

IN-SEASON PROGRAM 2023

FIELD UMPIRES ROUND 2

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 = 5KM LSR, 750M GUT RUN, 70M HSR)

RND2 -4/5 (10KM/450M)

(NO HSR, CHANCE TO TICK SOME AEROBIC VOLUME SO EXTRA RECOVERY FROM FIRST GAME OF INSEASON)

MOBILITY

+

2KM WARMUP @ 5:00/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") OT30")

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

(X3 SETS IN TOTAL)

+

2KM WARMDOWN @ 5:00/KM PACE

+

BODY ARMOUR SERIES [C](#)

RND2 -2/3 (6-7KM/600-650M/100M)

(LOWER VOLUME, TICK OFF GUT & HSR WITH UPCOMING GAME. CAN ADD ANY LSR TO GAME+1 IF PREFER)

MOBILITY

+

1KM WARMUP @ 5:00/KM PACE

+

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

+

CONDITIONING SET

1KM @5:00/KM + (6x 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 6TH REP*

+

1KM @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*

+

2x STRIDE OF 60M WITH 20M AT 2:20/KM OR FASTER (SPRINT) OT45" CYCLE

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

+

1KM @5:00/KM + (2x 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 2ND REP*

+

2x STRIDE OF 60M WITH 20M AT 2:20/KM OR FASTER (SPRINT) OT45" CYCLE

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

+

1KM @5:00/KM + (2x 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 2ND REP*

+

2x STRIDE OF 60M WITH 20M AT 2:20/KM OR FASTER (SPRINT) OT45" CYCLE

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

+

1-2KM WARMDOWN @ 5:00/KM PACE (CAN SWAP 1KM HERE FOR 1KM IN GAME+1 IF PREFER)

ROUND 2 GAME (THUR/FRI/SAT/SUN)

RND2 +1 (3-4KM)

(OPTION FOR THOSE WHO PREFER TO TICK OFF ADDITIONAL LSR THEY CHOSE TO LEAVE OUT EARLIER IN WEEK)

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