

NSWSLFR 2018 TRAINING SCHEDULE

Month	Week 1	Week 2	Week 3	Week 4	Week 5
Nov 2017		8/11/17 Preparation For Fitness Test	Preparation For Fitness Test	Preparation For Fitness Test	
Dec	Preparation For Fitness Test	Preparation For Fitness Test	20/12/17 Trial Fitness Test	Break	Break
Jan 2018	Break	10/01/18 Trial Fitness Test	Preparation For Fitness Test	24/01/18 Fitness Test No.1	Preparation For Fitness Test
Feb	7/02/18 Fitness Test No.3	Pre-Season Speed Endurance	Pre-Season Agility Speed	Pre-Season Speed Hi Intensity	Other FT Details FT 2 – 28/1/18 FT 3 – 11/2/18
March	Pre-Season Referee Pos A/R Movement	14/03/18 Pre-Season Agility HI Interval BBQ	Pre-Season Speed - RSA Endurance	Season Agility - RSA HI Interval	
April	A/R Specific Training	Training + Video session	Technical session + Season Training	Technical session + Season Training	
May	Referee Specific Technical	9/05/18 Technical session + Ariet Fitness Assessment	Technical session + Season Training	Technical session + Season Training	Technical session + Season Training
June	A/R & Ref Training & Video –Tech	Technical session + Season Training	Technical session + Season Training	27/06/18 Inter Yo-Yo Fitness Assessment	
July	A/R & Ref Training & Video –Tech	11/07/18 Season Training BBQ (SOO)	Technical session + Season Training	Technical session + Season Training	
August	A/R Specific Training	Technical session + Season Training	Technical session + Season Training	22/08/18 Dynamic Yo-Yo Assessment	Technical session + Season Training
Sept	5/09/18 Final series Preparation BBQ	Technical session + Season Training	Further sessions may be provided should there be a demand.		

NB: This schedule is subject to change and or alteration to cater for wet weather and or at the discretion of the Physical Training co-ordinator. Technical sessions will be provided should training be cancelled due to wet weather or other reason.