

Hi All

Hope you are all well.

As we thought, as soon as I put out last weeks email the Victorian government increased training numbers from 10 to 20 from the 1<sup>st</sup> June!! I am sure we will see more change during this week given the WRFL with the other metro leagues and AFL Vic meet with the government to try and determine a 'road map' to community football in 2020.

Thanks to those who responded to the survey around training. We would like to hold on any announcements of training sessions until we see what happens in the discussions this week.

In the meantime, have a look at 'That's What I Like About Football' WRFL style by clicking on the link

<https://www.youtube.com/watch?v=JnMcEEHjKo&t=33s>

Thanks to those who sent their video clips in, I forwarded all the clips to Kristen from the WRFL who chose the umpire in the clip. You need to watch it to find out who it is!!!

I have included the training program until the end of June.

Looking forward to catching up.

See you on the track

Mark

<b>Week Commencing Monday</b>	<b>Monday or Tuesday</b>	<b>Wednesday or Thursday</b>	<b>Weekend</b>
<b>1 June</b>	<b>Hi - intensity</b>  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 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

<b>8 June</b>	<b>Queen's Birthday</b>	<b>Cross Training</b>	Field 5-8km run
	<b>No Training</b>	Bike or Walk or your thing for 45mins	Boundary 8-10km run
<b>15 June</b>	<b>Short</b>	General Warm Up	Field 5-8km run
	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	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	Boundary 8-10km run
<b>22 June</b>	<b>Cross Training</b>	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