

Field, Boundary & Goal Umpires

This training program is designed for **field, boundary and goal umpires** who have been nominated to work within the **V/Line Umpire Academy Program** and is geared towards developing your load tolerance, aerobic fitness and endurance.

The contents of your training will differ from other umpires depending on how much training – if any – you may have done since the end of your season. As such, you will have to be honest with your assessment of your current training load – **Consistent, Occasional** or **Infrequent**.

Within this prescribed training program you will see the acronym RPE that refers to one's Rating of Perceived Exertion.

The recommended RPE indicator will determine your level of exertion – 1 being very easy to 10 being maximal exertion. This is explained in the following table.

Rating of Perceived Exertion (RPE's)	
1 Very, very easy (Normal conversation)	6 Vigorous activity
2 Easy (Normal conversation)	7 Very hard (Broken sentences, very heavy breathing)
3 Moderate (Can converse, light breathing)	8
4 Somewhat hard (Can converse, moderate breathing)	9 Very, very hard (Can't talk, very heavy breathing)
5 Hard (Can just converse, heavy breathing)	10 Maximal exertion (Can't talk, gasping for breath)



RPE 1



RPE 2 - 3



RPE 4 - 6



RPE 7 - 8



RPE 9



RPE 10

Each session should be commenced with your dynamic stretching movement patterns, some agility running and some short high-intensity muscular activity – please see below.

The following sessions are sample sessions that can be modified to suit your needs. Modifications to the base sessions have been made to challenge all participants based on your current frequency of training.

Please be mindful of the surfaces on which you train with our preference remaining grass or a synthetic athletics track.

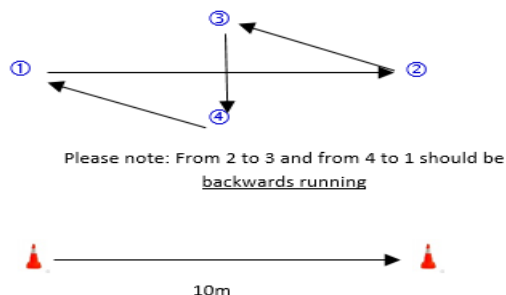
As a minimum, try to combine both prescribed sessions each week as well as a further long running session ensuring the focus is on distance, not necessarily speed.

The six week training program is divided into three 2-week blocks.

- (i) Mid – late December
- (ii) Early – mid January
- (iii) Mid – late January

Standard Warm Up – that should be undertaken prior to any training session

- (i) 5-minute slow run – using alternate running patterns (forwards, backwards, sideways)
- (ii) Dynamic stretching – repeated 2 x 20m slow stretches emphasising technique, not speed
 - High knee lift – short run emphasising the knee lift up to the height of the opposite elbow
 - Butt kick – run on your toes, the emphasis is a deliberate hamstring stretch aiming to flick your behind with your heels
 - Side to side running – where the emphasis is on the stretching of the leading leg adductors – alternate leading leg
 - Karaoke (Grapevine) – sideways running style with a cross-over leg action to stretch the adductors
- (iii) 2 x 20m efforts – forwards, backwards, forwards
- (iv) Agility Course – see right – increasing intensity
- (v) 10m efforts – maximum acceleration
- (vi) Range of movement mobility stretches.



You now need to place yourself under one of the following categories – depending on how much training you’re currently performing – since the end of your recent football season.

Be honest with this assessment as all sessions have been tailored to meet the needs of all umpires depending on your current level of training.

As a guide, you may refer to the following table when placing yourself under one of the categories.

Consistent runner	Occasional runner	Infrequent runner
> 3 runs per week	1 – 2 runs per week	< 1 run per week

If you consider yourself an ‘Occasional runner’, a weekly training program could look something like:-

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Day off
Warm Up 4 x 4 min efforts @ 5 RPE 2 minute recovery Cool down static stretching	Core training Nordic hamstring curls	X-training Non-weight bearing training 45 min bike ride	Warm Up 10 x 1 min efforts @ 7 RPE 30 seconds recovery Cool down static stretching	Core training Nordic hamstring curls	Long run Consistent 40 min. run @ RPE 2 Occasional 30 min. run @ RPE 2 Infrequent 20 min. run @ RPE 2	

6-week Training Program – consisting of three 2-week blocks

Consistent runners	Occasional runners	Infrequent runners
Block One: Mid – late December		
Warm Up 5 x 4 min efforts @ 5 RPE 2 minute recovery Cool down static stretching	Warm Up 4 x 4 min efforts @ 5 RPE 2 minute recovery Cool down static stretching	Warm Up 3 x 4 min efforts @ 5 RPE 2 minute recovery Cool down static stretching
Warm Up 12 x 1 min efforts @ 7 RPE 30 seconds recovery Cool down static stretching	Warm Up 10 x 1 min efforts @ 7 RPE 30 seconds recovery Cool down static stretching	Warm Up 8 x 1 min efforts @ 7 RPE 30 seconds recovery Cool down static stretching
Block Two: Early January		
Warm Up 8 x 2 min efforts @ 7 RPE 1 minute recovery Cool down static stretching	Warm Up 6 x 2 min efforts @ 7 RPE 1 minute recovery Cool down static stretching	Warm Up 4 x 2 min efforts @ 7 RPE 1 minute recovery Cool down static stretching
Warm Up 16 x 30 second efforts @ 8 RPE 30 second recovery Cool down static stretching	Warm Up 14 x 30 second efforts @ 8 RPE 30 second recovery Cool down static stretching	Warm Up 12 x 30 second efforts @ 8 RPE 30 second recovery Cool down static stretching
Block Three: Mid - late January		
Warm Up 8 x 40 seconds on; 20 seconds off @ 8 RPE 4 minute recovery 8 x 40 seconds on; 20 seconds off @ 8 RPE Cool down static stretching	Warm Up 7 x 40 seconds on; 20 seconds off @ 8 RPE 4 minute recovery 7 x 40 seconds on; 20 seconds off @ 8 RPE Cool down static stretching	Warm Up 5 x 40 seconds on; 20 seconds off @ 8 RPE 4 minute recovery 5 x 40 seconds on; 20 seconds off @ 8 RPE Cool down static stretching
Warm Up 4 x 10 sec. trigger, 50 sec. active rest 2 minute recovery Repeat x 4 Cool down static stretching	Warm Up 4 x 10 sec. trigger, 50 sec. active rest 3 minute recovery Repeat x 4 Cool down static stretching	Warm Up 4 x 10 sec. trigger, 50 sec. active rest 3 minute recovery Repeat x 3 Cool down static stretching

Cool down

A structured cool down should involve

- Stationary / Static Stretching
- Possible use of foam roller – see diagrams below.

Try to roll each body part for 20-40 sec also try and change the direction and angle on each of these. This series should take you 5 mins.



Glutes



Hamstrings



IT band



Adductors



Quads



Calves



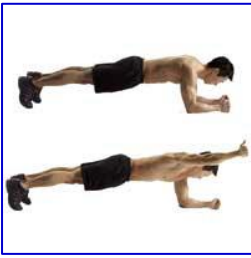
Thoracic



Hips (TFL)

Core strengthening

Some examples of basic core stability exercises that could be built into a training session may include:-



Plank

Assume a modified pushup position with your feet shoulder-width apart, forearms on the floor. Keeping your torso steady, activate your core by contracting your abdominal and butt muscles and hold for periods of 30 – 45 seconds, rest and repeat.

Side Bridge

Lie on your side with your forearm on the floor under your shoulder to prop you up, and your feet stacked. Contract your core and press your forearm against the floor to raise your hips until your body is straight from ankles to shoulders. Hold for 15 to 45 seconds, then repeat on the other side. Contract your abs and butt muscles forcefully to keep your body straight.



Single-Leg Lowering

Lie on your back with your legs extended straight up. Keeping your legs straight, lower your left leg until your foot is 6 to 8 cm off the floor. Return to the starting position, then repeat with your right leg; that's one repetition. Think about pushing the bottom of your heel away from your hip as you lower your leg. Don't point your toes; keep your foot flexed toward you. Lead with your heel allowing for a slight knee-bend. Allow for between 6 and 10 reps on each leg.

Glute-Bridge March

Lie with your knees bent and your arms and heels on the floor. Push down through your heels and squeeze your glutes to raise your body into a straight line from knees to shoulders. Next, bring a knee toward your chest. Reverse the move, then repeat with your other leg. That's one rep. Don't allow your hips to sag at any time during the movement. Allow for between 6 and 10 reps on each leg.



Nordic hamstring curl

As eccentric (muscle lengthening) actions have been implicated in the cause of hamstring injuries, developing eccentric strength will reduce your risk of a hamstring injury. The Nordic hamstring exercise has been shown to reduce hamstring injury risk in Australian Football.

To perform the exercise, start in a tall kneeling position with your partner behind you, placing their hands on your ankles, anchoring your feet to the ground. Under control, slowly lower towards the ground, engaging your hamstrings to resist falling for as long as possible. Use your hands to rebound to the start position. Please note, this exercise will result in localised soreness, so you should start with very low volume and slowly build. See online at

https://www.youtube.com/watch?v=2_09B6DtHdo

Weeks 1 & 2 - 2 sets of 2 reps **Weeks 3 & 4** - 2 sets of 3 reps **Weeks 5 & 6** - 2 sets of 4 reps

Appendix:-

Non-weight bearing activities

The following off-feet activities can be interwoven into training programs to increase aerobic capacity.

Note: Safety precautions must be strictly adhered to when using these activities as part of your pre-season training program.

These safety precautions include, but are not limited to

- ensuring appropriate supervision whilst you are swimming at a swimming pool,
- no umpire attempts to attempt any swimming activity beyond their capabilities,
 - the use of helmets whilst cycling and
- the use of bicycle lights if cycling after dusk or before dawn.

Swimming Sessions:

(Note: most pool lengths are either 25m or 50m)

- 100m freestyle, 75m water run, 100m freestyle, rest for 2mins. Repeat 2 to 4 times.
- *Recovery based session:* 100m water run/walk, 75m laps A-skips, 50m groin stretch (open/close gate), 25m glute stretch with a few steps between each stretch, leg swings, calf stretch holding onto wall, 3 laps water run to finish, 5-10mins of continuous swim.

Bike Sessions:

Session #1

5 minute warm up

Bike 15 minutes	(RPE @ 3)
30 secs on / 30 secs easy x 10	(RPE @ 7 then 2)
45 secs on / 15 secs easy x 5	(RPE @ 7 then 2)
5 minute cool down	(RPE @ 2)

Session #2

10 mins warm up	(RPE @ 3)
5 mins	(RPE @ 7)
2 mins	(RPE @ 3)
5 mins	(RPE @ 7)
2 mins	(RPE @ 3)
5 mins	(RPE @ 7)
2 mins	(RPE @ 3)
5 mins	(RPE @ 7)
5- 10mins easy cool down	(RPE @ 3, slowing to 2)