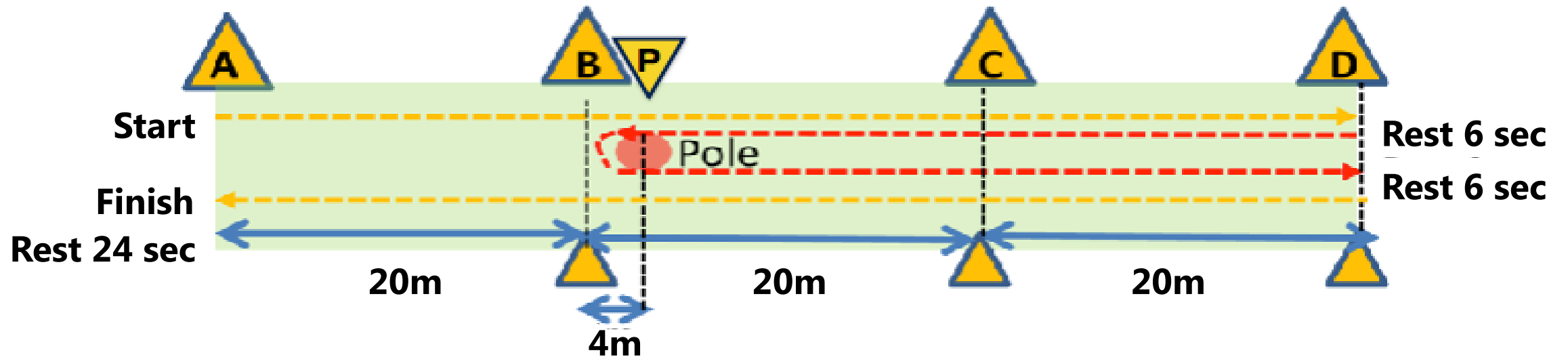


## Men Referees: Single – Double – Single High Intensity Interval Test

**1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)**



Timetable - by set	Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
	1	0:00	0:12	0:18	0:34	0:40	0:52
	2	1:16	1:28	1:34	1:50	1:56	2:08
	3	2:32	2:44	2:50	3:06	3:12	3:24
	4	3:48	4:00	4:06	4:22	4:28	4:40
	5	5:04	5:16	5:22	5:38	5:44	5:56

# Men Referees: Single – Double – Single High Intensity Interval Test

## The test can be divided in III Parts

Part I :  Warm-UP      5 reps (first 3 progressively faster)

Part II :  5 repetitions

Part III :  5 repetitions

