

## **Leinster Referees Pre-Season Fitness Block**

Duration should be 4 weeks with an overall aim to improve general fitness while introducing game specific movement

Minimum 2 sessions per week, 3 if possible

Alternate sessions as you progress and if needs be increase through the levels as fitness levels improve, record your level after each session and a note whether to increase level at next session

Each session is broken into 3, 15-minute blocks of work, including recovery. If possible layout all cones etc before beginning the session

Begin each session with a 10-minute dynamic warm-up and finish with active warm down

### **Session A**

#### **Block 1      22 metre turn arounds**

Starting on the goal-line run to the 22 and back to the goal-line, this is one rep. Start each rep every 30 seconds, recovery will vary depending on time taken to complete the run.

Level 1 – 8 mins, 16 reps

Level 2 – 10 mins, 20 reps

Level 3 – 12 mins, 24 reps

#### **Block 2      Rolling sprints**

Starting on the goal-line, jog to the 22, the sprint to the halfway, jog to the far 22 and sprint into the far goal-line. Each length of the pitch is 1 rep. Start each rep based on the levels below.

Level 1 – 12 mins, start every 2 minutes, 6 reps in total

Level 2 – 12 mins, start every 90 seconds, 8 reps in total

Level 3 – 12 mins, start every 60 seconds, rest after every 4 reps for an additional 60 seconds, 10 reps in total (start on 0, 1, 2, 3, 5, 6, 7, 8, 10, 11 mins)

#### **Block 3      T-runs**

Set cones in shape of a T with each cone 10 metres from the other or use the intersections of the halfway and 5m, halfway and 15m, each 10m and 15m. Run from bottom of the T, to the mid-point, shuffle sideways left then right and back to mid-point before moving backwards to the start. That is 1 rep.

Level 1 – 9 mins, start every 90 seconds, 6 reps in total

Level 2 – 12 mins, start every 90 seconds, 8 reps in total

Level 3 – 12 mins, double reps each run, start every 2 mins, 12 reps in total

## **Session B**

### **Block 1      22m double turnarounds**

Starting on the goal-line run to the 22 and back to the goal-line, repeat. This is one rep (88 metres). Start each rep every 60-90 seconds, recovery will vary depending on time taken to complete the run.

Level 1 – 12 mins, start every 90 seconds, 8 reps in total

Level 2 – 10 mins, start every 60 seconds, 10 reps in total

Level 3 – 12 mins, start every 60 seconds, 12 reps in total

### **Block 2      Max sprints**

Starting on the goal-line sprint to the 22, aiming for max speed each rep in particular over the first 5 metres. Alternate starting facing forwards, backwards and sideways (left and right).

Level 1 – 12 mins, start every 60 seconds, 12 reps in total

Level 2 – 12 mins, start every 60 seconds, 12 reps in total

Level 3 – 12 mins, start every 60 seconds, 12 reps in total

### **Block 3      1 km fitness test**

10 lengths of the pitch, timed. Continuous run but if you need to stop don't top the stop watch!!

Record your time and aim to beat it each time you do session B