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IN SEASON TRAINING PROGRAMME RECOMENDATIONS

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Author: Ross Hanbury



How to construct your training programme

Before starting a new fitness programme it is imperative that you are fit to do so. Any persons who have a condition that could be made worse as a result of undertaking a fitness programme should speak to their doctor first before starting one.

The following programme and recommendations in this document have been put together to assist those who fall into one of the following categories:

1. Those who are currently undertaking a fitness training programme that contains between 30 and 60 mins worth of cardio vascular work per week; as well as refereeing once a week or
2. Those who are currently undertaking a fitness training programme that contains over 60 mins of cardio vascular work per week; as well as refereeing once a week or more.

If you are not following a fitness programme at present then please do not jump straight into this one, as the programme enclosed requires a base level of fitness. Anyone who has never followed a fitness programme, should get in contact with me first.

A high level of fitness is an important part of the modern referee's CV. Global positioning system analysis projects have given us the first insight into the physical demands placed on top level referees during match play. The most up to date study on this subject (by Blair 2013), has shown that across 360 games referees on average completed the following:

- Average distance covered per match: **6.8 kilometres**
- High speed distance covered (distance covered above 51% of maximum speed): **1.5 km**
- Time spent above 80% of heart rate max: **43.43mins**

Now although the demands (above) may not be the same for say level 7 referees, it does give us something to direct our training programmes and keep them specific. In order to get the most out of any training programme there are three training principles that need to be adhered to:


Specificity: So that your training has the desired effect and gets you fitter for refereeing, it is important that all the training sessions you do are 'referee specific'. We can design sessions that are referee specific by looking at the research on the physical demands of refereeing (such as that by Blair 2013).

Overload: In order to get fitter, you are going to need to push your body and current fitness above what it is used to (within reason). When pushed beyond its current capacity, your body will adapt and make improvements, which mean in the long run you will get fitter!

Progression: So that you keep improving your fitness levels, you need to keep making your training harder (intensity or volume). However this is not done session by session but month by month; all of which will be made more clear when looking at the example programme.



The weekly overview below shows an example of how you might (for optimum training effect) want to plan your training week. This plan is based on having 2-4 sessions available to train.

 LSRFUR In Season Fitness Programme Overview							
DAYS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SESSION TYPE	Recovery from game (DAY OFF) Or Swim/Light bike session	Training Session: Green Session	Training Session: Green or Yellow Session	OFF	Training Session: Green Session	OFF: With a focus on eating and hydrating in preparation for Game	Game
DAILY FOCUS	Nutrition	Recovery	Aerobic System Development		Aerobic System Maintenance		
LOADING							

In short:

Sunday (or the day after a game) it is a good idea to flush all the toxins out of the system with a swim or light cycle (no more than 20 mins for each).

Monday: On this day it is a good idea to do an aerobic session (these are designed to develop your body's ability to breath in, transport and use oxygen for muscle movement).

Tuesday: This is the best day in the week to do your anaerobic session (in yellow on the programme). An anaerobic session develops your body's ability to cope with low levels of oxygen in the muscle; and that lovely lactic acid!!!!. This session is a high intensity session.

Wednesday: Off



Thursday: On this day it is a good idea to do an aerobic session (these are designed to develop your body's ability to breathe in and use oxygen. Important to note is that it is not advisable to do an anaerobic session within 72 hours of a competition/game as it takes this long to completely replenish carbohydrate stores.

Friday: Off

Saturday: Game

The 2nd document/programme below (which is on the other attached document) is an example of how you might want to put together a training programme for a 6 wee cycle.

 **LSRFUR: 6 Week In Season Training Programme**

Focus: Game specific aerobic capacity/endurance

Day		WK NO	Intensity Level + Gym Session Codes		Intensity Level + Outdoor Session Codes	
Day 1	Monday	1	Light Week	Session 1	Light Week	Session 1
Day 2	Tuesday			Session 3		Session 3
Day 3	Wednesday			OFF		OFF
Day 4	Thursday			Session 2		Session 2
Day 5	Friday			OFF		OFF
Day 6	Saturday			GAME		GAME
Day 7	Sunday			Regen: Light swim/bike		Regen: Light swim/bike
EXTRA SESSION IF REQUIRED			Session 3	Session 3		

The programme shows the day number, day of the week and week number.

This is the session code. Instructions for the session and how to fill it out can be found in the excel document attached, on a separate tab.

As mentioned earlier in the document, the weeks are titled light to hard, this indicates how tough the week will be, but fear not after a hard week comes a light week!

For those of you who do not have access to a gym, I have put together a parallel 'outdoor' programme, with a similar programme that does not require you to work out in a gym



The document below can be found on the gym codes or outdoor codes tabs on the excel doc (training programme). This is where the instructions for the training sessions can be found.

The session codes doc shows the session number, out of 10 how hard the session should be and what piece of kit you would ideally do the session on.

To help you plan and fit the session into your diary, there is an estimation of how long the session should take.

Session	RPE Intensity (10 Highest)	Modality	Session Content/Instructions	Work Res Ratio	Sets	Work (Mins,Secs or Metres)	Rep Rest Durations	Rest Duration btw Sets	Session Duration
1	6	Row	1. Warm Up 2. Row 1KM 3. Rest 3 Mins/core work 4. Row 1KM 3. Rest 3 Mins/core work 6. Row 1KM	1 To 1	1	1KM, 1KM, 1KM	3 Mins	N/A	25-35 Mins

There is a detailed description of the session content, so that you know what you are doing step by step.

As for the rest of the info, don't worry too much about this, as and when you develop your fitness, these will become more important.

This document is designed as a guide, not as a comprehensive programme of what every referee should do. The fourth and probably most important principle of training (accompanying the training principles above, which I have not mentioned yet), is the principle of individuality. In order for a programme to be successful and effective, it needs to work for you. It needs to fit into your life/work schedule and allow you to put as much energy into the training sessions as possible. Therefore, no two peoples programmes should be the same.

If there are any questions on the above then please do not hesitate to get in touch.

Regards

Ross Hanbury
LSRFUR Fitness Advisor
07791994007
Ross.Hanbury@Virginactive.co.uk

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