



FIELD UMPIRES – SEASON 8, 2023

ROUND 4 – Week of 18TH September

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.

SESSION 1

1km Warm Up @ 5:00/km

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

Side Shuffle x10m into 30m Stride x2 e/s

3X SETS

SET 1 - 10 x 15" Run @ [RPE = 7](#) : 15" jog @ [RPE = 3](#)

SET 2 - 3 x 1km @ [RPE = 8-9](#) : 3' Walk

Rest 2' b/w sets

SESSION 2

5 x 30" Run : 15" Walk + [Warm Up Drills](#)

4 x 40m Building Strides @ 70/80/90/95%

4 x 20m Easy Jog into 20m Hard Sprint into 20m Easy jog : 20" Rest

4 x Backward Jog 10m into Hard Sprint 10m into Backward Jog 10m : 20" Rest

SET 1 - 8 x 40m Up + 40m Back OT 30"

SET 2 - 3 x 400m (50m shuttles) : rest 90" b/w

Rest 3' b/w sets

All efforts = [RPE = 8-9](#)

GAME

| Option 2 | Option 3 |
|------------|--|
| State Game | If you don't have an appointed game: 4 x 1.8km Game Sim Rest 5' b/w sets |



FIELD UMPIRES – SEASON 8, 2023

ROUND 5 – Week of 25TH September

- Please ensure you have **one day off-legs** in between games and training sessions to maximise recovery and reduce injury risk.

SESSION 1

1km Warm Up @ 5:00/km

6 x 40m Max Speed Efforts @ 60/70/80/90/95/100/100% : Walk Back as Recovery

Side Shuffle x10m into 30m Stride x2 e/s

3X SETS

SET 1 - 12 x 15" Run @ [RPE = 7](#) : 15" jog @ [RPE = 3](#)

SET 2 - 3 x 1km @ [RPE = 8-9](#) : 3' Walk

Rest 2' b/w sets

SESSION 2

5 x 30" Run : 15" Walk + [Warm Up Drills](#)

4 x 40m Building Strides @ 70/80/90/95%

4 x 20m Easy Jog into 20m Hard Sprint into 20m Easy jog : 20" Rest

4 x Backward Jog 10m into Hard Sprint 10m into Backward Jog 10m : 20" Rest

SET 1 - 12 x 40m Up + 40m Back OT 30"

SET 2 - 3 x 400m (50m shuttles) : rest 90" b/w

Rest 3' b/w sets

All efforts = [RPE = 8-9](#)

GAME

| Option 2 | Option 3 |
|------------|--|
| State Game | If you don't have an appointed game: 4 x 1.8km Game Sim Rest 5' b/w sets |