

## PITCH-BASED SPEED TRAINING

This training session has been designed to improve referee-specific anaerobic fitness (speed). It is an interval-based training session comprising 12 repetitions of short but explosive runs interspersed with plenty of recovery.

You should put all your effort into the sprinting elements of the session but the training session, on the whole, is not especially demanding.

### Exercise 1 - Accelerations

- Perform 6 repetitions of the exercise below, as follows:
  - Gently accelerate up through 'the gears', starting from a slow jog in the 1<sup>st</sup> section and building up to a near-maximal sprint through the last section
  - Recover for 90 seconds between each repetition (<65% HRmax)



### Exercise 2 – Hollow Sprints

- Perform 6 repetitions of the exercise below, as follows:
  - Sprint 10m, 'cruise' 10m, sprint 10m, 'cruise' 10m, sprint 10m
  - Recovery fully between each repetition (65% HRmax)

