



Performance Training in Football Refereeing Weekly Training Plan

WEEK 42 from Monday 10th to Sunday 16th of October Macrocycle IV, week 1 (Training week 19)

Mon. 10th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.
Tr. 70

Tue. 11th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 71

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* Speed/Agility - short sprints from a dynamic position (heel lifts, knee lifts,...).

- Set 1 (right turn):
(2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

- Recovery: 5 min

- Set 2 (left turn):
(2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

2 sets of 10 sprints		
Set 1 (10 sprints)		5 min
Recovery		5 min
Set 2 (10 sprints)		5 min
Total duration		15 min
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	300 m
Total distance		600 m

- In total, this exercise takes 15'. The total sprint distance is 300 m.

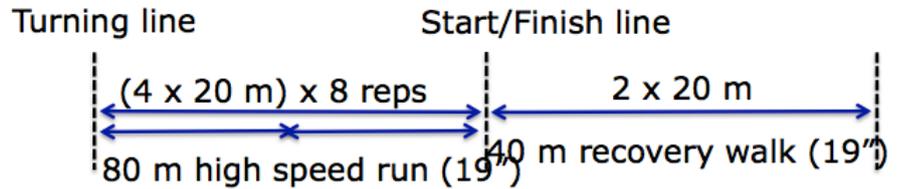
* High Int. Refs

- Set 1:
- 2 x 40 m (40 m – turn – 40 m) in 17"
- 17" recovery walk (40 m)
- 10 reps in total
- 2' recovery between sets

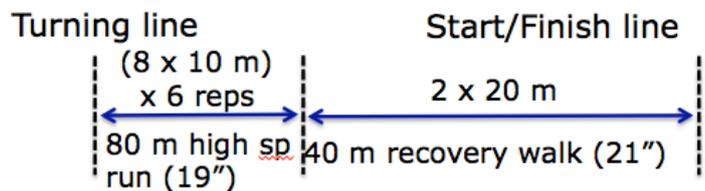


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- Set 2:
- 4 x 20 m (20 m – turn – 20 m – turn – 20 m – turn – 20 m) in 19"
- 19" recovery walk (40 m)
- 8 reps in total
- 2' recovery between sets



- Set 3:
- 8 x 10 m (10 m – turn – 10 m – turn – 10 m – ...) in 21"
- 21" recovery walk (40 m)
- 6 reps in total
- 2' recovery



- All together, this exercise takes 21' (6' Set 1 + 2' rec. + 5' Set 2 + 2' rec. + 4' Set 3 + 2' rec.).
- 1920 m of high-intensity running, 960 m walking, 72 turns in total.

YOYO Exercise 1 10 X (2X40m), 8 X (4X20m), 6 X (8X10m)





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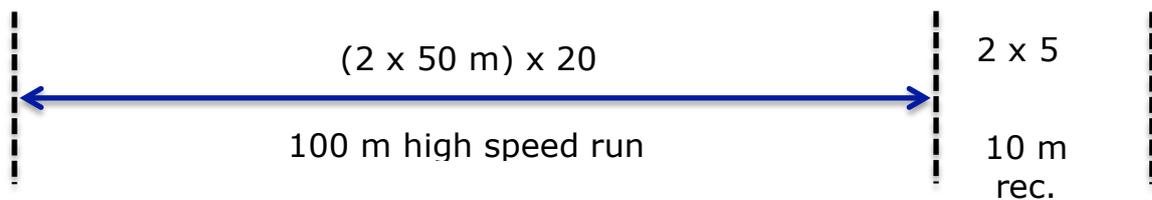
* High Int. ARs - Yo-Yo based exercise as follows (by preference on natural grass):

- Set 1:
- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

- 3' recovery

Turning

Start/Finish



- Set 2:
- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

- All together, this exercise takes 15'20"
- 2000 m of high-intensity running, 200 m walking, 20 turns in total

- Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 91' & 85'

Wed. 12th:

REST DAY

Thu. 13th:
Tr. 72

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
- * High Int.
 - Set 1: Referees perform 5 laps
 - From the start, run at the appropriate intensity around the pitch perimeter.
 - However, on lap 1 run around cone 1, and so on up to cone 5 on lap 5, thus increasing the run distance with each subsequent lap.
 - The running should be $\frac{3}{4}$ pace (the HR that it will elicit should be 85-94%HR_{max}).

 - 2' recovery.



Performance Training in Football Refereeing Weekly Training Plan

- * Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

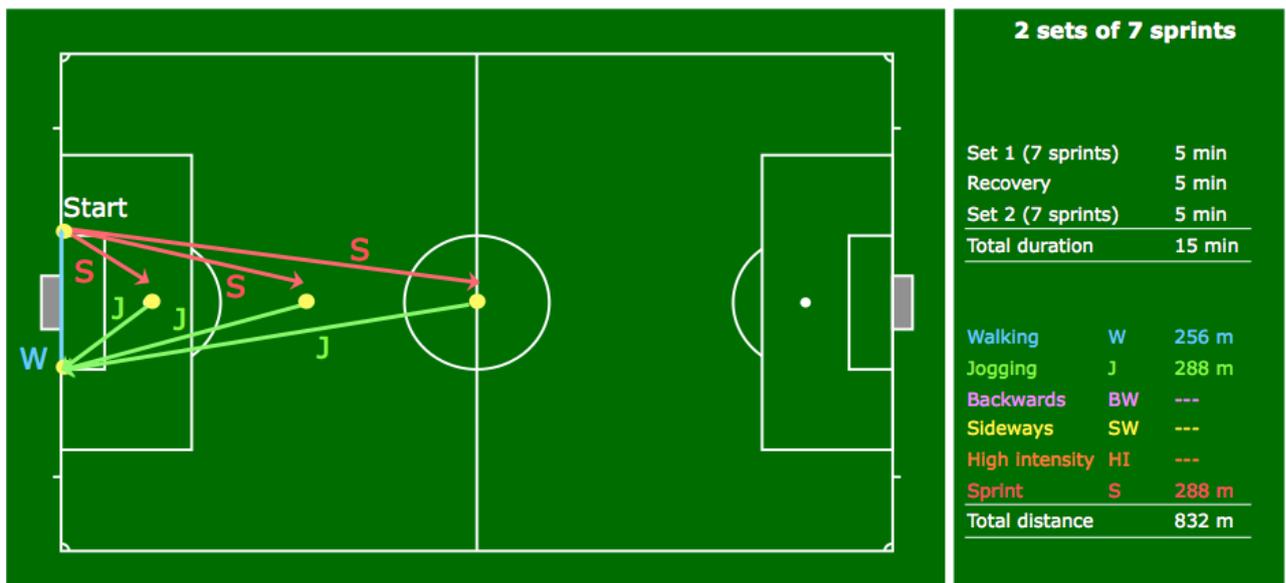
Total duration: 87'

Fri. 14th: REST DAY

Sat. 15th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 73

- * Speed
 - Set 1:
 - 1) 11 m sprint, 11 m jogging, walking to the start, 4 reps
 - 2) 25 m sprint, 25 m jogging, walking to the start, 2 reps
 - 3) 50 m sprint, 50 m jogging, walking to the start, 1 rep
 - 5' recovery and stretching.
 - Followed by a 2nd Set of 7 sprints.



- The total exercise time is 15'. The total sprint distance is 288 m.

- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 50'

Sun. 16th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

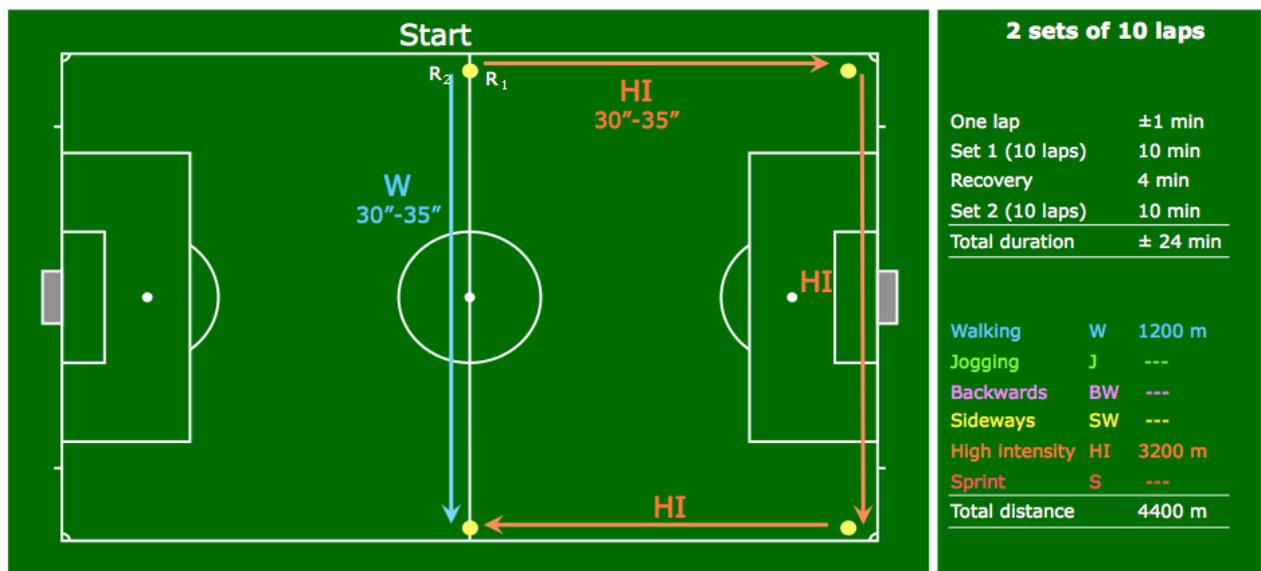


Performance Training in Football Refereeing Weekly Training Plan

WEEK 43 from Monday 17th to Sunday 23rd of October Macrocycle IV, week 2 (Training week 20)

- Mon. 17th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.
Tr. 74
- Tue. 18th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 75
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability and injury prevention exercises.
 - * High Int. - Set 1: Referee 1 performs a HI run clockwise from the midline to the corner flag, then across the goal line to the other corner flag, and finally to the other side of the midline. In the meantime, Referee 2 has to cross the midline by walking or jogging. He has to arrive at the other side when Referee 1 arrives. When they meet, their roles change, i.e. Referee 2 performs a HI run counter-clockwise the same trajectory, while Referee 1 recovers by walking / jogging back to the starting position. The second set of the HI-runs starts on the other side of the field so that referees have to take the turns on the other shoulder. All together this exercise is done 5 full laps, or 10 HI-runs for each of the referees.

All together, this first run takes \pm 10' (1600 m HI running alternated with 600 m recovery for each referee).



- 2' recovery.
- Set 2: perform another 5 full laps (or 10 HI-runs for each).
- All together this exercise takes \pm 22'.
(10' Set 1 + 2' recovery + 10' Set 2)



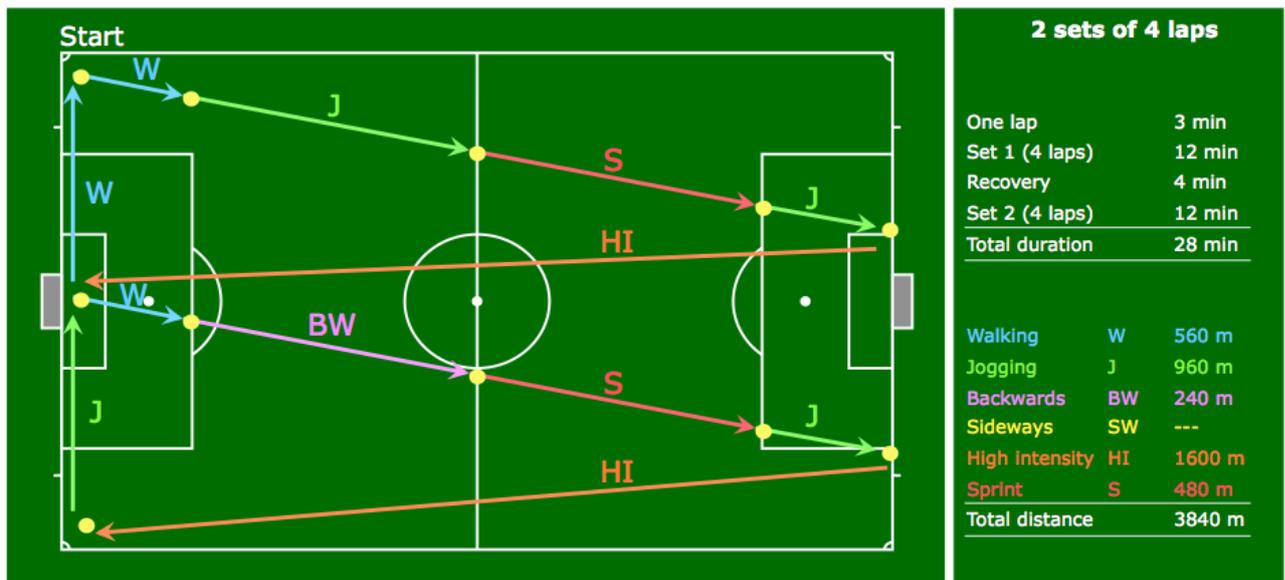
Performance Training in Football Refereeing Weekly Training Plan

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 77'

Wed. 19th: REST DAY

- Thu. 20th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
Tr. 76
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability and injury prevention exercises.
 - * High Int. - Submaximal Yo-Yo from the start until 15:8 for Referees and ARs.
 - * Speed End. - Field exercise: Set 1: 4 laps of + 3' each.
- 4' recovery.



- Field exercise: Set 2: again 4 laps of + 3' each.

- All together this exercise takes + 28'.
(12' Set 1 + 4' recovery + 12' Set 2)

- * SE for ARs - While the referees perform their 2 sets of the SE exercise, the next SE exercise can be considered for the assistant referees.



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 8 laps	
One lap	45 sec
Set 1 (8 laps)	6 min
Recovery	4 min
Set 2 (8 laps)	6 min
Total duration	14 min

Walking	W	---
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	480 m
High intensity	HI	---
Sprint	S	640 m
Total distance		1920 m

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 93'

Fri. 21st: REST DAY

Sat. 22nd: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 77 * Speed - Set 1: Centre circle sprint, 5 x from start to finish (5').
- 5' recovery.

2 sets of 5 laps	
One lap	1 min
Set 1 (5 laps)	5 min
Recovery	5 min
Set 2 (5 laps)	5 min
Total duration	15 min

Walking	W	200 m
Jogging	J	300 m
Backwards	BW	100 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	400 m
Total distance		1200 m

- Set 2: Centre circle sprint, 5 x from start to finish (5').

- The total exercise time is 15'. The total sprint distance is 360 m.



Performance Training in Football Refereeing Weekly Training Plan

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 23rd: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 44 from Monday 24th to Sunday 30th of October Macrocycle IV, week 3 (Training week 21)

Mon. 24th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.
Tr. 78

Tue. 25th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
Tr. 79

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* High Int. - Referees:

3 sets of 5 HI runs

Set 1 (5 HI runs)	2.5 min
Recovery	1 min
Set 2 (5 HI runs)	5 min
Recovery	2 min
Set 3 (5 HI runs)	7.5 min
Total duration	± 18 min

Walking	W	465 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2250 m
Sprint	S	---
Total distance		2715 m

* High Int. - Assistant Referees:

Assistant Referees

Set 1 (15 HI runs)	5 min
Recovery	1 min
Set 2 (8 HI runs)	5 min
Recovery	2 min
Set 3 (5 HI runs)	5 min
Total duration	± 18 min

Walking	W	465 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2250 m
Sprint	S	---
Total distance		2715 m



Performance Training in Football Refereeing Weekly Training Plan

- 2' recovery

* Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

Wed. 26th:

REST DAY

Thu. 27th:
Tr. 80

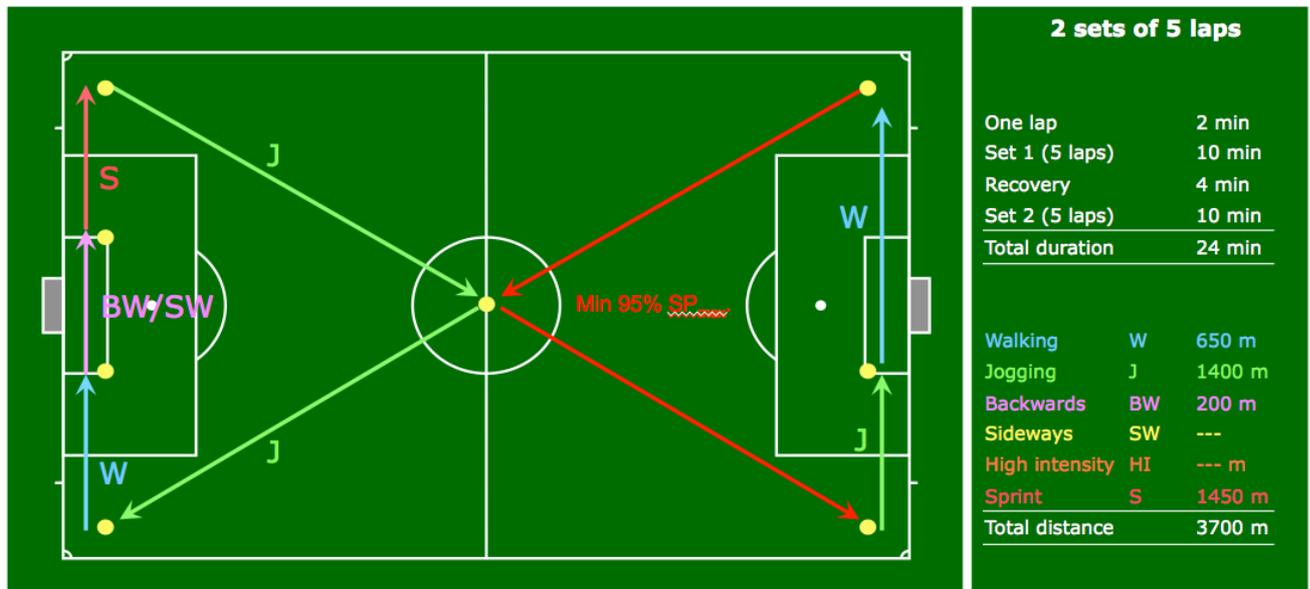
* Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* Speed End. - Set 1: Field exercise for both REFs and ARs, 5 laps of \pm 2' each.

Each diagonal run is performed at minimum 95% SP_{max}.



- 4' recovery.

- Set 2: Field exercise, 5 laps of \pm 2' each.

- All together, this exercise takes 24' (including recovery).

* Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 89'

Fri. 28th:

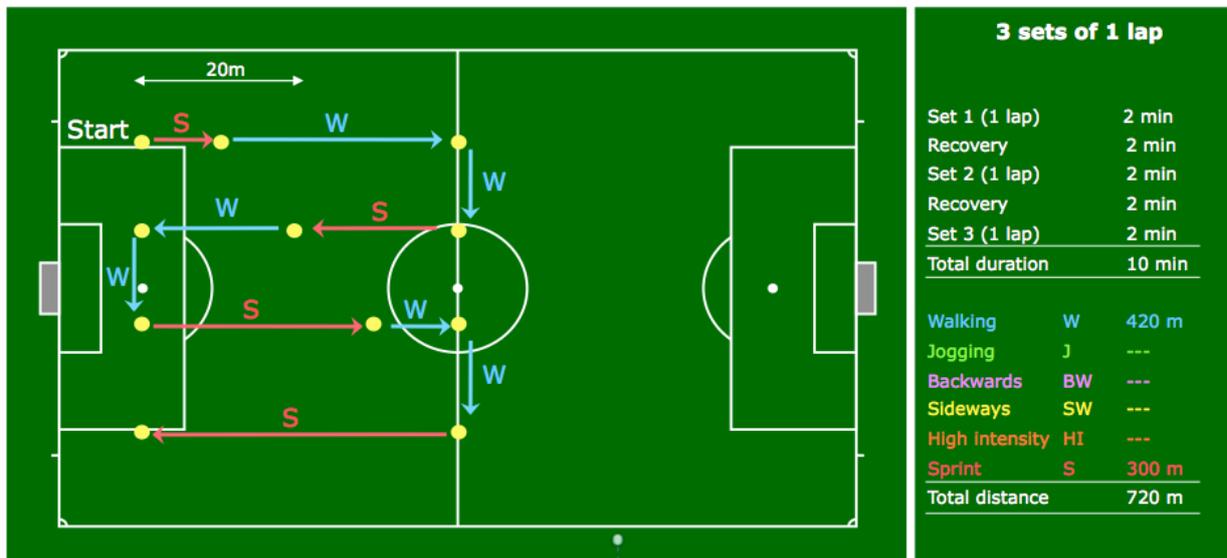
REST DAY



Performance Training in Football Refereeing Weekly Training Plan

Sat. 29th: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 81

- * Speed
- Set 1: Sprint exercise with 12 sprints in total:
 - (1) Sprint for 10 m, then walk for 30 m.
 - (2) Sprint for 20 m, then walk for 20 m.
 - (3) Sprint for 30 m, then walk for 10 m.
 - (4) Sprint for 40m.
 - 2' recovery, stretching, and drinking break.
 - Set 2: Now start first with 40 m and then work down to 10 m.
 - 2' recovery, stretching, and drinking break.
 - Set 3: Now repeat Set 1.



- The total exercise time is 15'. The total sprint distance is 300 m.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 30th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing

Weekly Training Plan

WEEK 45 from Monday 31st of October to Sunday 6th of November

Macrocycle IV, week 4 (Training week 22)

Mon. 31st. * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.
Tr. 82

Tue. 1st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
Tr. 83

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* High Int. - Set 1: takes 12' (8' HI running & 4' recovery jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 2' recovery.

- Set 2: again 12' (8' HI running & 4' recovery jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)

- All together, this exercise takes 12' + 2' recovery + 12' = 26'

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 81'

Wed. 2nd. REST DAY

Thu. 3rd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
Tr. 84

* Warm up - 20' jogging, mobilisation and dynamic stretching.

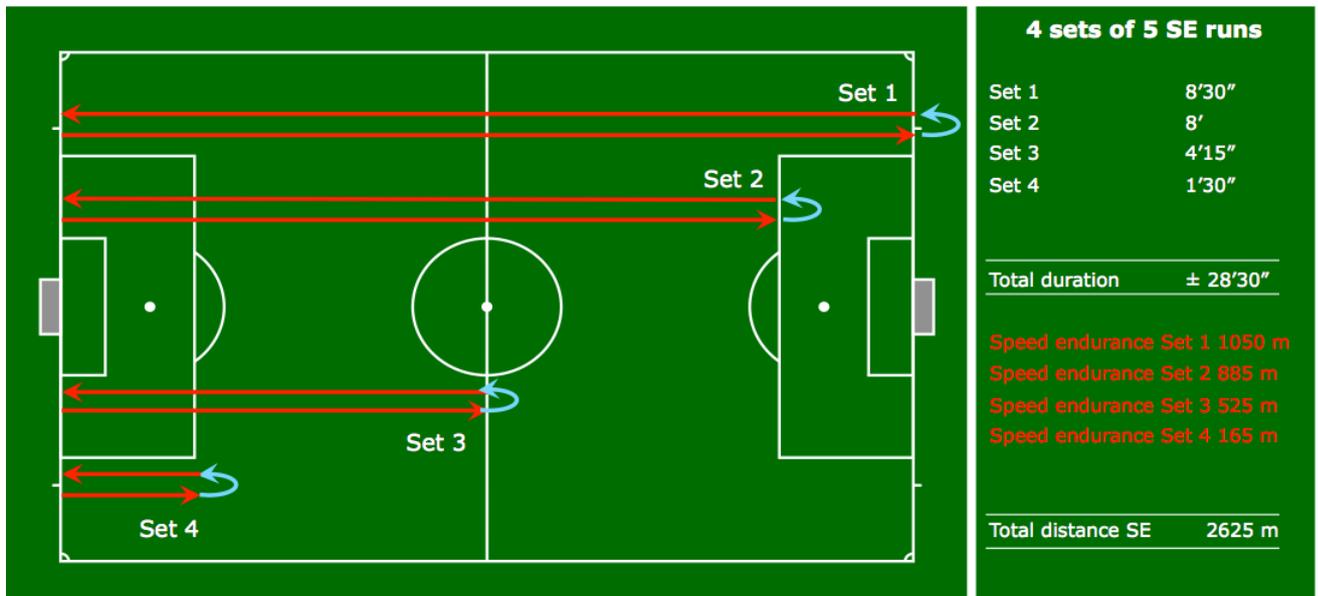
* Strength - 15' strength, core stability and injury prevention exercises.

* Speed End. - Each run is performed at minimum 95% SP_{max}.
- Between each set, there is a 2' active recovery.



Performance Training in Football Refereeing Weekly Training Plan

- Set 1:
 - From goal line to goal line and back ($\pm 40''$)
 - 1' recovery
 - Repeat 5 x
 - Total duration is 8'30'' (incl. recovery time)
- Set 2:
 - From goal line to opposite penalty area and back ($\pm 35''$)
 - 1' recovery
 - Repeat 5 x
 - Total duration is 8' (incl. recovery time)



- Set 3:
 - From goal line to mid line and back ($\pm 20''$)
 - 30'' recovery
 - Repeat 5 x
 - Total duration is 4'15'' (incl. recovery time)

- Set 4:
 - From goal line to penalty area and back ($\pm 6''$)
 - 10'' recovery
 - Repeat 5x
 - Total duration is 1'30'' (incl. recovery time)

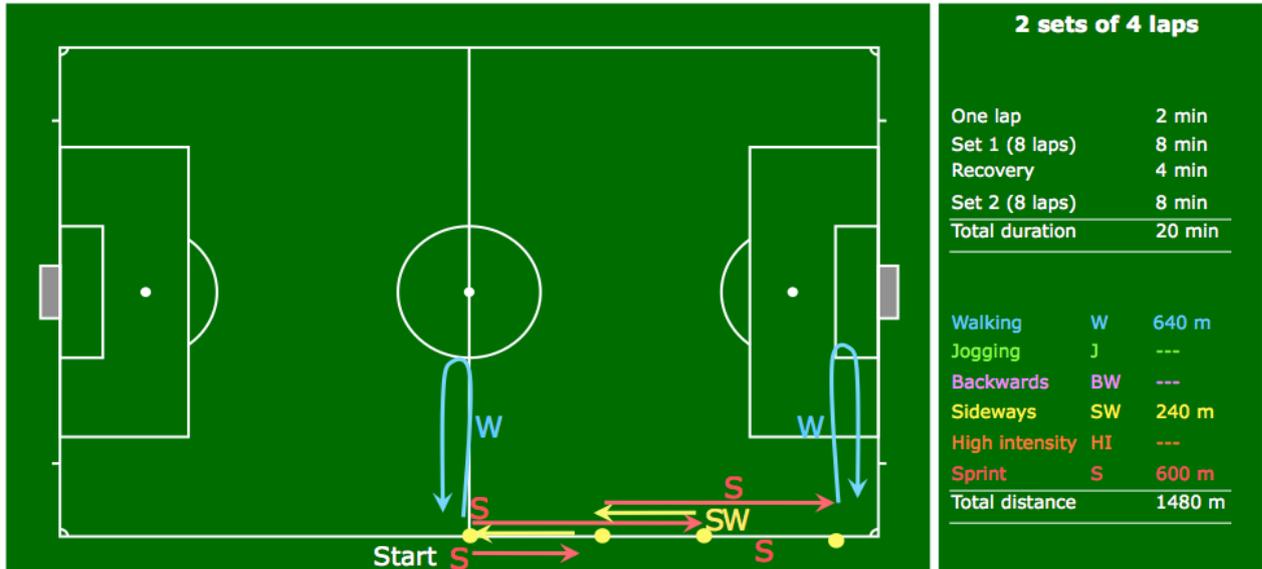
- All together, this exercise consists of 20 speed endurance runs and the duration of the total exercise is $\pm 28'30''$.

* SE for ARs

- While the referees perform their 2 sets of the SE exercise, the next SE exercise can be considered for the assistant referees



Performance Training in Football Refereeing Weekly Training Plan



- * Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 94'

Fri. 4th: REST DAY

- Sat. 5th:
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Speed - Short sprints from a dynamic position (heel lifts, knee lifts,...).
 - Set 1 (right turn):
(2 x 10 m) - (2 x 20 m) - (2 x 30 m) - (2 x 40 m)
 - 5' recovery
 - Set 2 (left turn):
(2 x 40 m) - (2 x 30 m) - (2 x 20 m) - (2 x 10 m)



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 10 sprints		
Set 1 (8 sprints)		4 min
Recovery		5 min
Set 2 (8 sprints)		4 min
Total duration		18 min
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	200 m
Total distance		500 m

- In total, this exercise takes 15'. The total sprint distance is 300 m.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 6th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.



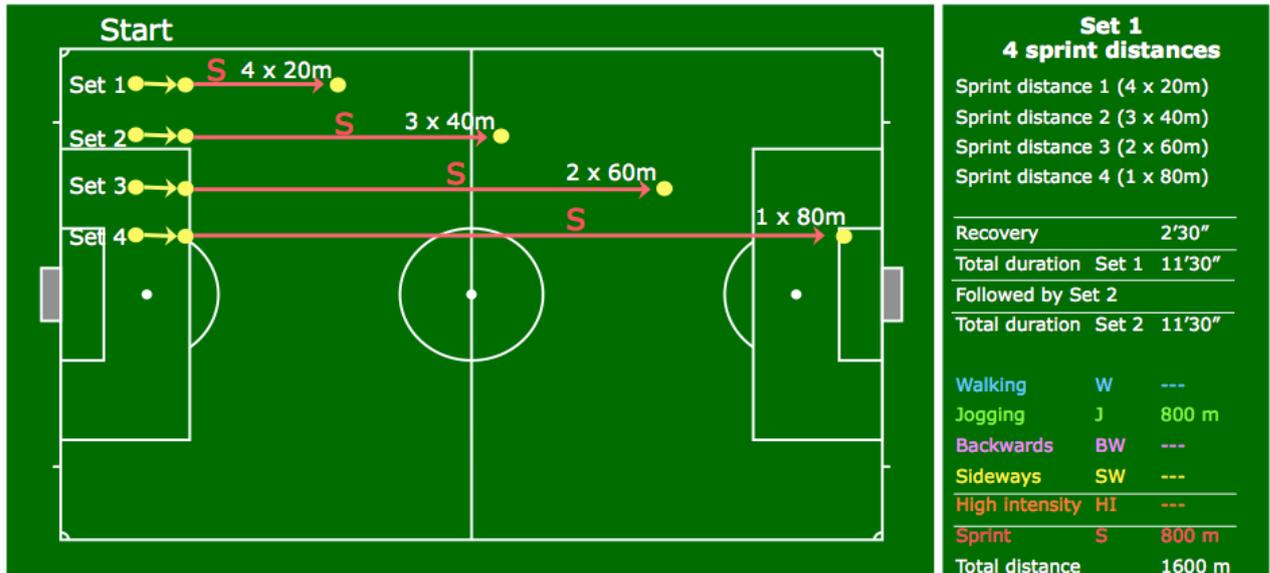
Performance Training in Football Refereeing Weekly Training Plan

WEEK 46 from Monday 7th to Sunday 13th of November **Macrocycle IV, week 5 (Training week 23)**

- Mon. 7th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.
Tr. 86
- Tue. 8th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 87
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
- * Extended SP - Set 1: using a dynamic start over a 5m course:
> 4 maximal 20 m sprints (± 3")
with 20" active recovery (walking back)
> 3 maximal 40 m sprints (± 6")
with 40" active recovery (walking back)
> 2 maximal 60 m sprints (± 9")
with 1' active recovery (walking back)
> 1 maximal 80 m sprint (± 12")
with 1'20" active recovery (walking back)
> Jog 1 lap of the pitch (± 2'30")
> Duration Set 1: ± 11'30"
- Set 2:
> 1 maximal 80m sprint (± 12")
with 1'20" active recovery (walking back)
> 2 maximal 60 m sprints (± 9")
with 1' active recovery (walking back)
> 3 maximal 40 m sprints (± 6")
with 40" active recovery (walking back)
> 4 maximal 20 m sprints (± 3")
with 20" active recovery (walking back)
> Jog 1 lap of the pitch (± 2'30")
> Duration Set 2: ± 11'30"



Performance Training in Football Refereeing Weekly Training Plan



- The total duration of this extended speed session is \pm 23' including 5' active recovery.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 78'

Wed. 9th.

REST DAY

Thu. 10th.
Tr. 88

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
- * Speed End. - Set 1: Field exercise, 5 laps or 10 high speed runs and 10 accelerations to minimum 95% SP_{max}, starting at either one of the starting positions. This first run will take \pm 11'.
- 4' recovery.
- Set 2: Field exercise, again 5 laps or 20 high speed runs
- Again, this second run will take \pm 11'.



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- 5' recovery and stretching.

- Set 2: Centre circle sprint, 5 x from start to finish (5').

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 13th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

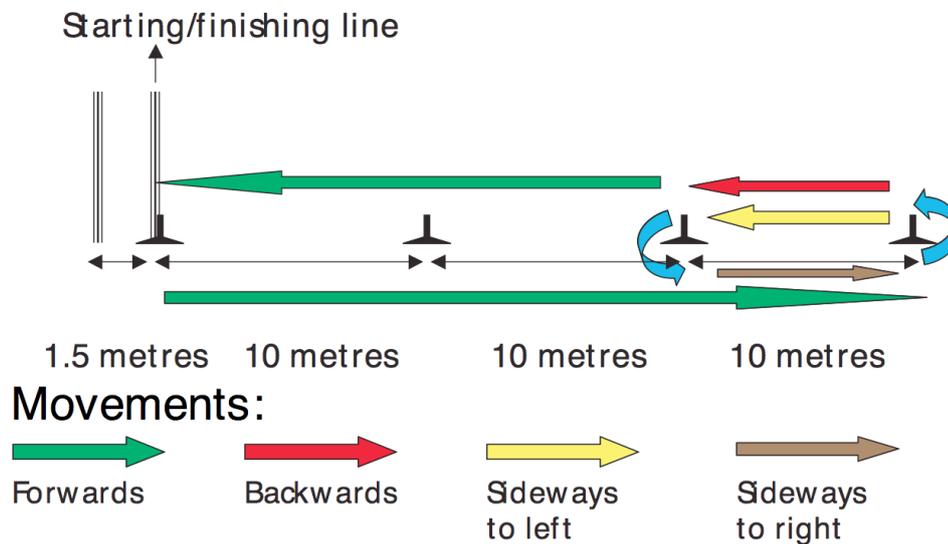


Performance Training in Football Refereeing Weekly Training Plan

WEEK 47 from Monday 14th to Sunday 20th of November **Macrocycle IV, week 6 (Training week 24)**

- Mon. 14th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.
Tr. 90
- Tue. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 91
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability and injury prevention exercises.
 - * Speed/Agility - Set 1: 80 m agility exercise, 1' rest, 4 reps.

- The exercise should be done at sprint pace, but with the correct variation in movements; forward, sideways (2 x), backwards, forwards.



- 2' recovery, stretching and drinking break.
- Perform a 2nd set of this exercise (4 reps).
- 2' recovery, stretching and drinking break.
- The total duration of this speed/agility session is \pm 16' including 5' active recovery.



Performance Training in Football Refereeing Weekly Training Plan

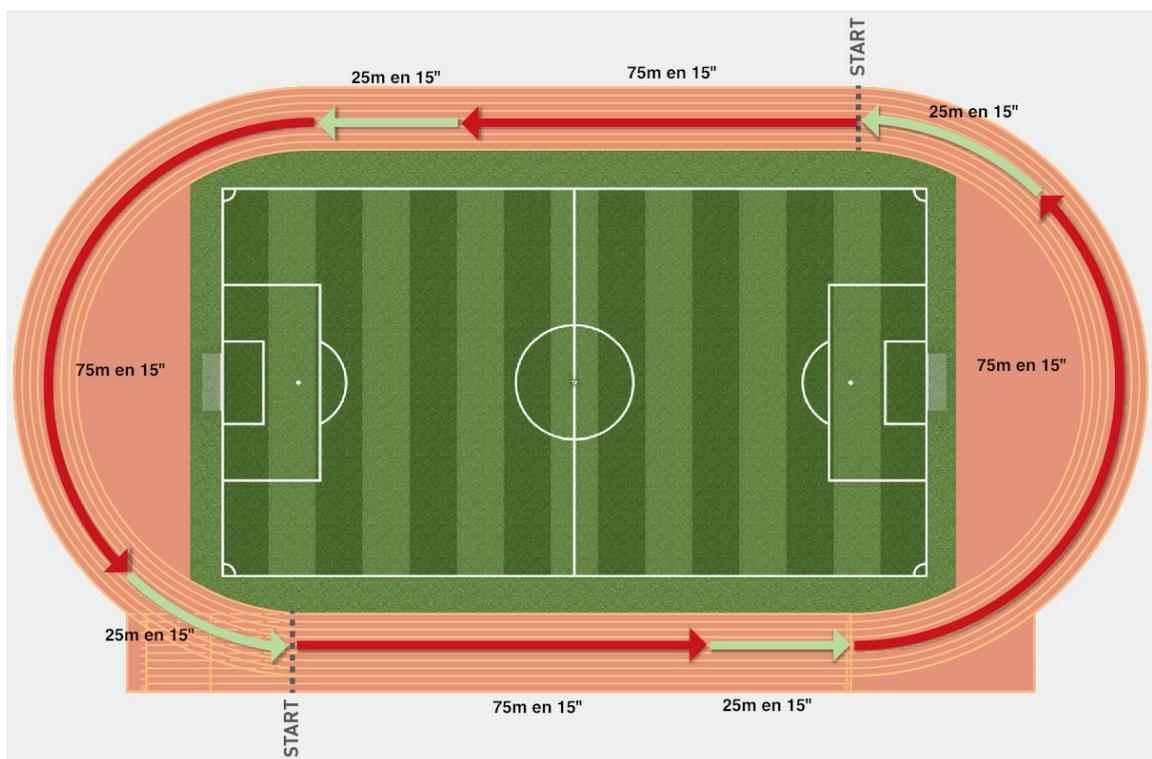
* Maximal Aerobic Training **either on a track or on a field of play** (VO₂max Training).

- On the first whistle, referees and assistant referees have to cover 75 m in 15" from any starting position. Then there is 15" to cover 25 m walking. On the next whistle, referees have to run again 75 m in 15", followed by 25 m of deceleration and walking in 15".

- This sound file is available in the TopSportsLab Library under the heading Testing > Media.

- One lap consists of 4 interval runs followed by 4 recovery walks.

All together, the exercise consists of 10 laps resulting in 40 tempo runs, each followed by a 15" deceleration and walking period.



- Referees and ARs have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this VO₂max exercise is 20'.

* Cool down

- 5' jogging and walking, followed by 10' static stretching.

Total duration: 91'

Wed. 16th:

REST DAY

Thu. 17th: * Low Int.
Tr. 92

- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

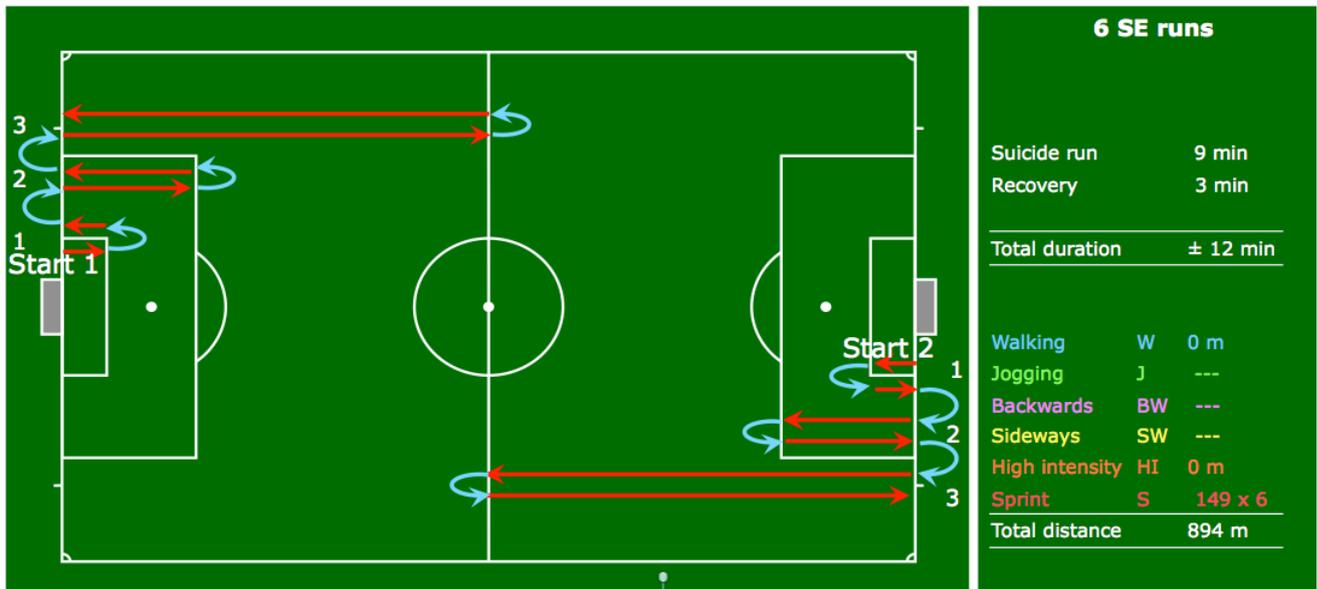


Performance Training in Football Refereeing Weekly Training Plan

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
- * Speed End.
 - 'Suicide run':
 - Sprint from the goal line to goal area line and back.
 - Then immediately sprint from the goal line to the edge of the penalty area and back.
 - Finally, sprint to the halfway line and back.
 - 1' rest.
 - Repeat 6 x.
 - For each run, the reference time is < 25" (very good), < 30" (good).

In case of group sessions, 2 starting positions can be used (i.e. figure).

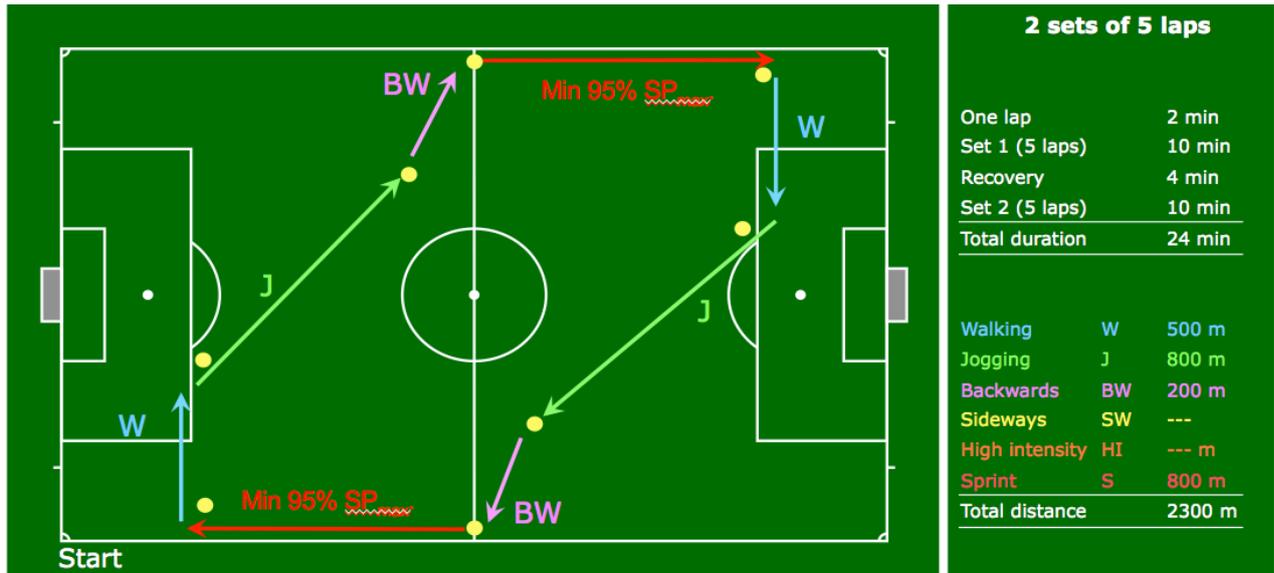
- 4' recovery.



- * Speed End. - Just 1 Set of 5 laps: 'Referee run': 10'



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- 3' recovery

- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.

* Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max}).

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

Fri. 19th: REST DAY

Sat. 19th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

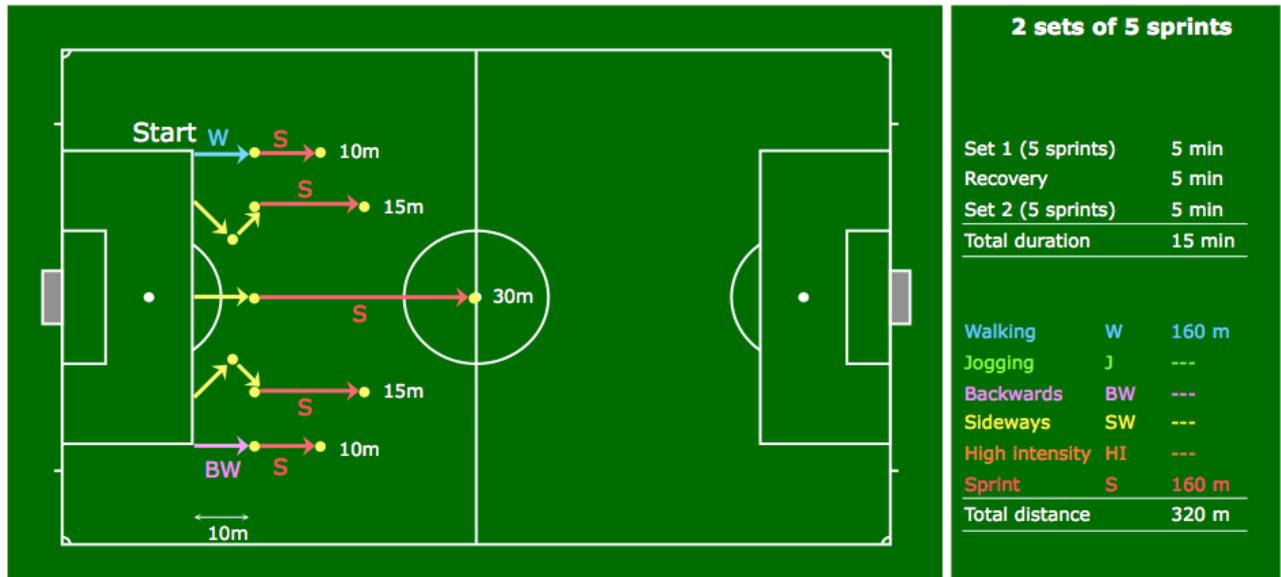
Tr. 93

* Speed/Agility - Set 1:
 - 5 x sprints as illustrated below
 - Slow walk back to the start after each sprint
 - Start each run on every 60"

- 5' recovery and stretching



Performance Training in Football Refereeing Weekly Training Plan



- Set 2:
- Repeat Set 1

- The total duration is 15', with the total sprint distance being 320 m.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 20th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.