

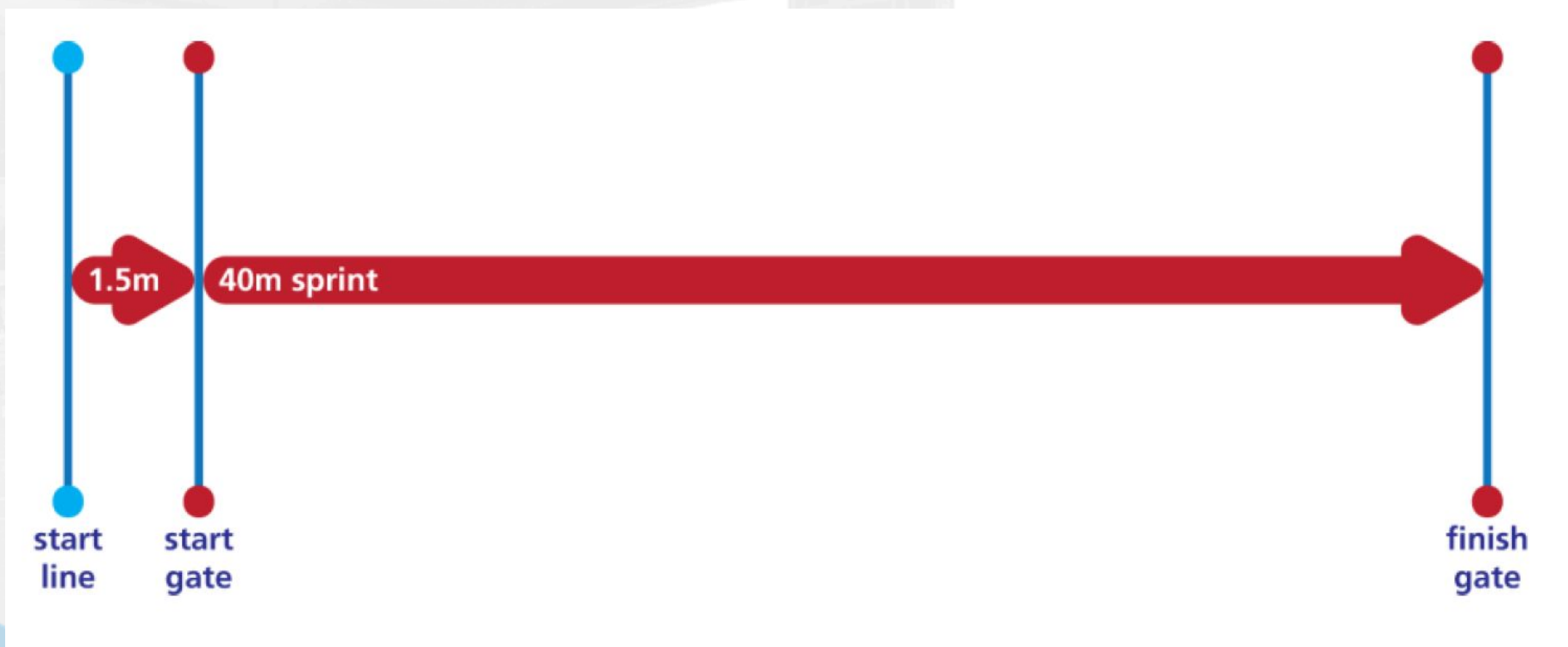
FITNESS TEST

REFEREES BASIC COURSE

- 20 min warm up

Test 1

- 4 repetitions of 40m sprints: Each to be completed within 6.4 seconds with 1 minute recovery between each sprint.



FITNESS TEST

REFEREES BASIC COURSE

Recovery: 3 - 5 minutes in between Test 1 and Test 2

Test 2

- 24 × 75m runs:
- Each run to be completed within 15 seconds with 22 seconds recovery walk in between each run.

