

IN-SEASON PROGRAM 2023

FIELD UMPIRES ROUND 1

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

WEEKLY AFL LOADS TARGETS

25KM LSR
>1500M GUT RUN
>150M HSR

(AVERAGE AFL 4-UMP GAME = 4.5KM LSR, 750M GUT RUN, 70M HSR)

RND1 -4/5 (9.5km/300m/30m)

MOBILITY

+

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

+

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

+

SPEED WORK

2X 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

SPEED WORK IS NOW COMPLETED, MOVE ON TO THE CONDITIONING SET BELOW

CONDITIONING SET

2.5KM @5:00/KM + 100M OF 3:20-3:00/KM (<18") W 60" REST

+

(X3 SETS IN TOTAL) *DO NOT REPEAT THE SPEED WORK/STRIDES*

+

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

+

BODY ARMOUR SERIES [C](#)

RND1 -2/3 (8KM/600M/100M)

MOBILITY

+

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

+

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

+

CONDITIONING SET

1.5KM @5:00/KM + (3x 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 3RD REP*

+

1x STRIDE OF 65M WITH 25M AT 2:20/KM OR FASTER (SPRINT) OT60" CYCLE

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

(x4 SETS IN TOTAL)

+

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

ROUND 1 GAME (THUR/FRI/SAT/SUN)

RND1 +1 (3-4KM)

MOBILITY

+

3-4KM @ 5:00/KM PACE

AFL UMPIRES

REMEMBER THAT YOU CAN SHIFT AND MODIFY SESSIONS TO SUIT BASED OFF

- RECOVERY
- TRAVEL
- TURNAROUND
- LIFESTYLE
- PREFERENCE

NOTE: WEEKLY AFL LOAD TARGETS REMAIN IN PLACE SO ADJUST WITH CARE/PLANNING