

# IN-SEASON PROGRAM 2023

## FIELD UMPIRES ROUND 11

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

23-25KM LSR

>1500M GUT RUN

>150M HSR

(AVERAGE AFL 4-UMP GAME = 4.5KM LSR, 800M GUT RUN, 120M HSR)

### RND11 -4/5 (8KM/400-600M)

(NO HSR, FOCUS ON AEROBIC VOLUME THOUGH CAN ADD EXTRA GUT TODAY IF WELL RECOVERED)

MOBILITY

+

1KM WARMUP @ 5:00/KM PACE

+

PICK ANY ONE (1) T1 PATTERN ([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 10-15M OF 'BUILDING' TO SPEED*

(x4 SETS IN TOTAL)

+

1KM WARMDOWN @ 5:00/KM PACE

+

BODY ARMOUR SERIES [C](#)

## **RND11 -2/3 (6-8KM/600M/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 + (2x 100M OF 3:20-3:00/KM (19" – 18") OT60")**

*NOTE: THE 100M IS INCLUSIVE OF 'BUILDING' TO SPEED, DON'T NEED TO ADD IN A BUILD TO SPEED*

+

**1KM @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 4<sup>TH</sup> 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*

*OPPORTUNITY TO TICK OFF YOUR 90%+ HSR EFFORTS FOR THE WEEK IF NEED TO COMPLETE*

+

**1KM @5:00/KM + (4x 25M OF 3:20-3:00/KM (5") OT20")**

*NOTE: THE 25M IS INCLUSIVE OF 'BUILDING' TO SPEED, DON'T NEED TO ADD IN A BUILD*

*REST AN ADDITIONAL 30" AFTER COMPLETION OF 4<sup>TH</sup> 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**

+

**100M OF 3:20-3:00/KM (19" – 18") OT60"**

*NOTE: THE 100M IS INCLUSIVE OF 'BUILDING' TO SPEED, DON'T NEED TO ADD IN A BUILD TO SPEED*

+

**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*

+

**2x 25M OF 3:20-3:00/KM (5") OT20"**

*NOTE: THE 25M IS INCLUSIVE OF 'BUILDING' TO SPEED, DON'T NEED TO ADD IN A BUILD*

+

**1-3KM WARMDOWN @ 5:00/KM PACE (CAN SWAP 1-2KM HERE FOR 1-2KM IN GAME+1 IF PREFER)**

## **ROUND 11 GAME (FRI/SAT/SUN)**

### **RND11 +1 (3-5KM)**

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

MOBILITY

+

**3-5KM @ 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**