OFF-SEASON PROGRAM 2022-23

FIELD UMPIRES BLOCK 5

10-12 KM/HR   = <mark>5:00/KM PACE RUNNING</mark>

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

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

WEEK 1
(COMMENCING FEB 13TH 2023)

TUESDAY 14/2

MOBILITY

+

<mark>1KM WARMUP @ 5:00-6:00/KM PACE</mark>

+

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

+

CONDITIONING SET

<mark>2KM</mark> @5:00/KM **+** (4X <mark>50M</mark> OF 3:20-3:00/KM (10" – 9") OT30")

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

+

1X STRIDE OF 70M WITH <mark>20M</mark> AT 2:20/KM OR FASTER (SPRINT)

> 25M BUILDING TO SPEED, 20M HOLDING THAT SPEED, 20M WINDING BACK/SLOWING DOWN

(X3 SETS IN TOTAL)

+

<mark>1KM WARMDOWN @ 5:00-6:00/KM PACE</mark>

+

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)](#)

THURSDAY 16/2

MOBILITY

+

<mark>1KM WARMUP @ 5:00-6:00/KM PACE</mark>

+

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

+

CONDITIONING SET

2KM @5:00/KM + 120M OF 3:20-3:00/KM (22" – 20")

> *NOTE: THE 120M INCLUDES THE 15+M OF 'BUILDING' TO SPEED*
> *ROLL STRAIGHT INTO NEXT SET*

(X3 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)

SAT 18/2 OR SUN 19/2 ('GAME SET') *SELECT DAY BASED OFF NEXT WEEK PRAC GAME*

MOBILITY

+

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

+

PICK ANY ONE (2) 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

'GAME SET' +1

MOBILITY

+

3KM @ 5:00-5:30/KM PACE