ADEQUATE HYDRATION
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	OWN RECOVERY