

IN-SEASON PROGRAM 2023

FIELD UMPIRES ROUND 21

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)

RND21 -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](#)

RND21 -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 4TH 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 4TH 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 21 GAME (FRI/SAT/SUN)

RND21 +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