

Hi All

I hope this finds you safe, healthy and fit!

I have completed a 10-week program, with built in breaks, trying to focus on long, short and cross training sessions. Repeating many sessions makes it easy for you to remember and/or work with. In that, if you wish to add, change, or even run a different program, that is fine given we are all different with our varied experiences and needs.

When will the season commence? Your guess is as good as mine, but given the significant reduction in COVID 19 cases, I would suggest that some of our restrictions will begin to ease, however in saying that, community sport requires physical contact and that is our biggest blocker. Let's stay positive and keep training. I am still confident we will have a 2020 season; time will tell.

It has been interesting watching past games on the tv, with so many ex-WRFL umpires officiating across field, boundary and goal. How the game has changed in terms of position and interpretation. We certainly have a game in which the umpires certainly have their work cut out for them in interpreting the rules. The interpretation adds to the atmosphere of the game and that's what makes it so great to be involved with, and we hold the best seat in the house, up close and involved.

Week Commencing Monday	Monday or Tuesday	Wednesday or Thursday	Weekend
20 April	Short Set out 20m distances up to 100m (5 markers) Out to 20m then back, out to 40m then back all the way up to 100m then come back down. Rest between runs as if 3 groups were running. 70% 2min rest Using the 20m marker, run forward then backwards non-stop 4 sets 2min rest Repeat first task Stretches	General Warm Up 5 x 50m Set up a square, 30mx30mx30mx30m. Run to first corner, blow signal, field use voice (High, Spotswood) turn 90 degrees and run backwards to next corner, turn 90 degrees and accelerate quickly to next corner, turn 90 degrees jog back to the start. Repeat 4 laps. 5 x 100m Repeat square run. Stretches	Field 5-8km run Boundary 8-10km run

27 April	Hi - intensity General Warm Up 30sec – Push ups 30sec – Rest 30sec – Sit ups 30sec – Rest 30sec – Star jumps 30sec – Rest 30sec – Burpee Repeat 3 times 2min rest 1min shuttle running over 20m 30sec rest 1min shuttle running over 20m 1min rest 30sec – Push ups 30sec – Rest 30sec – Sit ups 30sec – Rest 30sec – Star jumps 30sec – Rest 30sec – Burpee Stretches	General Warm Up 5 x 25m 5 x 50m 5 x 75m Field umpires – 5min of ball up and backing out Boundary umpires – 5mins of throws and backing out Repeat complete sequence All at 70% backing out 90% Stretches	Field 5-8km run Boundary 8-10km run
4 May	Cross Training Bike or Walk or your thing for 45mins	General Warm Up 1 x 1km 2min rest 1 x 1km 2min rest 1 x 1km Stretches	Field 5-8km run Boundary 8-10km run

11 May	Long General Warm Up 1min on 30sec off 2min on 30sec off 3min on 30sec off 4min on 30sec off 3min on 30sec off 2min on 30sec off 1min on 30sec off Stretches	General Warm Up 5 x 50m Set up a square, 30mx30mx30mx30m. Run to first corner, blow signal, field use voice (High, Spotswood) turn 90 degrees and run backwards to next corner, turn 90 degrees and accelerate quickly to next corner, turn 90 degrees jog back to the start. Repeat 4 laps. 5 x 100m Repeat square run. Stretches	Field 5-8km run Boundary 8-10km run
18 May	No training	Field 3-5km run Boundary 4-7km run	No training
25 May	Long General Warm Up 1 x 500m 1min rest 1 x 1km 2min rest 1 x 1km 2min rest 1 x 500m Stretches	General Warm Up 5 x 25m 5 x 50m 5 x 75m Field umpires – 5min of ball up and backing out Boundary umpires – 5mins of throws and backing out Repeat complete sequence All at 70% backing out 90% Stretches	Field 5-8km run Boundary 8-10km run

1 June	Hi - intensity	General Warm Up	Field 5-8km run
	General Warm Up	5 x 50m	Boundary
	30sec – Push ups	Set up a square, 30mx30mx30mx30m. Run to first corner, blow signal, field use voice (High, Spotswood) turn 90 degrees and run backwards to next corner, turn 90 degrees and accelerate quickly to next corner, turn 90 degrees jog back to the start. Repeat 4 laps.	8-10km run
	30sec – Rest		
	30sec – Sit ups		
	30sec – Rest		
	30sec – Star jumps		
	30sec – Rest		
	30sec – Burpee	5 x 100m	
	Repeat 3 times	Repeat square run.	
	2min rest	Stretches	
	1min shuttle running over 20m		
	30sec rest		
	1min shuttle running over 20m		
	1min rest		
	30sec – Push ups		
	30sec – Rest		
	30sec – Sit ups		
	30sec – Rest		
	30sec – Star jumps		
	30sec – Rest		
	30sec – Burpee		
	Stretches		

8 June	Queen's Birthday No Training	Cross Training Bike or Walk or your thing for 45mins	Field 5-8km run Boundary 8-10km run
15 June	Short Set out 20m distances up to 100m (5 markers) Out to 20m then back, out to 40m then back all the way up to 100m then come back down. Rest between runs as if 3 groups were running. 70% 2min rest Using the 20m marker, run forward then backwards non- stop 4 sets 2min rest Repeat first task Stretches	General Warm Up 5 x 25m 5 x 50m 5 x 75m Field umpires – 5min of ball up and backing out Boundary umpires – 5mins of throws and backing out Repeat complete sequence All at 70% backing out 90% Stretches	Field 5-8km run Boundary 8-10km run
22 June	Cross Training Bike or Walk or your thing for 45mins	General Warm Up 1 x 1km 2min rest 1 x 1km 2min rest 1 x 1km Stretches	Field 5-8km run Boundary 8-10km run

29 June	Short	General Warm Up	Field 5-8km run
	General Warm Up	1min on	Boundary
	4 x 50m	30sec off	8-10km run
	4 x 75m	2min on	
	4 x 100m	30sec off	
	4 x 75m	2min on	
	4 x 50m	30sec off	
	Stretches	1min on	
		Stretches	

Catch you on the track

Mark