

PITCH-BASED REPEATED SPRINT TRAINING

Referees and assistant referees are required to perform multiple sprints in a match, often with limited rest between efforts. The training session below has been designed to improve your repeated sprint ability in a referee-specific manner.

It is an interval-based training session comprising 18 repetitions of short but explosive runs interspersed with restricted recovery. Due to the intense nature of the runs, the turning at speed and the fact that your recovery between repetitions is deliberately restricted, this is a demanding training session and should not be performed within 48 hours of a match.

Set 1 – Straight-Line

- Perform 6 X 40m straight-line sprints at near-maximal speed
- Rest for just 15 seconds between each sprint



Set 2 – Single Turn

- Perform 6 X 40m shuttle sprints (20m out, 20m back) at near-maximal speed.
- Rest for just 20 seconds between each sprint



Set 3 – Treble Turn

- Perform 6 X 40m shuttle sprints (10m out, 10m back, 10m out, 10m back) at near-maximal speed
- Rest for just 25 seconds between each sprint

