



**Overview**

This pre-season training programme has been developed to help you arrive at the start of the 2016-2017 season in peak physical condition. It is comprised of two training periods: a general preparatory period (2 weeks) and a specific preparatory period (4 weeks). The general preparatory period is focused on allowing for a safe re-introduction to regular physical training whilst the specific preparatory period will seek to improve the various physical attributes important to refereeing. Accordingly, the programme features the following types of session:

- High-intensity interval training (HIT)
- Speed endurance (SE)
- Repeated sprint ability (RSA)
- Speed, agility, and quickness (SAQ)
- Resistance training (RT)
- Injury prevention (IP)
- Active recovery (AR)

**Training Programme**

		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
General Preparatory Period	WEEK 1	HIT 1 IP	OWN CHOICE*	REST	HIT 1 IP	OWN CHOICE*	AR IP	REST
	WEEK 2	HIT 1 IP	OWN CHOICE*	REST	HIT 1 IP	OWN CHOICE*	AR IP	REST
Specific Preparatory Period	WEEK 3	HIT 2 IP	SE 1 RT 1	REST	RSA	HIT 2 IP	SAQ 1 RT 2	REST
	WEEK 4	SE 1 RT 1	HIT 2 IP	RSA	HIT 2 IP	SAQ 1	MD	RT 2 AR
	WEEK 5	REST	SE 2 RT 1	HIT 3 IP	RSA	SAQ 2	MD	RT 2 AR
	WEEK 6	REST	SE 2 RT 1	HIT 3 IP	RSA	SAQ 2	MD	RT 2 AR







\* cycling, swimming, road running etc.

**Training Guidelines**

- All training sessions should be preceded by a comprehensive warm-up: 5-10 min of light aerobic exercise; mini-band routine followed by mobilisation exercises/dynamic stretches; accelerations and short high-intensity actions representative of the session.
- All training sessions should be concluded with a cool down period that includes 10-15 mins of light aerobic exercise followed by 15 mins of static stretching.
- Remember the 4 R's of recovery:
  - Rehydrate: water should be consumed in the hours following training/match (3 hours) to the degree of 1.5x the amount lost in body mass.
  - Refuel and repair: In addition to being a good source of carbohydrate and protein, chocolate milk will aid rehydration
  - Relax: sleep!!



**Movement Pattern Key**

-  Sprint
-  High-speed run
-  Jog
-  Walk
-  Sideways
-  Backwards

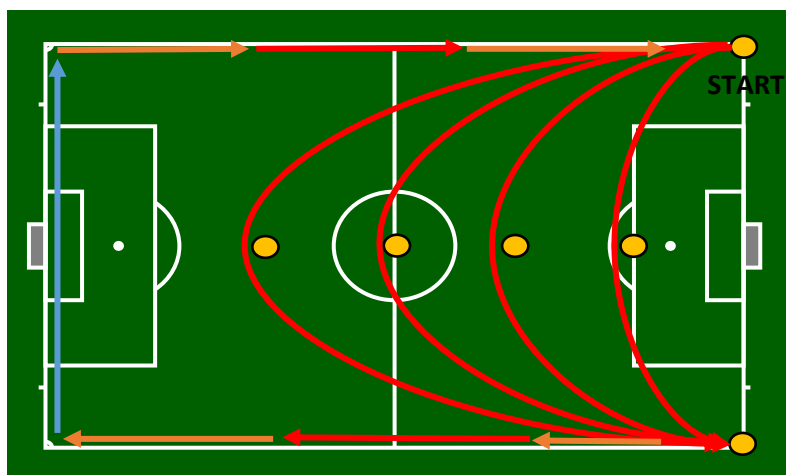
**High-Intensity Interval Training (HIT)**

The primary objective of these sessions will be to develop your aerobic capacity. Specifically, these sessions will involve you performing high-speed intermittent runs (of varying durations) and will seek to maximise the time you spend in your top HR zone (> 90% HRmax). As a rule of thumb, reductions in interval durations should be accompanied by increases in running speed so as to facilitate a suitable cardiorespiratory response i.e. running speeds should be greater during 1 min intervals compared to 4 min intervals. Ideally, these sessions should be performed on grass; however, the prescribed work-to-rest ratios can also be implemented on a track or treadmill.

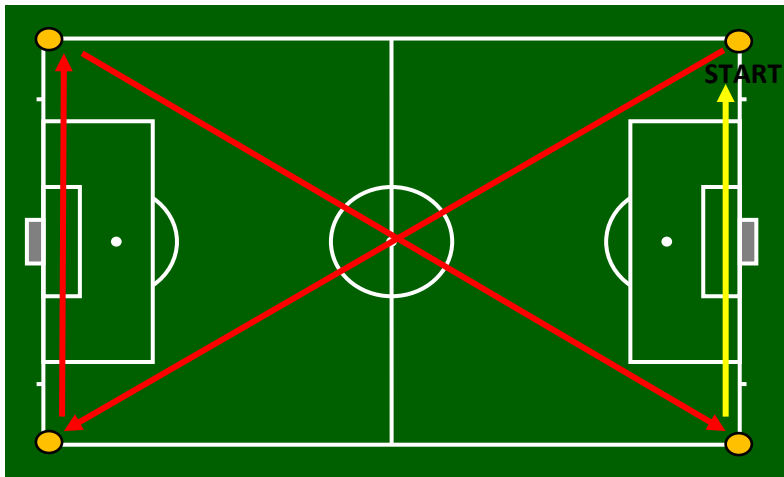
HIT 1

Use a mixture of the following pitch-based HIT exercises during weeks 1 and 2.

	Week 1	Week 2
Interval duration	4 min	4 min
Interval repetitions	3	4
Between-interval recovery duration	3 min	3 min
Sets	1	1
Between-set recovery duration	N/A	N/A



Perform curved run around first in-field cone followed by lap around perimeter of pitch. Repeat sequence for remaining in-field cones. Make a mental note of number of cones reached and try to match/beat this during subsequent intervals.

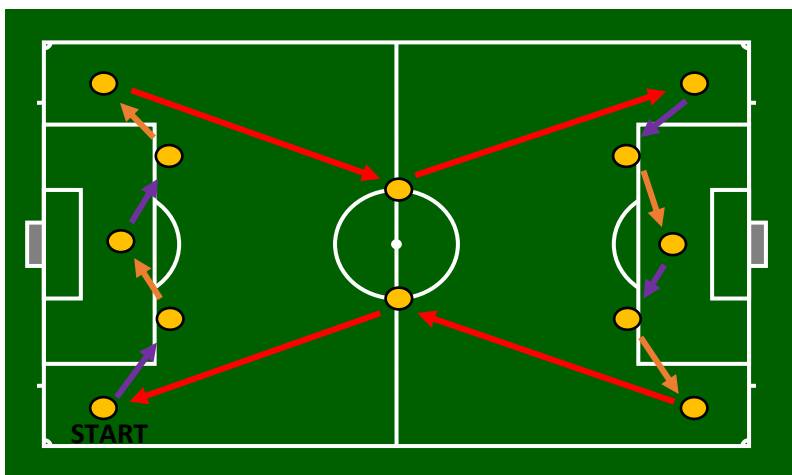


Perform 3 high-speed runs to corners followed by 1 walk back to start. Repeat sequence for remainder of 4 minute interval. Make a mental note of number of laps completed and try to match/beat this during subsequent intervals.

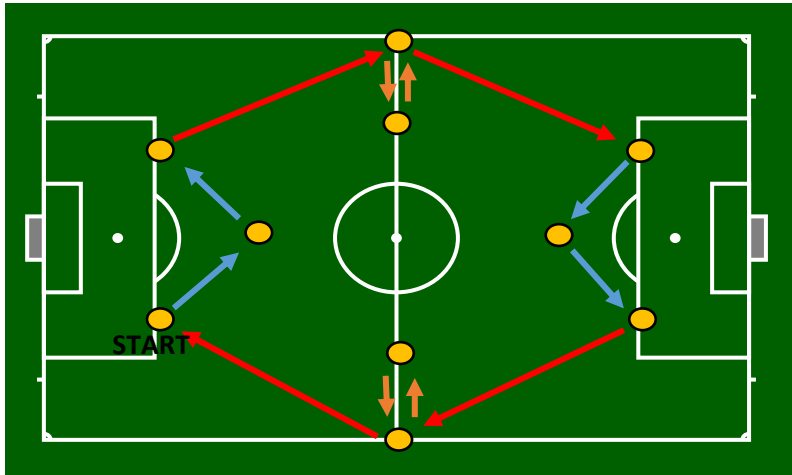
HIT 2

Use a mixture of the following pitch-based HIT exercises during weeks 3 and 4.

	Week 1	Week 2
Interval duration	2 min	2 min
Interval repetitions	6	8
Between-interval recovery duration	1 min	1 min
Sets	2	2
Between-set recovery duration	4 min	4 min



Perform specified movement patterns (sprint, sideways, high-speed run) around pitch. Repeat sequence for remainder of 2 minute interval. Make a mental note of number of laps completed and try to match/beat this during subsequent intervals.

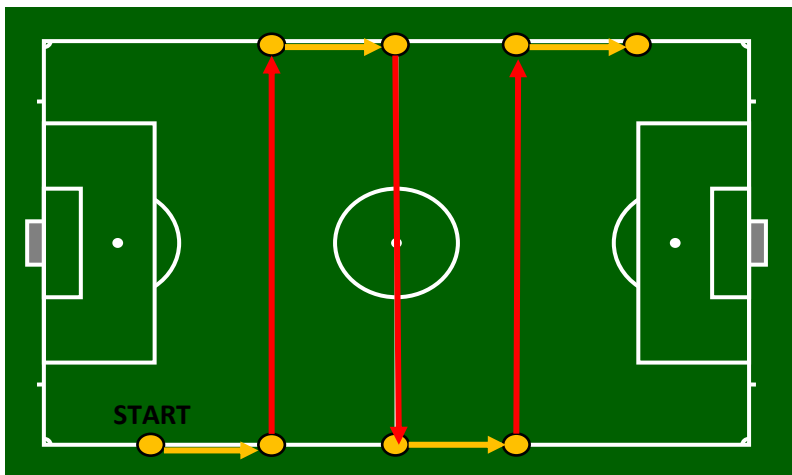


Perform specified movement patterns (jog, high-speed run, sideways) around pitch. Repeat sequence for remainder of 2 minute interval. Make a mental note of number of laps completed and try to match/beat this during subsequent intervals.

**HIT 3**

Use the following pitch-based HIT exercise during weeks 5 and 6.

	Week 5	Week 6
Interval duration	1 min	1 min
Interval repetitions	8	10
Between-interval recovery duration	1 min	1 min
Sets	2	2
Between-set recovery duration	4 min	4 mins



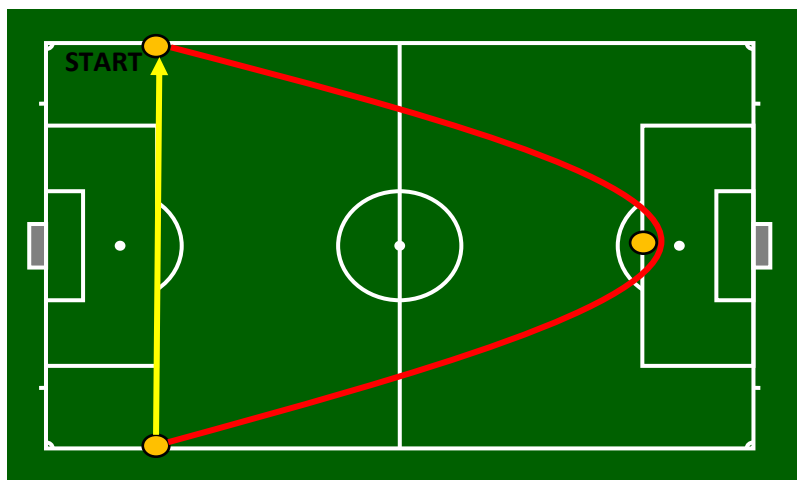
Perform specified high-speed and sideways runs across pitch. Passive recovery between intervals and then return in opposite direction. Distances between cones can be altered to ensure high-speed running duration is ~1 min.

**Speed Endurance (SE)**

The primary objective of these sessions will be to develop your ability to maintain high running speeds for extended periods of time. In line with the literature, running speeds just below maximal should be used whilst sessions should adopt work-to-rest ratios of 1:5.

SE 1

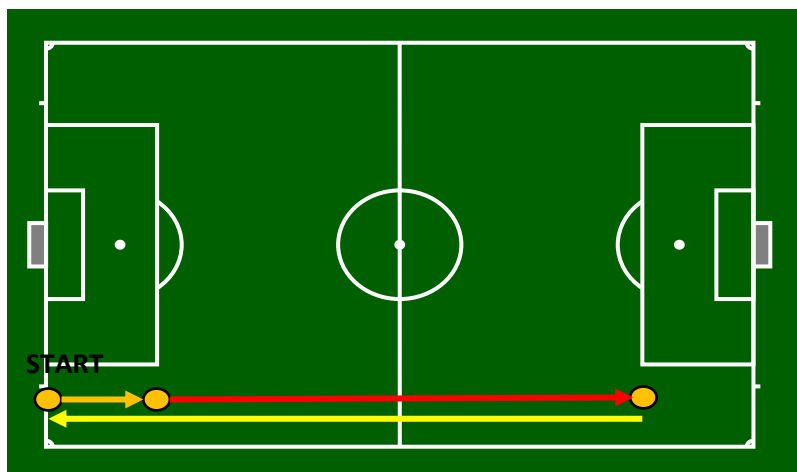
	Week 3	Week 4
Interval duration	30 s	30 s
Interval repetitions	6	8
Between-interval recovery duration	150 s	150 s
Sets	1	1
Between-set recovery duration	N/A	N/A



Perform specified high-speed run at approximately 95% of maximal speed. Distances between cones can be altered to ensure high-speed run duration is ~30 s. Allow yourself 150 s to walk back to start and commence the next effort.

SE 2

	Week 5	Week 6
Interval duration	15 s	15 s
Interval repetitions	8	10
Between-interval recovery duration	75 s	75 s
Sets	1	1
Between-set recovery duration	N/A	N/A



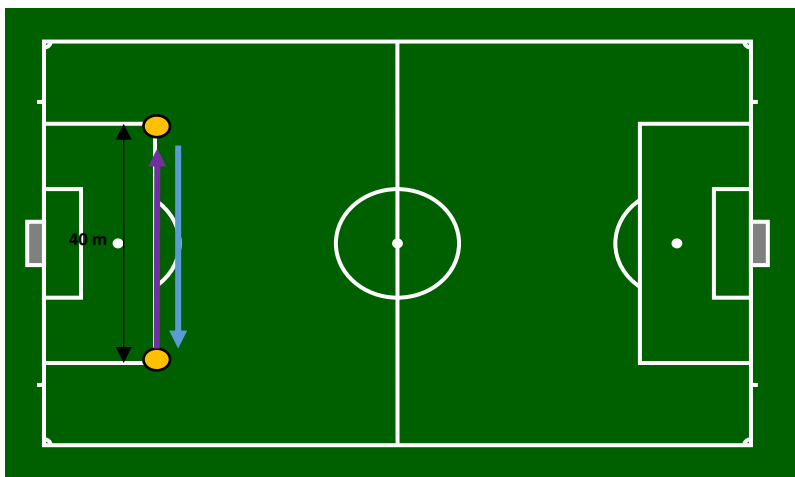
Perform sideways and high speed run at approximately 95% of maximal running speed. Distances between cones can be altered to ensure high-speed run duration is ~15 s. Allow yourself 75 s to walk back to start before recommencing the next effort.

### Repeated Sprint Ability (RSA)

The primary objective of these sessions will be to develop your ability to recover between sprints and therefore enhance your repeated sprint performance. Specifically, these sessions will involve you performing a series of near-maximum sprints with incomplete recovery.

#### RSA 1

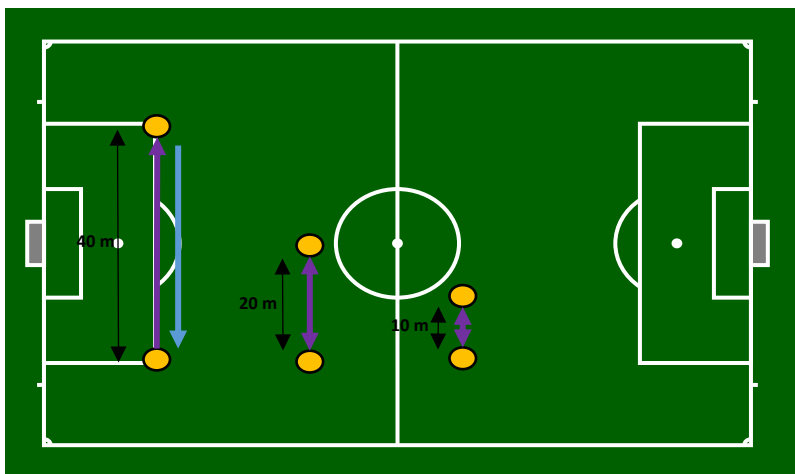
	Week 3	Week 4
Reps	5	6
Distance	40 m	40 m
Between-sprint recovery	30 s	30 s
Sets	3	3
Between-set recovery duration	3 min	3 min



Perform the 40 m sprint and then jog back to the start – you should take 30 s recovery between sprints.

#### RSA 2

	Week 5	Week 6
Reps	5	6
Distance	40 m	40 m
Between-sprint recovery	30 s	30 s
Sets	3	3
Between-set recovery duration	4 min	4 min



Similarly to weeks 3 & 4, you will cover a distance of 40 m during each sprint effort; however, changes of direction (COD) will now be incorporated. Sprint efforts during sets 1, 2, and 3 will involve:

Set 1: 1 x 40 m sprint (0 COD)

Set 2: 2 x 20 m sprints (1 COD)

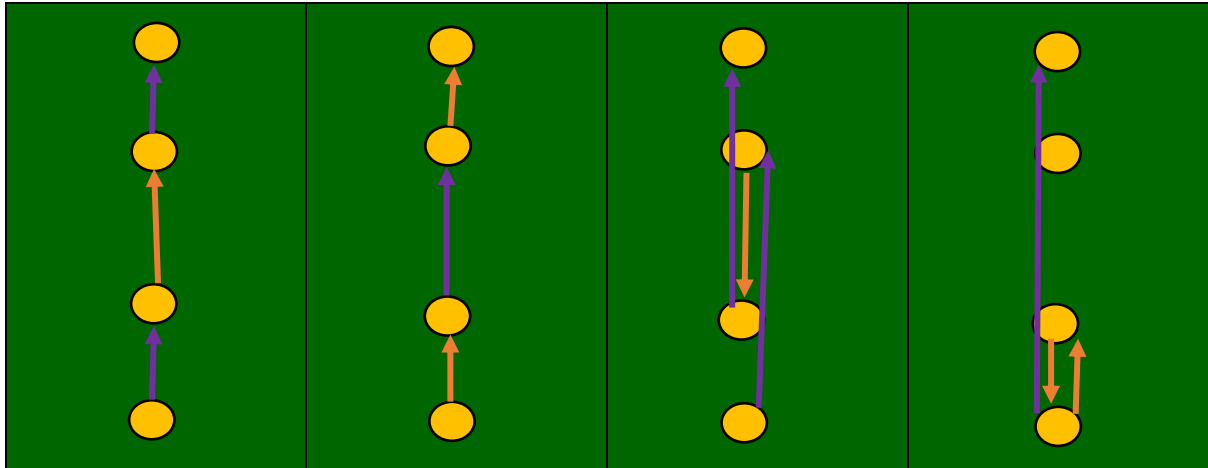
Set 3: 4 x 10 m sprint (3 COD)

### Speed, Agility, and Quickness (SAQ)

The primary objective of these sessions will be to develop both your sprint performance (acceleration and maximal speed) and change of direction ability. Specifically, these sessions will involve you performing a series of maximal sprint efforts with complete recovery.

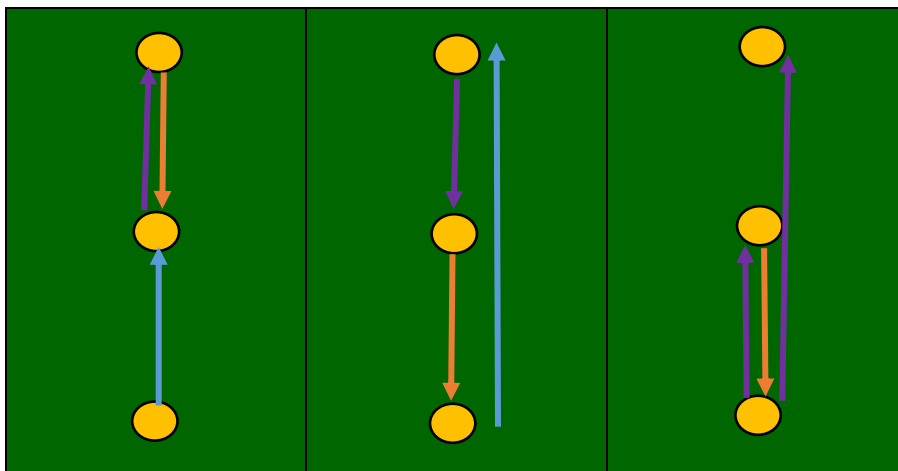
#### SAQ 1

Set out the cones as shown below and perform 4 repetitions of each exercise. Please note that each exercise should be completed on both the left and right sides i.e. 2 on the left and 2 on the right. Allow HR to drop to < 65% HRmax before commencing next effort.



#### SAQ 2

Set out the cones as shown below and perform four repetitions of exercises 1-3. Please note that exercises all should be performed four times on both sides (L & R). Allow HR to drop to < 65% HRmax before commencing next effort.





### Resistance Training (RT)

The primary objective of these sessions will be to develop your muscular strength and power characteristics. Specifically, these sessions will be gym-based and will involve you performing various resistance exercises. Click on the hyperlinks to view any exercises you are unsure about.

#### RT 2

Exercise	Load	Weeks				Coaching Points
		3	4	5	6	
<a href="#">Goblet squats</a>	Reps	6	6	6	6	Weight through heels, pull shoulders back and push chest through, push knees outwards over toes
	Sets	2	2	2	2	
	Load					
<a href="#">BB sumo deadlift</a>	Reps	8	8	6	6	Wide stance with toes pointing at 45, pull shoulders back and push chest through
	Sets	3	3	3	3	
	Load					
<a href="#">SB DB bench press</a>	Reps	8	8	6	6	Squeeze through glutes and keep body aligned from knee to head – do not allow hips to drop
	Sets	3	3	3	3	
	Load					
<a href="#">BB hip thrust</a>	Reps	8	8	6	6	Keep feet flat on floor and neck in neutral position (keep chin tucked to chest and not extended back)
	Sets	3	3	3	3	
	Load					
<a href="#">Half-kneeling SA shoulder press</a>	Reps	8	8	6	6	Perform on each side with DB on same side as kneeling leg. Keep core braced throughout and restrict lateral flexion.
	Sets	3	3	3	3	
	Load					
<a href="#">DB Bulgarian split squat</a>	Reps	8	8	6	6	Perform on each side with DB in both hands. Ensure stance is wide enough so that front knee does not protrude over front toes.
	Sets	2	2	2	2	
	Load					
<a href="#">SB press ups w/ shoulder taps</a>	Reps	8	8	6	6	Hands positioned directly under shoulders. Keep core braced during shoulder taps and prevent any movement of hips.
	Sets	2	2	2	2	
	Load					
<a href="#">Up down plank</a>	Reps	45 s	45 s	60 s	60 s	Hands positioned directly under shoulders. Alternate side which initiates movement from elbows to hands.
	Sets	2	2	2	2	
	Load					





PRE-SEASON 2017/18 – ASSISTANT REFEREES



RT 3

Exercise	Load	Weeks				Coaching Points
		3	4	5	6	
<a href="#">Inchworm to push up to rotation</a>	Reps	6	6	6	6	Keep legs as straight as possible during inchworm. Eyes follow hand during rotation.
	Sets	2	2	2	2	
	Load					
<a href="#">BB or DB bench press</a>	Reps	8	6	6	4	Controlled movement. Explode on lift; however, do not bounce off chest.
	Sets	3	3	3	3	
	Load					
<a href="#">Horizontal row</a>	Reps	8	8	6	6	Squeeze through glutes and maintain alignment between head to toe. Squeeze shoulder blades together and pull chest to bar. Raise feet on box to increase difficulty.
	Sets	3	3	3	3	
	Load					
<a href="#">BB or DB push press</a>	Reps	8	8	6	6	Perform quarter squat and then explode upwards pushing BB/DB overhead.
	Sets	3	3	3	3	
	Load					
<a href="#">Chins</a>	Reps	8	8	6	6	Underhand grip – use resistance band to decrease difficulty.
	Sets	3	3	3	3	
	Load					
<a href="#">Incline DB chest flys</a>	Reps	8	8	6	6	Bring little fingers together at top of movement.
	Sets	2	2	2	2	
	Load					
<a href="#">Side plank w/ reach under</a>	Reps	30 s	45 s	45 s	60 s	Body aligned from head to toe – keep hips raised and do not allow to sag. Reach as far under as possible.
	Sets	2	2	2	2	
	Load					

**KEY:** BB, barbell; DB, dumbbell, SB, Swiss ball, SA, single arm

## Injury Prevention (IP)

The primary objective of these sessions is to develop your core strength and improve mobility with the aim of ultimately reducing your risk of suffering a non-contact injury. Specifically, these sessions will involve you performing various prehab exercises. Click on the pictures to view any exercises you are unsure of.

**Glute bridge****Arabesque****Plank with shoulder tap****Deadbug****Bodyweight squat****Side lunge****Thoracic rotation****Hamstring walkout****Sideplank w/ abduction**

## Active Recovery Training (AR)

The primary objective of these sessions will be to facilitate your recovery following intense training sessions.

- Light aerobic activity that is ideally non-impact (cycling, swimming, cross-training). The aim of this is to increase blood flow and to aid in the removal of waste products and metabolites. This will help prevent muscle soreness and prepare you for subsequent training sessions during the week. Target HR should be 50-60% HRmax.
- Static stretches and mobility exercises should be undertaken to restore range of motion. Stretches should be performed twice and be held for 30 s each.