TRAINING YEAR & PERIODISATION

Periodisation

Periodisation involves dividing the year into specific training blocks with each block having a particular goal. These blocks are called cycles and are used to ensure umpires can improve fitness, optimise performance, as well as reduce injury.

Macrocycle

- This cycle includes all 52 weeks of the year and incorporates the pre-season, in-season and off-season phases.
- A macrocycle provides an overview of the training year.

Mesocycles

- Typically, 3-6 weeks in length and have a specifically targeted outcome, e.g. endurance, speed

Microcycles

- Generally, a week training block including each training session and the specific intensity, duration and training method guidelines

TRAINING YEAR & PERIODISATION

Macrocycle

Jan	Feb	March	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
PRE-SEASON (4-6 WEEKS)			**IN-SEASON (18-20 WEEKS)**							**OFF-SEASON**	
Coaching/Education Sessions and Skills (should be included throughout the whole training year)											
Aerobic Conditioning			Maintain fitness levels, incorporate more rest days, work on skills, positioning and decision making							Recovery, basic strength and endurance	
	Add Anaerobic Conditioning										
		Add Agility/Speed									
Mesocycle	Mesocycle	Mesocycle	Mesocycle							Mesocycle	

Pre-season example:
January = 100% Aerobic Conditioning
February = 75% Aerobic and 25% Anaerobic Conditioning
March = 70% Aerobic, 20% Anaerobic and 10% Agility/Speed/Acceleration/Deceleration

WEEKLY SCHEDULE

The below is an example for State League and AFLW Umpires, not one size fits all

	PRE-SEASON			IN-SEASON			OFF-SEASON
	Field	**Boundary**	**Goal**	**Field**	**Boundary**	**Goal**	**All**
Sessions per Week	3-4		2	2 + Game (Boundary 2-3)			Stay Fit
Distance per Week	25-30 KM	30-35 KM	No target	Depends on Game			
Sessions	High-Speed x 1 (200m max) Threshold x 1 Aerobic x 1-2		Build up to Accelerations & Agility	"Match-Sim x 1 Aerobic x 1		Match Specific Work	
Strength Training	1-2 Sessions per week – targeting key muscle groups						

INCREASE TOO FAST -> OVERUSE INJURIES. BUILD UP SLOWLY TO ALLOW YOUR BODY TIME TO ADAPT.

TRAINING PRINCIPLES

TO ENSURE TRAINING IS PREPARING THE UMPIRES TO MEET THE NEEDS OF THEIR MATCH DAY REQUIREMENTS, THE TRAINING PROGRAM SHOULD USE THE FOLLOWING TRAINING PRINCIPLES:

Progressive Overload

Gradually increase the intensity or difficulty over time. By progressively increasing the stress our body is under, our body will make physiological changes and our fitness will improve.

Using the **FITT** Principle can help guide training plans and sessions:

- **Frequency** – Increasing the number of times you train per week
- **Intensity** – Gradually increase the intensity of your training. For example, running at a faster speed.
- **Time** – Increasing the length of time for either the training session or interval, for example running for a longer duration.
- **Type** – The type of activity. As umpiring requires umpires to be proficient runners, running should be the main type of activity, however, other activities such as riding and swimming should be used for variety, motivation and as an alternate cross-training exercise.

Specificity

The training you prescribe should be specific to umpiring. It is necessary to train the energy system that umpires predominantly use and the fitness and skills components most important to umpiring.

For example:

- Goal Umpires need an aerobic base to ensure they can concentrate throughout the entire match; however, they need to use agility and speed to position themselves in the correct position to make goal-line decisions, therefore, anaerobic fitness is the predominant energy system, along with agility, speed and acceleration being the most important fitness components to train.
- Field and Boundary Umpires require both aerobic and anaerobic fitness to perform their roles. They also need to develop their power, strength, speed, agility and acceleration so a yearly training program should aim to improve these components.

TRAINING PRINCIPLES

Reversibility

"If you don't use it, you lose it" – More important than anything is consistency and continuity in training. An umpire is better off completing two training sessions a week than 4 one week and only 1 the next. If an umpire is injured or ill, they should prioritise their recovery but remain active where possible and gradually return to training to avoid further injury.

Variety

Varying training keeps umpires interested, motivated and provides different challenges. This might include using different training venues, surfaces or activities, for example games in the warm-up rather than a traditional 1-2 lap warm up or a group trail run, yoga or pilates session.

Rest and Recovery

Rest and recovery are paramount for an umpire to perform each week and remain un-injured throughout the year. The general rule is 1 Day on / 1 Day off for the same type of training. This allows muscles, bones, tendons and ligaments to repair and adapt.

- Sleep - is the most important recovery tool
- Hydration – at least 2L per day, every day
- Nutrition – Protein: 1.5-2g per Kg of bodyweight daily, Carbohydrates: 5-8g per Kg of bodyweight daily, Fats: 20% of total daily intake
- Aerobic Fitness

FITNESS COMPONENTS

Speed and Acceleration

- *Acceleration*
    - How quickly can you increase velocity over short distance (0-15m)
- *Top Speed Exposure*
    - Highest velocity you can achieve. Usually obtained from 30-40m
- *Repeat Speed Ability*
    - Ability to produce high speed and repeat it with minimal rest, e.g. 30m sprint with 10-20 second rest between

SPEED & REPEAT SPEED

ACCELERATION & SPEED

Complete this AFTER your general warm up, but before any conditioning.

****INTENT MUST BE MAXIMAL****

WK 1 & 2 - 4 x 5m : rest 30" / 4 x 10m : rest 30" / 4 x 20m : rest 60" / 2 x 30m : rest 90"

WK 3 & 4 - 6 x 5m : rest 30" / 6 x 10m : rest 30" / 6 x 20m : rest 60" / 2 x 30m : rest 90"

WK 5 (Deload, but intent needs to still be maximal!) - 2 x 5m : rest 30" / 2 x 10m : rest 30" / 2 x 20m : rest 60" / 2 x 30m : rest 90"

WK 6 & 7 - 6 x 5m : rest 30" / 6 x 10m : rest 30" / 6 x 20m : rest 60" / 4 x 30m : rest 90"

WK 8 & 9 - 6 x 5m : rest 30" / 6 x 10m : rest 30" / 6 x 20m : rest 60" / 4 x 30m : rest 90" / 2 x Flying 30m : rest 90"

WK 10 (Deload, but intent needs to still be maximal!) - 4 x 5m : rest 30" / 4 x 10m : rest 30" / 2 x 20m : rest 60" / 2 x 30m : rest 90" / 2 x Flying 30m : rest 90"

MAINTENANCE - 4 x 5m : rest 30" / 4 x 10m : rest 30" / 4 x 20m : rest 60" / 2 x 30m : rest 90" / 2 x Flying 30m : rest 90"

REPEAT SPEED

Complete this AFTER your general warm up, but before any conditioning.

****INTENT MUST BE MAXIMAL****

WK 1 – Test https://www.topendsports.com/testing/tests/sprint-recovery-afl.htm (180m)

WK 2 – 4 x 10m OT 10" / Rest 90" / 4 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (240m)

WK 3 & 4 - 6 x 10m OT 10" / Rest 90" / 6 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (300m)

WK 5 (Deload, but intent needs to still be maximal!) – 4 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (200m)

WK 6 & 7 – 2 x SETS OF: 2 x 10m OT 10" into 4 x 20m OT 15" into 2 x 30m OT 20" (320m)

WK 8 & 9 - 2 x SETS OF: 2 x 10m OT 10" into 4 x 20m OT 15" into 4 x 30m OT 20" (380m)

WK 10 Deload, but intent needs to still be maximal!) – 4 x 20m OT 15" / Rest 2' / 4 x 30m OT 20" (200m)

FITNESS COMPONENTS

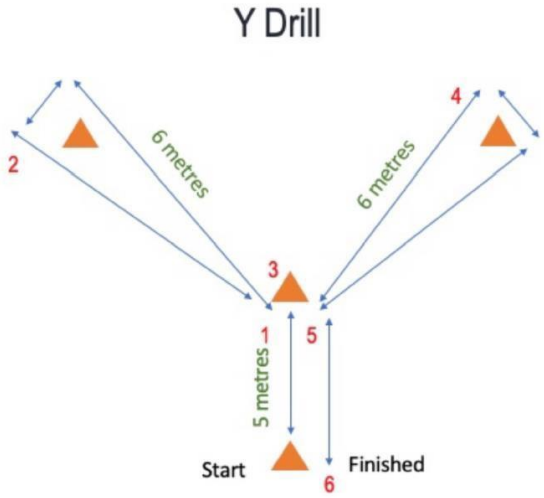
Agility

- *Change of Direction*
  - Rapid changes of direction with your body that is pre- planned
  - E.g. Coach directs you to run zig-zag between cones
- *Agility*
  - Rapid change of direction with your body that is in response to a stimulus
  - Requires decision-making

Click here to visit Rob Jackson's Website for examples of training sessions

CHANGE OF DIRECTION

- Change of Direction
  - https://youtu.be/gUriPAZ5xOw



AGILITY

- Agility
  - https://youtu.be/4F0eEXF5yo4
  - Cat-Mouse Drill
  - Mirror Me Drill
  - Colour Cone Reaction Drill
  - Small sided games e.g. Handball game 4 vs 4

- BEST AGILITY TRAINING IS…
  - **Practicing the specificity of your sport**
  - Highly contextual
  - Improves anticipation IQ
  - Improves body or ball movement cues

FITNESS COMPONENTS

Aerobic Conditioning

- *Amount of oxygen the body uses to meet the demands of activity*
    - Helps maintain high level of intensity
    - Minimises fatigue
- *Poor conditioning can:*
    - Deterioration of technical skill
    - Decreases ability to get into

Types of Aerobic Conditioning:

- Steady State / Tempo Running ('Easy' continuous)
- Threshold Running ('Comfortably hard' continuous)
- Long High Intensity Intervals (1-4 min)
- Short High Intensity Intervals (10-60 sec)

Click here to visit Rob Jackson's website for examples of training sessions

T1 – LONG INTERVALS
2km Steady Run W/U, progressively build intensity Warm Up Drills 3 x Back 5m + Fwd 10mx3 3 x Retreat to Crossover Before and after every conditioning set, complete Backward Jog 3x30m (total = 9x30m) 2 x (6 x 60" : 30"). Rest 3' b/w sets
T2 – SHORT INTERVALS
2km Steady Run W/U, progressively build intensity Warm Up Drills COD 5 x3 e/s Lateral 5m Out n Back to Run Accel 10m x3 e/s 4 x Flying 30m Strides @ 95-100% of your top speed : 60" rest b/w 2 x (5 x 150m in 28-30 sec OT 60") Rest 3' b/w sets 2km Steady Run as Cool Down
T3 – STEADY RUN
Steady State Run – 10km total • Heart rate should be between 140-160bpm • Avoid running this session at high intensity
T4 – FARTLEK
6 x 30" : 30" as your W/U, progressively building intensity each interval COD 3 x2 e/s COD 4 x2 e/s Tight Arc to 30m Stride x2 e/s 2x90":90" + 4x60"60" + 4x30":30" + 4x15":15" + 2' Walk (Continue cycling through above until you complete 6km, not including W/U & COD)
T5 – X-TRAIN
X-Train of your choice – 45 min - options click here

FITNESS COMPONENTS

Strength & Power

- *Strength*
  - How much force can you apply to an external object. E.g. against the ground, ball, opponent
  - Improves
    - Speed
    - Change of direction
    - Running economy
    - Injury prevention
    - Greater tolerance to high training load
- *Power*
  - How quickly can you produce force

State League Umpiring - Strength Program (Block 3)

- Aim to improve performance qualities associated with umpiring
- Targets key areas to minimise your risk of injury
- Do as much of the program if you have limited access to equipment. Seek high performance staff for alternatives if necessary.
- Complete both sessions per week on non-consecutive days
- You can complete a strength session on the same day as running, as long as its after your running session

Session 1						
EXERCISE	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**	**WEEK 5**	**WEEK 6**
Single Leg Bridge	2x10 e/s	2x10 e/s	2x12 e/s	2x12 e/s	2x15 e/s	2x15 e/s
Goblet Squat	2x10	2x10	2x10	2x10	2x10	2x10
DB or BB RDL	3x8	3x8	4x8	4x8	4x6	4x6
DB Step Up	3x6 e/s	3x6 e/s	3x8 e/s	3x8 e/s	4x8 e/s	4x8 e/s
Weighted SL Standing Calf Raise	3x6 e/s	3x6 e/s	3x8 e/s	3x8 e/s	3x10 e/s	3x10 e/s
Hamstring Slides	3x6	3x6	3x8	3x8	3x10	3x10
Landmine Rotation Press	3x5 e/s	3x5 e/s	3x6 e/s	3x6 e/s	3x7 e/s	3x7 e/s

Session 2						
EXERCISE	**WEEK 1**	**WEEK 2**	**WEEK 3**	**WEEK 4**	**WEEK 5**	**WEEK 6**
Lateral Band Walk	2x15	2x15	2x15	2x15	2x15	2x15
Lateral Lunge	2x8 e/s	2x8 e/s	2x10 e/s	2x10 e/s	2x12 e/s	2x12 e/s
Barbell Hip Thrust	3x8	3x8	4x8	4x8	4x6	4x6
DB Walking Lunge	3x6 e/s	3x6 e/s	3x8 e/s	3x8 e/s	4x8 e/s	4x8 e/s
DL Seated Calf Raise	3x8	3x8	3x10	3x10	3x12	3x12
Nordics	3x3	3x3	3x4	3x4	3x5	3x5
Side Plank w/ Arm Rotation	3x15 e/s	3x15 e/s	3x15 e/s	3x20 e/s	3x20 e/s	3x20 e/s