

OFF-SEASON PROGRAM 2022-23

FIELD UMPIRES BLOCK 4

8-12 KM/HR = 5:00/KM PACE RUNNING

18-20 KM/HR = 3:20/KM - 3:00/KM PACE RUNNING

24-26 KM/HR = 2:30/KM - 2:18/KM PACE RUNNING

WEEK 1

(COMMENCING JAN 16TH 2023)

MONDAY 16/1

MOBILITY

+

1KM WARMUP @ 5:00-6:00/KM PACE

+

PICK ANY ONE (1) T1 PATTERN ([LINK HERE](#))

+

CONDITIONING SET

2KM @5:00/KM + (3x 50M OF 3:20-3:00/KM (10" – 9") W 25" REST B/W REPS)

*NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 15+M OF 'BUILDING' TO SPEED
REST AN ADDITIONAL 30" AFTER COMPLETION OF 3RD REP*

+

2KM @5:00/KM + 2x STRIDE OF 70M WITH 25M AT 2:20/KM OR FASTER (SPRINT)

*25M BUILDING TO SPEED, 25M HOLDING THAT SPEED, 20M WINDING BACK/SLOWING DOWN
REST 30" BETWEEN STRIDES*

+

3KM @5:00/KM + (3x 50M OF 3:20-3:00/KM (10" – 9") W 25" REST B/W REPS)

*NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 15+M OF 'BUILDING' TO SPEED
REST AN ADDITIONAL 30" AFTER COMPLETION OF 3RD REP*

+

1KM WARMDOWN @ 5:00-6:00/KM PACE

+

BODY ARMOUR SERIES [A](#) – [B](#) – [C](#)

(SHOULD ALREADY HAVE STARTED BUT IF NOT, 3/52 ON [A](#) INTO 3/52 ON [B](#), THEN ONGOING WITH [C](#))

WEDNESDAY 18/1 * (REMEMBER OPTION TO OFFSET UP TO 5KM OF LSR TO SAT)

MOBILITY

+

1KM WARMUP @ 5:00-6:00/KM PACE

+

CONDITIONING SET

4KM @5:00/KM + (3x 50M OF 3:20-3:00/KM (10" – 9") W 25" REST B/W REPS)

NOTE: THE 50M IS @ PACE SO DON'T INCLUDE THE 15+M OF 'BUILDING' TO SPEED

REST AN ADDITIONAL 30" AFTER COMPLETION OF 3RD REP

(X2 SETS IN TOTAL)

+

1KM WARMDOWN @ 5:00-6:00/KM PACE

FRIDAY 20/1

MOBILITY

+

1KM WARMUP @ 5:00-6:00/KM PACE

+

PICK ANY ONE (1) T2 PATTERN ([LINK HERE](#))

+

CONDITIONING SET

1.6KM @5:00/KM + (6x 40M OF 3:20-3:00/KM (8") W 25" REST B/W REPS)

NOTE: I WANT THE 40M TO USE ONLY A 10M ACCELERATION BUT CAN SLOW DOWN OVER >15M

IDEALLY USE A CENTRE SQUARE BUT UNDERSTAND LINE MARKINGS MAY NOT BE AVAILABLE

REST AN ADDITIONAL 60" AFTER COMPLETION OF 6TH REP

+

2x STRIDES OF 50M W 20M AT 2:20/KM OR FASTER (SPRINT)

20M BUILDING TO SPEED, 20M HOLDING THAT SPEED, 15M WINDING BACK/SLOWING DOWN

REST 60" AFTER EACH REP / BEFORE COMPLETING NEXT SET OF CONDITIONING BLOCK

(X5 SETS IN TOTAL)

+

1KM WARMDOWN @ 5:00-6:00/KM PACE

+

BODY ARMOUR SERIES [A](#) – [B](#) – [C](#)

(SHOULD ALREADY HAVE STARTED BUT IF NOT, 3/52 ON [A](#) INTO 3/52 ON [B](#), THEN ONGOING WITH [C](#))

SATURDAY 21/1 (OPTION TO ADD UP TO 5KM TOTAL LSR INC WARMUP/WARMDOWN)

MOBILITY

+

1KM WARMUP @ 5:00-6:00/KM PACE

+

CONDITIONING SET

0-3KM @5:00/KM

+

1KM WARMDOWN @ 5:00-6:00/KM PACE