

WAFL Umpiring

Pre Season Training 2009

Establishing an Aerobic Base

This phase is broken into 3 stages; Base Phase 1 and 2, and Specific Preparation for the Time Trial. Full training will recommence on Jan 20, 2009 with a time trial at Perry Lakes (TBC).

I don't expect anyone to be in peak physical shape for the first time trial. Please remember that it is a long season and your goal is to remain injury free. We will build the intensity of training over the 8-10 weeks from 22 January to the commencement of the season. For field umpires the current benchmark is 15min for the 4km to be completed at one of our pre season time trials.

However, following this program, you will have a solid aerobic base come, January 22 and should be able to go close to or above this benchmark.

The longer and more substantial the base training phase is, the better and longer you will be able to hold a peak performance for when the season begins. This means that your ability to remain at peak performance level is directly related to the amount of base preparatory training that is done. You will need this base to get through the **Pre-season training** which will assume an adequate level of prior fitness.

The main aim of this phase is to establish a solid foundation of fitness, the main characteristics of this phase are:

- The main emphasis is on building up the volume of training in a step by step progression.
- For the base phase, the intensity should generally vary from low to medium. Any high intensity work is restricted to the efforts or hills during the steady runs in weeks 3 and 4

- During Specific Preparation 1 and 2; higher intensity training is included during the tempo runs and the interval training.
- The aim is to improve your general physical capabilities including aerobic endurance, strength and efficiency.
- As you transfer from Base Phase to Specific Preparation, the training will become more specific to attaining a good performance at the Mid January time trial.

Important Dates:

➤ Base 1:	4 weeks	10/11/08 – 7/12/08
➤ Base 2:	3 weeks	8/12/08 – 28/12/08
Rest Week	1 Week	29/12/08 – 4/1/09
➤ Specific Preparation (1):	2 weeks	5/1/09 – 18/1/09
➤ Full training starts:		20/1/09.

Notes

Specific Running Training Sessions

See below for a description of the running sessions.

LSD: Long Slow Distance. The goal of these runs is to build resistance to fatigue. These runs should be increased approximately 10% each week. Perceived rate of effort should be approximately 50-60% or at “conversation pace”.

Tempo: At a pace higher than LSD pace but not flat out. Concentrate on your running technique. Perceived rate of effort should be approximately 70-80%. At a pace higher than race pace but not flat out

Steady: At approximately race pace for medium distances. Use to incorporate some hills or harder efforts.

Base Phase 1 (4 weeks): 10/11/08 – 7/12/08

Weeks 1 & 2 (10/11/08 – 23/11/08)

- Training: on own or in small groups, light to moderate intensity, generally keep active in any form (minimum of 2 runs).
- Minimum of 4 sessions per week of any of the following.
- Suggested activities include:

Jogging (maximum 3 days per week)

Include 3-4 efforts (2-4 min) or hills (preferable) during this run.

Field: 25-45 min

Boundaries: 35-60min

Goal: 15-30min

Note: at a minimum, start at lower end of this range and build 5-10 min every week.

Swimming (30-60 min, 1-3 km)

Any other aerobic activity

Gym sessions (mixture of aerobic activities (e.g treadmill, cross-trainer, rower) for 15-30 min and strength work (2-3 sets X 12-15 reps of each exercise (6-8 exercises in total).

- Core Stability: at least 2 X per week (see attached program)

Weeks 3 & 4 (23/11/08 – 7/12/08)

- On own or in organised training groups.
- Include a minimum of 3 runs per week.
- Continue with any other aerobic or gym exercises.

Run 1: Long Slow Distance (LSD). Starting point will depend on your running ability and fitness. Increase the length of this run by 5-10 min every week.

Boundary	45-75 min
Field	40-60 min
Goal	25-40 min

Run 2: Steady Run: Approximately 60-70% of long run duration. Include 3-4 efforts (2-4 min) or **hills** (preferable) during this run.

Run 3: Tempo Run: 30-40 min start of easy and build the intensity for the last 15 min so that the last 10min (approx 2.5 km) is uncomfortable.

Base Training 2 (3 Weeks): 8/12/08 – 28/12/08

- 3 weeks of hard training incorporating some interval training
- Continue with any other aerobic or gym exercises
- Up to 4 runs per week
 - LSD
 - Steady
 - Tempo
 - Intervals or Fartlek Run

Run 1: LSD.

Boundary	60-90 min
Field	50-75 min
Goal	30-50 min

Run 2: Steady Run: include 3-4 efforts (2-4 min) or hills during this run.

Boundary	30-50 min
Field	25-45 min
Goal	15-30 min

Tempo Run: Approximately 25-40 min of higher intensity running.

Interval Sets

Include a 10 min warm up (easy jog and stretch) before session

Note: you can use time instead of distance as an interval.

Goal Umpires: reduce distance by approximately 25-50% (same number of repetitions)

Cool down and stretch

4-6 X 1km (or approximate with time) with 3 min recovery.

Pace yourself so that each interval is approximately 5 sec quicker than the one before. The first effort should be steady, 2 and 3 should hurt (above threshold) from half way, the last 1 or 2 should hurt after the first 60 sec.

Ideally, commence with 4 first week and build up to 6 by week 3 of training block.

As an alternative, complete a Farlek run similar to below

Completed at or above tempo pace.

50 min Fartlek Run Intervals completed during steady runs
10 min warm up
10 X 1 min hard / 1 min easy,
5 min easy
10 X 30 sec hard / 30 sec easy.
5 min cool down

Rest Week (1 weeks): 29/12/08 – 4/1/09

Complete 2 X runs

1 X LSD but reduce maximum distance achieved by 50%

1 X Tempo (20-25min max)

Specific Preparation (2 Weeks): 5/1/09 – 18/1/09

- 2 weeks of hard training
- Continue with any other aerobic or gym exercises

LSD / Steady / Tempo runs: as per Base Phase 2. Although you should still be increasing total km or time training by approximately 10% per week.

Interval Sets

Week 1:

1600m, 1200m, 1000m, 800m, 600m 400m (2 min rest between each)

Increase speed on each effort

Week 2:

400m hard, 200m float (jog) recovery X 8. Try to hold a consistent time.

6 X 200m (1.00 min recovery)

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