

FIELD UMPIRE OFF SEASON

WEEK 17

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CONDITIONING						
SESSION 31		SESSION 32		SESSION 33	↔	
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 31	SESSION 32	SESSION 33
<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
<p>Weekend ALFW, Intra-Club = Standard Flush Run</p> <p>Otherwise...</p> <p>4-6x 50M BUILDING STRIDES (WALK RECOVERY + 30" REST)</p> <p style="text-align: center;">+</p> <p><u>2x 400M OT3'</u> <u>2x 200M OT2'</u></p> <p>x2-4 w 3' B/W SETS (3' IS ON TOP OF REST FROM 200M)</p>	<p>4x BOUNCE/BACKAWAY W 40M OT90"</p> <p>2-5x FOLLOWING COMBO RUN SET</p> <p style="text-align: center;"><u>TURN 'N BURN</u> (x2) INTO <u>50M RETURN OT60"</u> (x4)</p> <p style="text-align: center;">W 2' REST B/W SETS (ON TOP OF LAST REP OF 50M RETURN)</p> <p style="text-align: center;">RPE = 5-6</p> <p style="text-align: center;"><i>RPE = NOT BUST A GUT MAXIMAL EXERTION. SHOULD WORK HARD BUT HAVE COMPLETE CONTROL OVER SPEED AND TECHNIQUE OF MOVEMENT</i></p>	<p>AFLW GAME OR</p> <p><u>Weekend Mashup</u> OR</p> <p style="text-align: center;">2x SETS OF <u>Weekend Mashup 2.0</u> OR</p> <p style="text-align: center;">2x SETS OF <u>HEAVEN & HELL</u> OR</p> <p style="text-align: center;">OWN RUN – LAST WEEKEND BEFORE ROUND 1 SO PERHAPS A TRAIL RUN, CATCH UP WITH SOME FRIENDS FOR A TROT OR EVEN JUMP IN THE WATER INSTEAD</p>
BODY ARMOUR C1	BODY ARMOUR C2	OWN RECOVERY