

PITCH-BASED HIGH-INTENSITY AEROBIC TRAINING

This training session has been designed to improve referee-specific aerobic fitness. It is an interval-based training session comprising 18 relatively short but fast runs with short recovery periods. It should be hard work!

Exercise

- Perform the following 'box-to-box' exercise at very high speed.
- Training intensity should equate to $>86\%$ HRmax or a rating of perceived exertion (RPE) of 6-7 out of 10.
- Your target times should be <15 seconds for the single runs, <30 seconds for the double runs and <45 seconds for the triple runs.
 - Set 1 = single runs, Set 2 = double runs, Set 3 = triple runs
 - Perform each run as quickly as possible
 - Rest for the same amount of time the run took to complete
 - There is no rest between sets so perform the entire exercise continuously

SET 1 = 10 Singles

SET 2 = 5 Doubles

SET 3 = 3 Trebles

