

Klean Fitness has produced this 4 week training plan to assist Contributory League Referees and Supply League Referees to pass the fitness test set by The Football Association.

Contributory League Test – L3 – 12 min continuous run to cover a minimum of 2700m.
x2 50m sprints in under 7.5 seconds

Supply League Test – L4 – 12 min continuous run to cover a minimum of 2600m.
x2 50m sprints in under 7.5 seconds.

This plan should be used as a broad aspect to your overall training. It is assumed you already have a basic level of fitness and can tailor the plan to your own individual needs. Klean Fitness holds no responsibility for any referee failing The FA Referees' fitness test.

Fitness Test Date	Suggested Plan Start Date
16 th June 2019	19 th May 2019
14 th July 2019	23 rd June 2019
11 th August 2019	14 th July 2109
8 th September 2019	11 th August 2019
27 th October 2019	29 th September 2019

The results you will gain will help you to improve your endurance, strength and speed to assist in passing The FA referees' fitness test.

During each session you will work to your own **Rate of Perceived Exertion (RPE)** scale.

RPE 0 – Rest
RPE 1 – ...
RPE 2 – Easy
RPE 3 – ...
RPE 4 – ...
RPE 5 – Hard
RPE 6 –...
RPE 7 – Very Hard
RPE 8 –...
RPE 9 –...
RPE 10 – Maximum

Each session will be broken down to 3 phases, The Warm-Up, Main Session and the Cool Down.

Warm-Up

The warm-up is very important for you to complete prior to the start of the main session and serves two purposes. It will help reduce the risk of injury and will assist in you increasing the exercise capacity/performance during the session.

Carry out a warm-up specific to the main session you are undertaking which should include a 'Pulse Raiser, and some 'Dynamic Stretching'. Your normal match-day warm up can be used as a guide. (Please get in touch if you need guidance on carrying out your warm-up)

Main Session

During the main training sessions you will conduct Endurance, Strength & Conditioning, Speed and Flexibility & Stretching training. Use the RPE scale to gauge your own individual effort.

If you have a Heart Rate Monitor to assist in your training, transfer the RPE scale to your Heart Rate Training zone. For example, training at RPE 7 will transfer to 70% of your Heart Rate Zone.

Cool-Down

After your session, it is very important to conduct a thorough cool-down. This will help to reduce the risk of injury, increase the flexibility and mobility and help your body to recover.

The cool-down should be completed by carrying out similar exercises to that of the main session but at a much lower RPE. For example, if your carrying out an endurance run at RPE 8, conduct a cool-down period of running at RPE 3, this is known as 'Pulse Lowering'.

At the end of the pulse lowering, carry out some 'Dynamic Stretching'. This is where you stretch in two/three phases. The first stage is taking the stretch to the point of mild discomfort (stretch reflex) and holding for approx. 20-25 seconds, then increasing the stretch again and holding it for another 20 -25 seconds.

If you need any further specific information or training, please contact info@kleanfitness.co.uk.

Main Session Training Plan

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Run 1	S&C 1	Rest	Speed 1	S&C 1	Rest	Run 1
Week 2	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Speed 2	S&C 2	Rest	Run 2	Rest	Flexibility & Stretch	Rest
Week 3	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	Run 2	S&C 2	Rest	Speed 2	Run 3	Rest	S&C 2
Week 4	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
	Speed 3	Run 3	Rest	Run 1	Flexibility & Stretch	Rest	Fitness Test Day

Activity

Run 1.

Warm-Up

4 mins run Pulse raiser

12 mins continuous run (Steady State)

4 mins run Cool-down

Dynamic Stretching

RPE 0-3

RPE 3-5

RPE 6-7

RPE 5-0

Run 2.

Warm-up

10 mins run Pulse raiser

12 mins continuous run (Steady State)

8 mins run Cool-down

Dynamic Stretching

RPE 0-5

RPE 5-7

RPE 8

RPE 4-2

Run 3.

Warm-up

10 mins run Pulse raiser

12 mins continuous run (Steady State)

8 mins run Cool-down

Dynamic Stretching

RPE 0-5

RPE 5-8

RPE 9

RPE 4-2

Strength & Conditioning 1. (x4 rounds-Rest 1 min after each round)

RPE 8-9

Jumping Jacks

x30



Squats

x20



High Knees (Sprint on spot)

x30 each leg



Sit up

x20



Tuck Jump

x30



Lunge

x15 each leg



Mountain Climbers

X20 each leg



Strength & Conditioning 2. (12 min, add 1 rep after each round)

RPE 8-9

Squat jump

x1, then x2, x3
etc



Press Up

x1, then x2, x3
etc



Burpee

x1, then x2, x3
etc

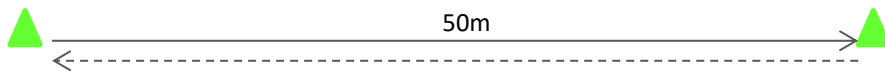


Speed 1.

RPE 8-9

Sprint 50m maximum effort and walk back in 1 min.

x10 reps



Speed 2.

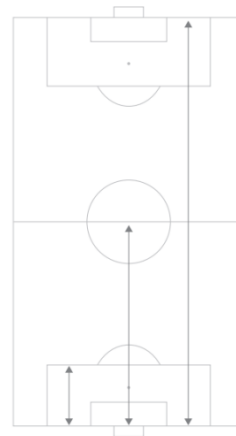
RPE 8-9

Using a football field or a marked out area, sprint to the edge of the penalty area (16.5m) and back, Rest 30 seconds,

Sprint to the half way line (60m) and back Rest 1 min

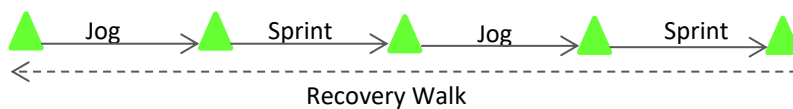
Sprint to the goal line on the other side (120m) and back Rest 2 min

Repeat x1.



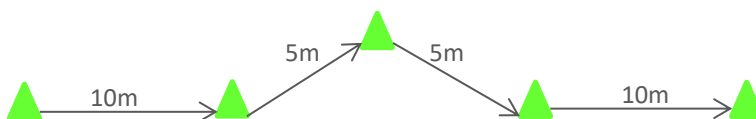
Speed 3.

Jog to first cone 15m (RPE 5), sprint to second cone (RPE 10), slow down to third cone (RPE 5), Sprint to last cone (RPE 10) and slow walk back within 2 min.



Repeat x4 reps

Sprint to the first cone set at 10m, cut left and then right and sprint to the last cone. Rest 1 min and then spring back in the opposite direction.



Repeat x4 reps

Flexibility & Stretch

Shoulder



***Hold each
exercise for
20-30 seconds***

Tricep



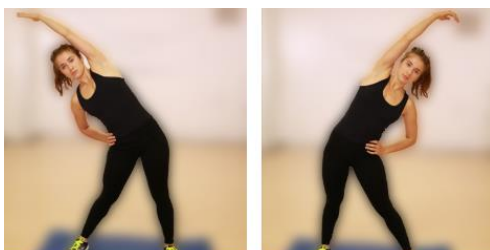
Flexor stretch



Pectoral



Latissimus Dorsi



Back



Lower back



Front torso



Quadricep



Hamstring



Hip Flexor



Gluteus Maximus



Gastrocnemius (Calf)

