

**TO:** All Field and Boundary Umpires, and Goal Umpires who wish to participate

**FROM:** Ryan Gordon, Physical Performance Coach, SFNL Umpiring

**DATE:** December 2015

Hey Guys,

Ive put together a Christmas running program which is individualised to each one of you based off a 2km time-trial.

Over Christmas we just want to get some miles into the legs and build an aerobic base fitness level before pre-season starts. During pre-season we will ramp up the intensity a bit to develop repeat sprint ability.

What you will need to do is time yourself over 2km and place that time (IN SECONDS) into the orange box next to "Time trial in seconds". The table will then calculate itself to give you set distances you will need to run.

Ill go over session 1 so that you understand what it means

Work:Rest

- 30 seconds of work to 15 seconds of rest.
- So you will 30 seconds to complete the set distance which is in the column (Work (Distance in metres))
- Reps will be how many times you complete that distance.
- And in the 15 seconds of rest you will complete 5 pushups.

So if you were to run the time-trial in 8 minutes.  $8 \text{ minutes} \times 60 = 480 \text{ seconds}$ . Type that in the orange box.

You will have 30 seconds to run 125m. Then you will do 5 pushups in the 15 second rest time. This will be repeated 16 times.

I personally use an APP called "simple interval timer" which allows me to put in the work:rest times and will tell me when to run and rest.

If you have any questions, message me on facebook or email me at [GordonPerformance@gmail.com](mailto:GordonPerformance@gmail.com) as I will be in Thailand (running ofcourse) and won't be able to answer or text.

[www.facebook.com/GordonPerformance](http://www.facebook.com/GordonPerformance)