

Hi All

I hope this email finds you and your family safe and well and starting to enjoy getting out and about. The 2020 football season is now fully over with the AFL Grand Final being played last week and the Melbourne Cup run today! It was great to see Craig Flear appointed to his first grand final. Craig is an example of what hard work can result in as he was struggling to maintain his place on the AFL panel not so long ago. Craig also worked with a number of our umpires in the Mates program a few years ago.

The 2021 season is expected to run as in the past but with COVID restrictions in place. In that, we are looking to develop various options around coaching sessions, but training sessions should not be affected. This is all unknown at this stage but what is clearly known is that we need to physically prepare for the 2021 season.

I have provided below a range of training programs based on various fitness levels.

Starting Fitness Level: No running, maybe walking or riding

This program is based on two running sessions per week, say Monday and Thursday or Tuesday and Friday with the third session on the weekend. If you do not get time during the week then complete session 1 on the weekend and walk/ride when you can during the week.

The aim of this program is to build distance and increase your speed which will allow you to then work harder in the group training sessions commencing on February 15 2021(tentative).

		Session 1	Session 2	Session 3
Week 1	Monday 9 Nov	1km	1.5km	Walk or ride
Week 2	Monday 16 Nov	2km	2.5km	Walk or ride
Week 3	Monday 23 Nov	3km	3km	Walk or ride
Week 4	Monday 30 Nov	3.5km	1km quicker than run pace, rest for same time then 1km at the same pace as the first km	Walk or ride
Week 5	Monday 7 Dec	4km	500m as above but do 4 runs	Walk or ride
Week 6	Monday 14 Dec	4.5km	5km	Walk or ride

Christmas Break	Monday 21 Dec	Aim to have one or two runs during this period aiming for 5km each OR one run with lots of		
Christmas Break	Sunday 3 Jan	walking/riding		
Week 7	Monday 4 Jan	5km	1km runs x 3	Walk/ride
Week 8	Monday 11 Jan	6km	500m runs x 6	Walk/ride
Week 9	Monday 18 Jan	7km	3km slow	Walk/ride
Week 10	Monday 25 Jan	8km	3km slow	Walk/ride
Week 11	Monday 1 Feb	6km look to increase your speed	1km runs x 3	Walk/ride
Week 12	Monday 8 Feb	6km look to increase your speed	500m runs x 5	Walk/ride
	Monday 15 Feb	Training Commences		

Starting Fitness Level: Have been running or umpired for many years so have a good fitness base

		Session 1	Session 2	Session 3
Week 1	Monday 9 Nov	5km	1km runs x 3 at 70% (100% recovery) this is if it took you 5mins then 5 mins rest between runs	Walk or ride
Week 2	Monday 16 Nov	6km	1km runs x 4 at 70% (100% recovery)	Walk or ride
Week 3	Monday 23 Nov	6km	8km	Walk or ride
Week 4	Monday 30 Nov	6km	Incline running around 150-200m x 10 (walk back, 60% run)	Walk or ride
Week 5	Monday 7 Dec	6km	Incline running around 150-200m x 10 (walk back, 70% run)	Walk or ride
Week 6	Monday 14 Dec	6km	Incline running around 150-200m x 10 (walk back, 80% run)	Walk or ride
Christmas Break	Monday 21 Dec	Aim to have one or two runs during this period aiming for 5km each OR one run with lots of		
Christmas Break	Sunday 3 Jan	walking/riding		

Week 7	Monday 4 Jan	6km	1km runs x 3 at 70% (50% recovery) this is if it took you 5mins then 2.5 mins rest between runs	Walk/ride
Week 8	Monday 11 Jan	6km	500m runs x 6	Walk/ride
Week 9	Monday 18 Jan	7km	3km slow	Walk/ride
Week 10	Monday 25 Jan	8km	3km slow	Walk/ride
Week 11	Monday 1 Feb	6km look to increase your speed	1km runs x 3	Walk/ride
Week 12	Monday 8 Feb	6km look to increase your speed	500m runs x 5	Walk/ride
	Monday 15 Feb	Training Commences		

Some umpires will have their own program, and that is fine, the programs outlined are just a guide to support you if you have not engaged in foundation training previously. It is up to you how much you put into your fitness, and if you are involved in cricket, tennis or other summer sports then that is fine we will work with you when training begins in February.

I will send another update before Christmas, as there are a few changes occurring in the VFL/AFL umpiring areas, so hopefully I will be able to update you more before the end of the year.

Enjoy the new freedom and stay safe.

Regards

Mark