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

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

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

1 June	Hi - intensity	General Warm Up	Field 5-8km
	General Warm Up	5 x 50m	run
	30sec – Push ups	Set up a square, 30mx30mx30mx30m. Run to	Boundary 8-10km run
	30sec – Rest	first corner, blow signal, field	
	30sec – Sit ups	use voice (High, Spotswood) turn 90 degrees and run backwards to next corner,	
	30sec – Rest	turn 90 degrees and	
	30sec – Star jumps	accelerate quickly to next corner, turn 90 degrees jog	
	30sec – Rest	back to the start. Repeat 4 laps.	
	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	Cross Training	Field 5-8km run
	No Training	Bike or Walk or your thing	
		for 45mins	Boundary 8-10km run
15 June	Short	General Warm Up	Field 5-8km run
	Set out 20m distances up to 100m (5 markers	5 x 25m	Boundary
		5 x 50m	8-10km run
	Out to 20m then back, out to 40m then back all the way up to 100m	5 x 75m	
	then come back down. Rest between runs as if 3 groups where running. 70%	Field umpires – 5min of ball up and backing out	
	2min rest	Boundary umpires – 5mins of throws and backing out	
	Using the 20m marker, run forward then backwards non- stop 4 sets	Repeat complete sequence	
	2min rest	All at 70% backing out 90%	
	Repeat first task	Stretches	
	Stretches		
22 June	Cross Training	General Warm Up	Field 5-8km run
	Bike or Walk or your thing for 45mins	1 x 1km	Boundary
		2min rest	8-10km run
		1 x 1km	
		2min rest	
		1 x 1km	
		Stretches	

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