



PRE SEASON - WEEK 3

Movement prep/ dynamic warm up (15 minutes)

Foam roll/soft tissue work - (2 min)

Mobilise: hip, ankle, t spine - (2 min)

Activate glutes - (2 min)

Dynamic warm up - (8 min)

Specific umpiring running drills - (8 minutes)

Colour	Change of pace/tempo strides	Rest
Green	Acceleration/Deceleration 3x80m (15m stride/7m walk @ 70%)	45 second rest
	3x80m strides @ 70%	45 second rest
Yellow	6x80m stride	45 second rest
Red	2 lap jog	

Energy system development/running conditioning (15 min)

Colour	Extensive long intervals	Rest
Green	6x1:30 minute efforts	1:30 minute <u>walk</u>
Yellow	4x1:30 minute efforts	1:30 minute <u>walk</u>
Red	6-8x 80 meter run throughs at own pace	As much as needed

Strength - circuit based (15 min)

Green

Yellow

Exercise	Sets x reps
Split squat - bottoms up	2x10
Hip flexor march	2x9
Glute bridge	2x10
Single leg calf raises	2x8
Side plank	2x20 seconds each side

Red

Complete strength exercises on the board

Deep belly breathing - (3-5 minutes)