

OFF-SEASON PROGRAM 2022-23

FIELD UMPIRES BLOCK 5

10-12 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 4

(COMMENCING MAR 6TH 2023)

PRAC GAME +3

MOBILITY

+

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

+

6KM @ 5:00/KM PACE

+

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](#))

PRAC GAME +5

MOBILITY

+

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

+

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

+

CONDITIONING SET

1KM @5:00/KM + (3x 40M OF 3:20-3:00/KM (9" – 8") OT30")

NOTE: THE 40M IS @ PACE SO START ON CENTRE SQUARE, RUN 50M AND IT **INCLUDES** BUILDUP

+

1x STRIDE OF 55M WITH 15M AT 2:20/KM OR FASTER (SPRINT) OT60" CYCLE

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

(x4 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](#))

'BYE' WEEKEND

MOBILITY

+

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

+

PICK ANY ONE (1) T2PATTERN ([LINK HERE](#))

+

CONDITIONING SET

500M @5:00/KM + (4x 50M 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 ADDITIONAL 30" AFTER COMPLETION OF 4TH REP*

+

1x STRIDE OF 60M WITH 25M AT 2:20/KM OR FASTER (SPRINT) OT60" CYCLE

20M BUILDING TO SPEED, 25M HOLDING THAT SPEED, 15M WINDING BACK/SLOWING DOWN

(x8 SETS IN TOTAL)

+

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

NOTE THIS IS A LOWER OVERALL LSR WEEKEND VOLUME SESSION:

- *KEEP THE GUT/HSR TO REQUIRED LEVEL WITH TOTAL VOLUME FOR WEEK LOWER*
- *TOTAL DURATION IS <60MIN SO YOU CAN PLAN IN/AROUND ACTIVITIES ON LAST WEEKEND 'OFF'*

NEXT WEEK WILL COMMENCE THE IN-SEASON TRAINING PHASE