

# MLS Referees and Assistant Referees

## 1-Month Fitness Test Preparation Plan

If you chose to follow your own training plan, I would like to take this opportunity to steer you in the right direction. First identify your personal strengths and weakness, so that you can tailor your plan to improve upon your weaknesses and maintain your stronger areas. For example if you believe that you are a very good sprinter but need some improvements in the area of cardiovascular fitness, you may want change you switch one speed workout each week for a distance workout with a few sprints at the end of it. This will allow you to maintain your strength while working on a weaker area of your physical fitness. Second many people make the mistake of going to work out without any specific idea of what type of workout they would like to perform on that day. So start off by making a month long calendar that lists what the general focus of each day will be. Third, write out each workout in a week long workout plan, so that you know what workout you will be performing on every day. Lastly, **STICK TO YOUR PLAN**. All too often individuals make grand training plans just to find out that they are not dedicated enough to perform the workouts as they intended. Motivate yourself every day to do what you have deemed necessary to be successful.

### Example Of A General Month Long Training Plan Specific To The Test

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 28	Recovery	Interval	Aerobic	Speed	Recovery	Aerobic	Interval Test
Dec 5	Recovery	Interval	Aerobic	Speed	Recovery	Aerobic	Interval Test
Dec 12	Recovery	Interval	Aerobic	Speed	Recovery	Aerobic	Interval Test
Dec 19	Recovery	Interval	Aerobic	Recovery	Interval	Aerobic	Rest
Dec 26	Aerobic	Interval	Aerobic	Speed	Recovery	Aerobic	Interval Test
Jan 2	Recovery	Interval	Aerobic	Recovery	Date OF Test	Recovery	Recovery

Green = Low intensity of training week  
 Yellow = Moderate intensity of training week  
 Red = Higher intensity of training week

### Example Of Week Long Training Plan Specific To The Test

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 28 the	Warm up Easy 15min Biking, Stretching, Abs	Warm Up Interval workout # 5 Cool Down	Warm Up 3 x 10min @75%HRM Rec 1min Cool Down	Warm Up Agility Sprint WO #5 15min easy run Cool Down	Warm up Easy 15min Biking, Stretching, Abs	Warm Up 45min Run 70-80%HRM Cool Down	Warm Up Practice Test 10 laps Cool Down

Green = Recovery Low Intensity Training Day (Not Physically Demanding)  
 Yellow = Moderate Intensity Training Day (Some What Physically Demanding)  
 Red = Hard or High Intensity Training Day (Very Physically Demanding)

# Day By Day Specific Training Calendar And Plan

For individuals looking for a more structured and specific set of training guidelines, this plan will lead you through a day by day progression towards your fitness test. As your training increases the need for appropriate warm up and cool down sessions will be very important for both recovery and injury prevention. Make sure that each time you workout you are taking the time to properly warm up and cool down.

## **Sundays: Rest or Active Recovery**

The focus of Sunday's will be your choice between rest or active recovery. Active recovery is done to stimulate blood flow throughout the major muscle groups which has been proven to increase recovery time and prevent injury. To do this you should perform low intensity, low impact aerobic training for a period of 10 to 15 minutes. Low impact aerobic training includes activities such as; biking, rowing, and elliptical. Treadmills and jogging on a soft surface can also be used if you do not have access to the proper equipment. 5 to 10 minutes of static stretching and abdominals should follow this easy warm up session. It is important to remember that gains in fitness are often made during recovery periods, as the body will use this time to rebuild muscle that have been broken down by repeated bouts of physical activity. Referees and assistant referees should avoid moderate to hard physical work during these days.

## **Monday: High Intensity Running**

The goal of Monday's workout will typically be to improve upon your high intensity running and aerobic recovery time. These interval workouts will be based on heart rate intensity and duration of repetition instead of distance and speed percentages. Example of workout procedures; one minute run at 90 percent heart rate max, followed by thirty second jogging recovery.

## **Tuesday: Aerobic Endurance**

The goal of Tuesday training will be to increase your aerobic endurance levels through moderate exercise. You will still need to perform a full warm up prior to starting your workout session. Workouts will typically consist of 15 to 30 min in your target heart rate zone. Running is always the best training method but if you are feeling tired or sore from the previous workout you should consider using alternative activities.

## **Wednesday: Sprint Endurance**

The areas of focus for Wednesday's training session will be either short sprinting and or sprinting endurance. Workouts during these training sessions may be based on percent of maximum sprinting speed. Typically these exercises will take place at high speeds such as 85 to 100% of your maximum sprinting speed; this will require you to judge your overall speed. This day may also be used to perform set interval that are specific to the fitness test.

## **Thursday: Rest and Recovery Same as Sunday.**

## **Friday: Aerobic Endurance**

The goal of Friday's training will be to increase your aerobic endurance levels through moderate exercise. Individuals should perform a full warm up prior to starting your workout session. Workouts will typically consist of 20 to 45 min in

your target heart rate zone. Running is always the best training method but if you are feeling tired or sore from the previous workout you should consider using alternative activities.

**Saturday: Interval Workout**

You should consider Saturday a regular training day, with the specific goal of high intensity running. This would also be an excellent day to practice the MLS Fitness Test in some form. If you chose to alter the Fitness Test for training purposes, I would not recommend changing the pace of each interval because learning the pace to run each interval is very important. Instead I would recommend changing the number of intervals or changing the recovery time.

# Specific Training Plan

## **Sunday Nov 28<sup>th</sup>: Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

## **Monday Nov 29<sup>th</sup> High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout:#5 4 Sets of 2 intervals, 2min @ 75-85% HRM  
(30 sec jogging recovery between intervals and 1min jogging recovery between sets)
  1. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
  2. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
  3. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
  4. 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

## **Tuesday Nov 30<sup>th</sup> Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Alternative Workout: 20 to 40 min of continuous activity your choice  
Game play, biking, swimming, bleachers, etc  
Try to keep your Heart Rate Above 75% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

## **Wednesday Dec 1<sup>st</sup> Sprint Endurance**

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Workout: @ 90% of sprint max (A little less than all out sprinting)  
3 Sets of 4 Reps 70meters (12 total Sprints)  
(From static start position, focus on the making the first few steps powerful)
- Recovery:30sec between reps and 2min between sets  
Your heart rate should return to 65% of HRM before the start of each rep.
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

## **Thursday Dec 2<sup>nd</sup> Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

## **Friday Dec 3<sup>rd</sup> Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 -40 min aerobic endurance running at 70 to 85% of HRM + At the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Dec 4<sup>th</sup>****High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Practice Fitness Test: 20 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Dec 5<sup>th</sup>:****Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Dec 6<sup>th</sup>****High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- High Intensity Workout
  1. 30 sec @ 85-95%HRM + 30 sec jogging recovery
  2. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  3. 60 sec @ 85-95%HRM + 30 sec jogging recovery
  4. 75 sec @ 85-95%HRM + 30 sec jogging recovery
  5. 60 sec @ 85-95%HRM + 30 sec jogging recovery
  6. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  7. 30 sec @ 85-95%HRM + 30 sec jogging recovery  
2min jogging recovery
  8. 75 sec @ 85-95%HRM + 30 sec jogging recovery
  9. 60 sec @ 85-95%HRM + 30 sec jogging recovery
  10. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  11. 30 sec @ 85-95%HRM + 30 sec jogging recovery
  12. 45 sec @ 85-95%HRM + 30 sec jogging recovery
  13. 60 sec @ 85-95%HRM + 30 sec jogging recovery
  14. 75 sec @ 85-95%HRM + 30 sec jogging recovery
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Dec 7<sup>th</sup>****Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Alternative Workout: 20 to 40 min of continuous activity your choice  
Game play, biking, swimming, bleachers, etc  
Try to keep your Heart Rate Above 75% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Dec 8<sup>th</sup>****Sprint Endurance**

- Warm Up: 10min jogging building up to 70% of HRM
- Warm Up: 10min dynamic stretching and mobility
- Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
- Workout: 8 X 100m @ 75 % of max sprint speed, 1min recovery between reps.  
Recovery: 60 sec between reps
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Thursday Dec 9<sup>th</sup> Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Friday Dec 10<sup>th</sup> Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 20 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Dec 11<sup>th</sup> High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Practice Fitness Test: 24 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Dec 12<sup>th</sup>: Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Dec 13<sup>th</sup> High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- High Intensity Intervals 90%HRM (200meter Ladder Down then Up)  
The Pace for the 200m should be about 35-37sec so yes they are fast
  - 200m @ 90%HRM + 100m easy recovery jog + 80m walking
  - 180m @ 90%HRM + 100m easy recovery jog + 60m walking
  - 160m @ 90%HRM + 100m easy recovery jog + 40m walking
  - 140m @ 90%HRM + 100m easy recovery jog + 20m walking
  - 120m @ 90%HRM + 100m easy recovery jog
  - 100m @ 90%HRM + 100m easy recovery jog + 20m walking
  - 120m @ 90%HRM + 100m easy recovery jog + 40m walking
  - 140m @ 90%HRM + 100m easy recovery jog + 60m walking
  - 160m @ 90%HRM + 100m easy recovery jog + 80m walking
  - 180m @ 90%HRM + 100m easy recovery jog + 100m walking
  - 200m @ 90%HRM + 300m easy recovery jog
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Dec 14<sup>th</sup> Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Alternative Workout: 20 to 40 min of continuous activity your choice  
Game play, biking, swimming, bleachers, etc  
Try to keep your Heart Rate Above 75% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Wednesday Dec 15<sup>th</sup>                      Sprint Endurance**

- Warm Up: 10min jogging building up to 70% of HRM
  - Warm Up: 10min dynamic stretching and mobility
  - Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)
  - Workout: Sprinting @ 90% of sprint max (A little less than all out sprinting)
    - 30m sprint + walk back recovery X3
    - 40m sprint + walk back recovery X3
    - 50m sprint + walk back recovery X3
    - 40m sprint + walk back recovery X3
    - 30m sprint + walk back recovery X3
- Static start position, focus on the making the first few steps powerful  
Recovery: 1min between each sets  
Your heart rate should return to 70% of HRM before the start of each rep.
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
  - Cool Down: 5 to 10 min Static stretching and ABS

**Thursday Dec 16<sup>th</sup>                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Friday Dec 17<sup>th</sup>                      Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 -40 min aerobic endurance running at 70 to 85% of HRM + At the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Dec 18<sup>th</sup>                      High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Practice Fitness Test: 26 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Dec 19<sup>th</sup>:                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Dec 20<sup>th</sup>                      High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout High Intensity Intervals 200m @ 40sec X 16 or 8 laps  
Run 200m on track in 40sec then rest for 45 sec. You should walk around to stay loose but you will start the next rep the same place you finished the previous rep. The work out should be done by counting laps, two interval repetitions per lap and 8 total laps or as many as you are able to complete.
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Dec 21<sup>st</sup>                      Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Alternative Workout:     20 to 40 min of continuous activity your choice  
  Game play, biking, swimming, bleachers, etc  
  Try to keep your Heart Rate Above 75% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down 5 to 10 min Static stretching and ABS

**Wednesday Dec 22<sup>nd</sup>                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Thursday Dec 23<sup>rd</sup>                      High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility  
  walking return to Resting Heart Rate
- Practice Fitness Test: 26 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Friday Dec 24<sup>th</sup>                      Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 20 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Dec 25<sup>th</sup>                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Sunday Dec 26<sup>th</sup>:                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Dec 27<sup>th</sup>                      High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Practice Fitness Test: 24 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Dec 28<sup>th</sup>                      Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Alternative Workout:     20 to 40 min of continuous activity your choice  
  Game play, biking, swimming, bleachers, etc  
  Try to keep your Heart Rate Above 75% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down 5 to 10 min Static stretching and ABS

**Wednesday Dec 29<sup>th</sup>                      Sprint Endurance**

- 3 Warm Up: 10min jogging building up to 70% of HRM
- 4 Warm Up: 10min dynamic stretching and mobility
- 5
- 6 Cool Down: 5 min jogging and walking return to Resting Heart Rate
- 7 Cool Down: 5 to 10 min Static stretching and ABS

**Thursday Dec 30<sup>th</sup>                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Friday Dec 31st                      Aerobic Endurance**

- Warm Up: 5min jogging building up to 70% of HRM
- Warm Up: 5min easy dynamic stretching and mobility
- Workout: 30 min aerobic endurance running at 65 to 85% of HRM
- Workout: 4 X 50m easy stride outs 60-70% of sprint speed
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Saturday Jan 1st                      High Intensity Running**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- Workout: Interval Pace Runs:  
12 X 150 meters @ 30 sec per interval and 35/40 sec res  
Focus on pace and tempo of the run, be relaxed make it feel easy. By this time you should know the pace well enough to run each interval without looking at your watch. At the end of each repetition slowly run or jog into a walk, slowing down quickly will only waist energy. Practice timing your walking recovery so that you hit the line on the move, the last thing you want to do is get their early and stand or be late and be behind the group.
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Sunday Jan 2<sup>nd</sup>                      Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Monday Jan 3<sup>rd</sup>                      Aerobic Endurance**

- Warm Up: 5 to 10min jogging building up to 70% of HRM
- Warm Up: 5 to 10min dynamic stretching and mobility
- 20min up tempo run, @ 75-80% HRM
- 6 X 50m easy stride outs
- Cool Down: 5 to 10min jogging and walking return to Resting Heart Rate
- Cool Down: 5 to 10 min Static stretching and ABS

**Tuesday Jan 4<sup>th</sup>****High Intensity Running**

- Warm Up: 5min jogging building up to 70% of HRM
- Workout Test Practice  
Practice Starts: No more than 4 easy starts of about 20m  
Focus on using proper form, Good arm drive, Long push with the legs,  
Progress the body from low to high as a unit, not rounding the back.

Interval Practice: @ your race pace and rest

- 150m @ 30 sec + your Rest + 150m @ 30 sec
  - 1min rest + 50m walking with your rest
  - 150m @ 30 sec + your Rest + 150m @ 30 sec
  - 1min rest + 50m walking with your rest
  - 150m @ 30 sec + your Rest + 150m @ 30 sec
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
  - Cool Down 5 to 10 min Static stretching and ABS

**Wednesday Jan 5<sup>th</sup>****Warm up Test Prep**

- 8 Warm Up: 10min jogging building up to 70% of HRM
- 9 Warm Up: 10min dynamic stretching and mobility
- 10 4 x 50m easy stride outs
- 11 Cool Down: 5 min jogging and walking return to Resting Heart Rate
- 12 Cool Down: 5 to 10 min Static stretching and ABS

**Thursday Jan 6<sup>th</sup>****Test Date**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups
- Take Fitness Test  
Good Luck

**Friday Jan 7<sup>th</sup>****Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups

**Saturday Jan 8<sup>th</sup>****Rest or Active Recovery**

- Warm Up: 5 to 15 min low intensity low impact movement
- Warm Up: 5 to 10 min static stretching, all major muscle groups