

Hi All

This weekend's footy would have been very cold, so I am guessing most were happy staying warm inside! However there looks like light at the end of the tunnel with potential lifting of restrictions over the coming weeks and then hopefully a road back to community sport and the WRFL 2020 season. In that I have included two links around running and training. Henry Strzadala one of our boundary umpire coaches/observer has passed on a link around running with a focus on our newer umpires who may get a be overwhelmed with the training program I have provided. Just remember to slowly build up your running ability and keep at it:

https://www.active.com/running/articles/the-top-5-tips-for-the-average-runner?utm_source=www.runningcalendar.com.au&utm_medium=email&utm_campaign=newsletter

Whilst the AFL Community has quickly responded to the possible return of community football with a training program provided in this link:

communitydevelopment@afl.com.au

The message is the same, keep your fitness up as we look closer to a possible return. You have all done the 'hard yards' over a very long pre-season and now that pre-season is drawing to a close. I hope!

I have included the next month of my training program, which will take us through until the end of May, in line with further discussions around a possible return to community football. This month has a longer focus with a mid-month break.

Week Commencing	Monday or Tuesday	Wednesday or Thursday	Weekend
Monday			
4 May	Cross Training	General Warm Up	Field 5-8km run
	Bike or Walk or your thing for 45mins	1 x 1km 2min rest 1 x 1km 2min rest 1 x 1km Stretches	Boundary 8-10km run

11 May	Long	General Warm Up	Field 5-8km run
	General Warm Up	5 x 50m	Boundary 8-10km run
	1min on 30sec off	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.	
	2min on 30sec off		
	3min on 30sec off		
	4min on 30sec off		
	3min on 30sec off		
	2min on 30sec off		
	1min on 30sec off	5 x 100m	
	Stretches	Repeat square run.	
		Stretches	
18 May	No training	Field 3-5km run	No training
		Boundary 4-7km run	
25 May	Long	General Warm Up	Field 5-8km run
	General Warm Up	5 x 25m	Boundary 8-10km run
	1 x 500m	5 x 50m	
	1min rest	5 x 75m	
	1 x 1km	Field umpires – 5min of ball up and backing out	
	2min rest		
	1 x 1km	Boundary umpires – 5mins of throws and backing out	
	2min rest	Repeat complete sequence	
	1 x 500m	All at 70% backing out 90%	
	Stretches	Stretches	

Catch you on the track, soon.

Mark