

Referee Training Schedule

Week	Day 1	Day 3	Day 5	Day 7
1	1.5 miles 10-12 min	2 miles 15-16 min	2 miles 14-15 min	2.5 miles 20 min
2	3 x 800M 4m I=3m	4 x 800M 4m I=3m	4 x 800M 3.5m I=3m	3 miles 24-26 min
3	4 x 800M 3.5m I=3m	1 mile 7-8m 2 x 800M 3.5m I=3-4m	Same as 3-3	3 miles 24-26m
4	3 x 800M 3.5 m I=3m 2 x 400M 90s I=3-4 m	Same as 4-1	2 x 800M 3.5m I=3m 3 x 400M 90s I=3-4m	3 miles < 24m
5	1 mile 7.5m I=4m 2 x 400M 85s I=3-4m	Same as 5-1	1 mile 7.5m I=4m 3x 400M 85s I=3-4	3 miles < 24m
6	1 mile 7.5m I=4m 4 x 400M 85s I=3-4m	Same as 6-1	5 x 400M 85s I=3m	3.5 miles 28m
7	5 x 400M < 85s I=3m	Same as 7-1	6 x 400M 85s I=3m	3.5 miles 28m
8	4 x 400M <85s 2 x 200M <40s I=3m	Same as 8-1	4 x 400M <85s 4 x 200M <40s I=3m	3.5 miles <28m
9	4 x 400M <85s 2 x 200M <40s 2 x 100M <18s I=3m	Same as 9-1	4 x 400M <85s 3 x 200M <40s 3 x 100M <18s I=3m	3.0 miles 24m
10	4 x 400M 80s 2 x 200M 35s I=3m Jog 0.5 mile	Same as 10-1	4 x 400M 80s 2 x 200M 35s 2 x 100M 18s I=3m Jog 0.5 mile	3.0 miles 24m
11	1 x 400M 80s 2 x 200M 35s I=3m Rest 5-7m 1 mile, 8m	Same as 11.1	2 x 400M 80s 2 x 200M 35s I=3m Rest 5-7m 1 mile, 8m	3.0 miles 24m
12	2 x 400M 80s 2 x 200M 35s I=3m Rest 5-7m	Same as 12-1	2 x 400M 80s 2 x 200M 35s I=3m Rest 5-7m	3.0 miles <24m

	1 mile, 8m		1 mile, 8m	
13	2 x 400M 80s 2 x 200M 35s I=3m Rest 5m 2 miles, 16m	Same as 13-1	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 1 mile 8m	3.0 miles <24m 8 x 10 shuttle <28s
14	2 x 400M 80s 2 x 200M 35s 2 x 50m I=3m Rest 5m 1.5miles <12m	Same as 14-1	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 2 miles <16m	3.0 miles <24m 8 x 10 shuttle <28s
15	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 1 mile 7m	Same as 15-1	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 1.5 miles 11m	3.0 miles <24m 8 x 10 shuttle <28s
16	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 2 miles, 14m	Same as 16-1	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 2.5 miles <20m	3.0 miles <24m 8 x 10 shuttle <28s
17	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 2.5 miles, 18m	Same as 17-1	2 x 400M 80s 2 x 200M 35s 2 x 50M I=3m Rest 5m 3 miles, 24m	3.0 miles <24m 8 x 10 shuttle <26s
18	Repeat 17-1 or 17-3 all week i.e. on days 1, 3, 5 and 7			
19	2 miles, 14m Rest 5-7 m 4 x 400M 80s 2 x 200M 35s I=3m	Same as 19-1	2 miles, 14m Rest 5-7m 4 x 400M 80s 2 x 200M 35s 2 x 100 18s I=3m	3.0 miles <24m 8 x 10 shuttle <26s
20	Repeat 19-3 all week i.e. on days 1, 3, 5 and 7			
21	3 miles, 22m Rest 5-7m 2 x 200M 35s 2 x 100M 18s 2 x 50M 9s I=3m	Same as 21-1	3 miles, 22m Rest 5-7 m 2 x 200M 35s 4 x 100M 18s 2 x 50M 9s I=3m	3.0 miles <24m 8 x 10 shuttle 24s

22	3 miles, 22m Rest 5m 6 x 100M 18s 2 x 50M 9s I=3m	Same as 22-1	Same as 22-1	3.0 miles <24m 8 x 10 shuttle 24s
23	Alternate 21-1 and 17-1 on training days (1, 3, 5 and 7)			

Notes:

1. Abbreviations are:
M = meters; m = minutes; s = seconds; I = interval between runs; 7-1 means “week 7, day 1” etc.;
< means less than.
2. Take the usual precautions before starting this or any other strenuous physical exercise. i.e. Have a physical check-up. Warm up and stretch thoroughly. Have access to liquids before during and after exercise.
3. If you cannot complete the scheduled exercises on any day, slow down or take longer intervals between events.
4. On days 2 and 4 either rest completely or have a very light work out or weight training. Rest is recommended for Day 6.
5. If you find the early parts of the program too easy it is OK to start on the schedule for a later week and proceed from there. If you reach the performance level listed for weeks 17 and 22 earlier than 17 /22 weeks, just stay at that level and increase the number of repetitions or speeds or both.
6. It is important that the exercises are done in the order listed for them to be of benefit.