

- It is recommended that you rest for at least three weeks between your last game of the season and your first day of pre-season training.
- If you are taking a late pre-season fitness test, you have the option of taking a lengthier close-season rest. But if you are taking an early pre-season test, you cannot afford to take a lot of time off. The amount of time you take off should be a decision you base on your own fitness levels.
- During your rest period, you should avoid structured training and, where possible, avoid activities that involve high levels of impact. But you should endeavour to stay physically active (swimming, cycling, tennis etc.).
- You may need to modify your diet to suit your energy requirements whilst resting. This will ensure that you don't put on weight.
- Pre-season training programmes are designed to gently re-introduce you to structured training in a way that helps you achieve peak fitness for the start of the season. This is a very important period of training as it sets you up for the season ahead.
- A pre-season programme should start off with low-intensity, high volume training and progress steadily to high-intensity, low volume training. The last four weeks of pre-season training should incorporate training sessions that are highly specific to refereeing, such as speed training and interval-based high-intensity aerobic sessions.
- While the pre-season programme includes all the necessary types of training session, you should prioritise the training sessions that address your own personal weaknesses.

## HAVE A GREAT SEASON