



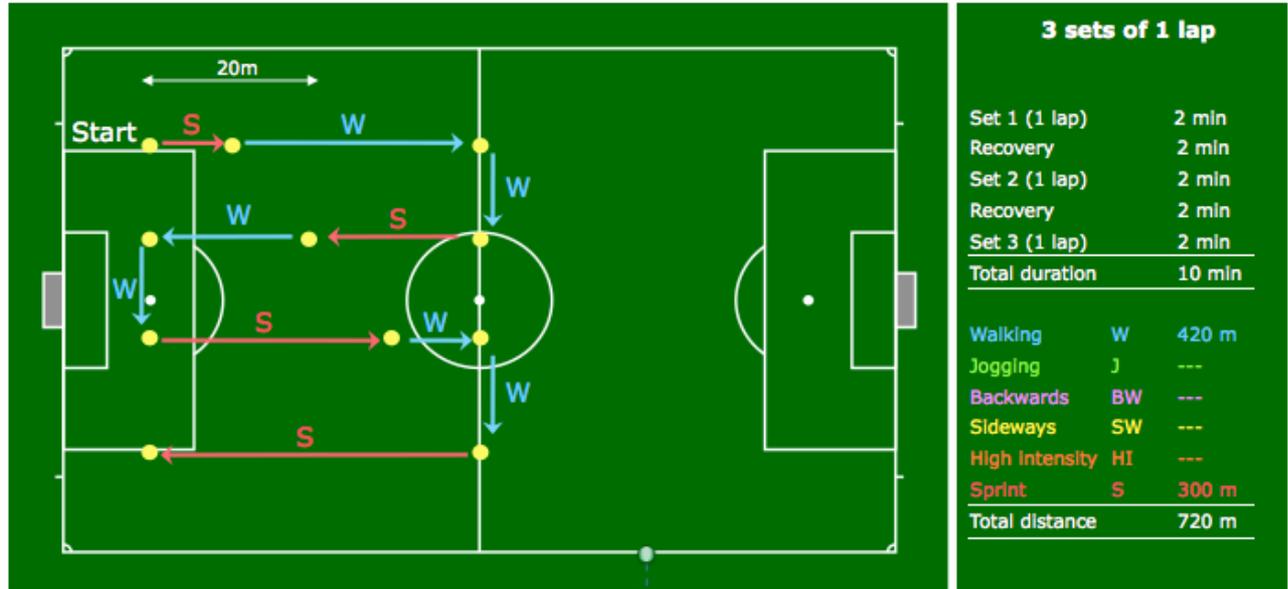
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 23 from Monday 6<sup>th</sup> to Sunday 12<sup>th</sup> of June Macrocycle I, week 1 (Training week 1)

<u>Mon. 6<sup>th</sup>:</u>		REST DAY
<u>Tue. 7<sup>th</sup>:</u> Tr. 1	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 30' run at 80% HR <sub>max</sub> ( $\pm$ 6 km). In the middle of each 5' of running, a tempo run over 50 m has to be covered at 90% SP <sub>max</sub> , or 6 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		<u>Total duration: 70'</u>
<u>Wed. 8<sup>th</sup>:</u>		REST DAY
<u>Thu. 9<sup>th</sup>:</u> Tr. 2	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 1).
	* High Int.	- 6' run between 86-90% HR <sub>max</sub> , 3' jogging, 2 sets This exercise has to be performed in the lower range of the HI-training zone.  - All together this exercise takes $\pm$ 18'. (6' Set 1 + 3' jogging + 6' Set 2 + 3' jogging)
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		<u>Total duration: 68'</u>
<u>Fri. 10<sup>th</sup>:</u>		REST DAY
<u>Sat. 11<sup>th</sup>:</u> Tr. 3	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 1).
	* Speed	- <u>Set 1:</u> - (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.  - 3' recovery



# Performance Training in Football Refereeing Weekly Training Plan



- \* Speed - Set 2: Now first start with 40m and then work down to 10m.
- 3' recovery
- \* Speed - Set 3: Repeat set 1
- \* Medium Int. - 30' run at 80% HR<sub>max</sub> ( $\pm$  6 km)  
In the middle of each 5' of running, a tempo run over 100 m has to be covered at 90% SP<sub>max</sub>, or 6 x 100 m in total.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 90'

Sun. 12<sup>th</sup>:

If you have a weekend without a match, use your free time for additional recovery, or to work on any fitness weaknesses you might experience e.g., aerobic endurance, strength, injury prevention,...).

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



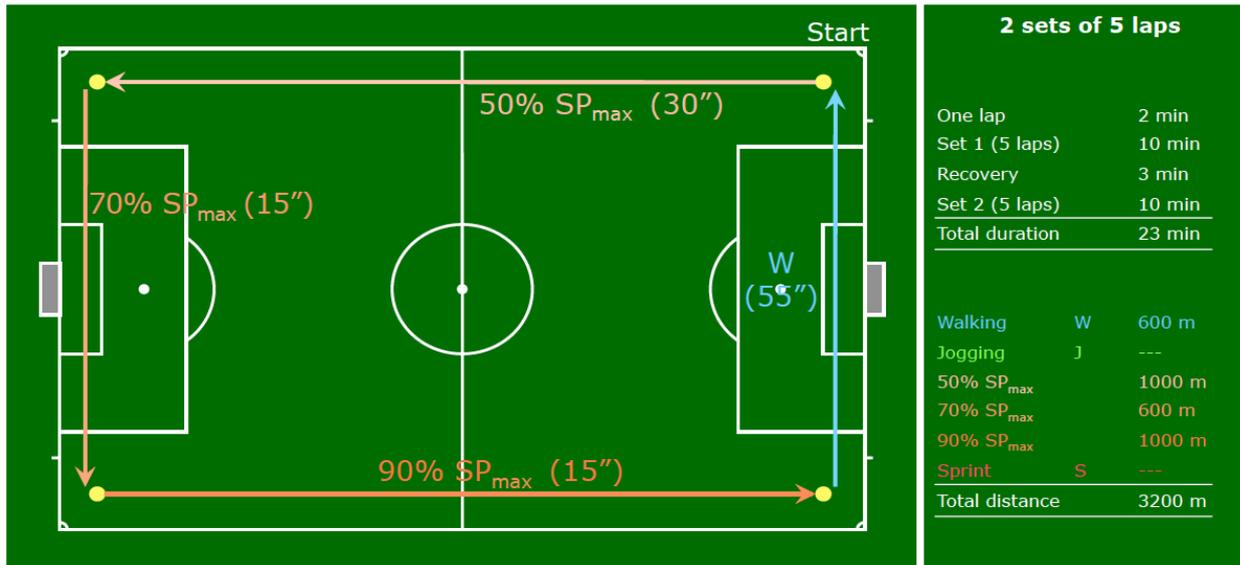
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 24 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of June Macrocycle I, week 2 (Training week 2)

<u>Mon. 13<sup>th</sup>:</u> Tr. 4	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 35' run at 80% HR <sub>max</sub> ( $\pm$ 7 km) In the middle of each 5' of running, a tempo run over 50 m has to be covered at 90% SP <sub>max</sub> , or 7 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		<u>Total duration: 75'</u>
<u>Tue. 14<sup>th</sup>:</u> Tr. 5	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 2).
	* High Int.	- 4' run between 86-90% HR <sub>max</sub> , 2' jogging, 3 sets - As last week, this exercise should be performed in the lower range of the HI-training zone.  - All together this exercise takes $\pm$ 18' (4' per Set + 2' jogging) x 3
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		<u>Total duration: 68'</u>
<u>Wed. 15<sup>th</sup>:</u>		REST DAY
<u>Thu. 16<sup>th</sup>:</u> Tr. 6	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 2).
	* Speed End.	- <u>Set 1</u> : 5 laps of 2' each. The running speed is expressed as a % of the maximal speed.



# Performance Training in Football Refereeing Weekly Training Plan



- 3' recovery

- Set 2: again 5 laps of 2' each.

- All together, this exercise takes 10' + 3' recovery + 10' = 23'.

\* Cool down

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

Total duration: 73'

Fri. 17<sup>th</sup>:

REST DAY

Sat. 18<sup>th</sup>  
Tr. 7

\* Low Int.

- 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

\* Warm up

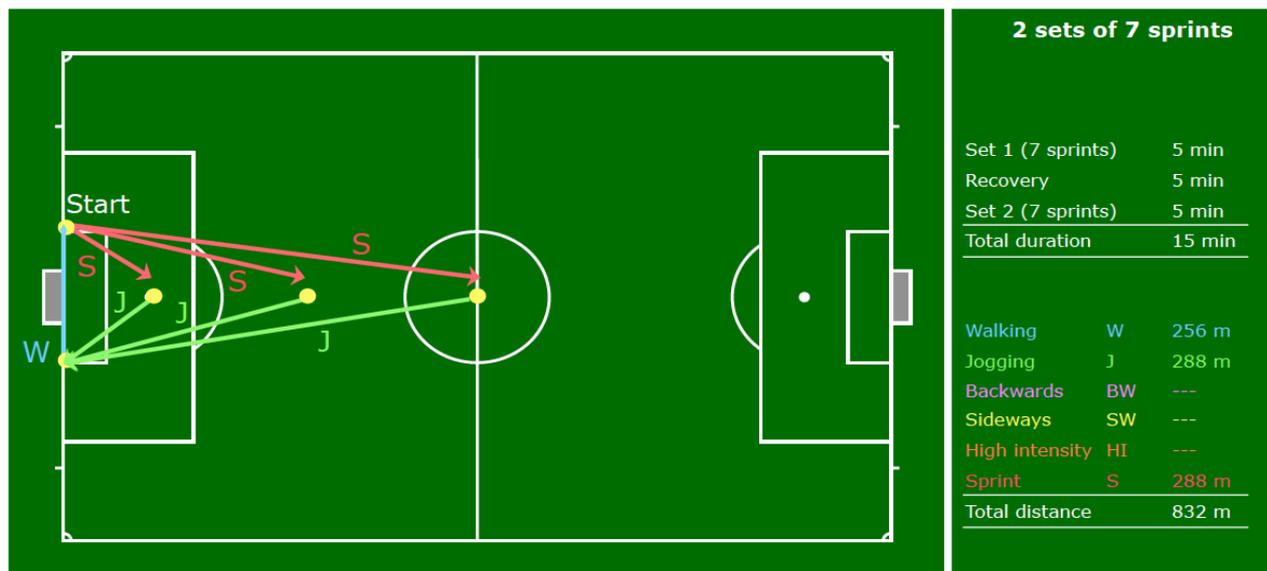
- 20' jogging, mobilisation and dynamic stretching.

\* Speed

- 1) 11m sprint, 11m jogging, walking to start, 4x  
2) 25 m sprint, 25m jogging, walking to start, 2x  
3) 50m sprint, 50m jogging, walking to start, 1x



## Performance Training in Football Refereeing Weekly Training Plan



- \* Medium Int. - 35' run at 80%  $HR_{max}$  ( $\pm 7$  km)  
In the middle of each 5' of running, a tempo run over 50 m has to be covered at 90%  $SP_{max}$ , or 7 x 100 m in total.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 90'

Sun. 19<sup>th</sup>:

If you have a weekend without a match, use your free time for additional recovery, or to work on any fitness weaknesses you might experience e.g., aerobic endurance, strength, injury prevention,...).

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



# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 25 from Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> of June

#### Macrocycle I, week 3 (Training week 3)

Mon. 20<sup>th</sup>: REST DAY

- Tue. 21<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (+ 1 km).  
 Tr. 8
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Speed - Short sprints from a dynamic start:  
 - 2 x 5 m, 2 x 10 m, 2 x 15 m straight forward,  
 2 x 20 m and 2 x 25 m (with a change in direction to the left)
- 5' recovery
- The second set of the 10 sprints is done in reversed order, i.e. 2 x 25 m and 2 x 20 m (with a change in direction to the right), 2 x 15 m, 2 x 10 m and 2 x 5 m straight forward.

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

- The total exercise time is 15'.

- \* High Int. - 3' run between 86 - 90% HR<sub>max</sub>, 1'30" jogging, 4 sets  
 - As before, this exercise has to be performed in the lower range of the HI-training zone.
- All together this exercise takes ± 18' (3' per Set + 1'30" jogging x 4).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

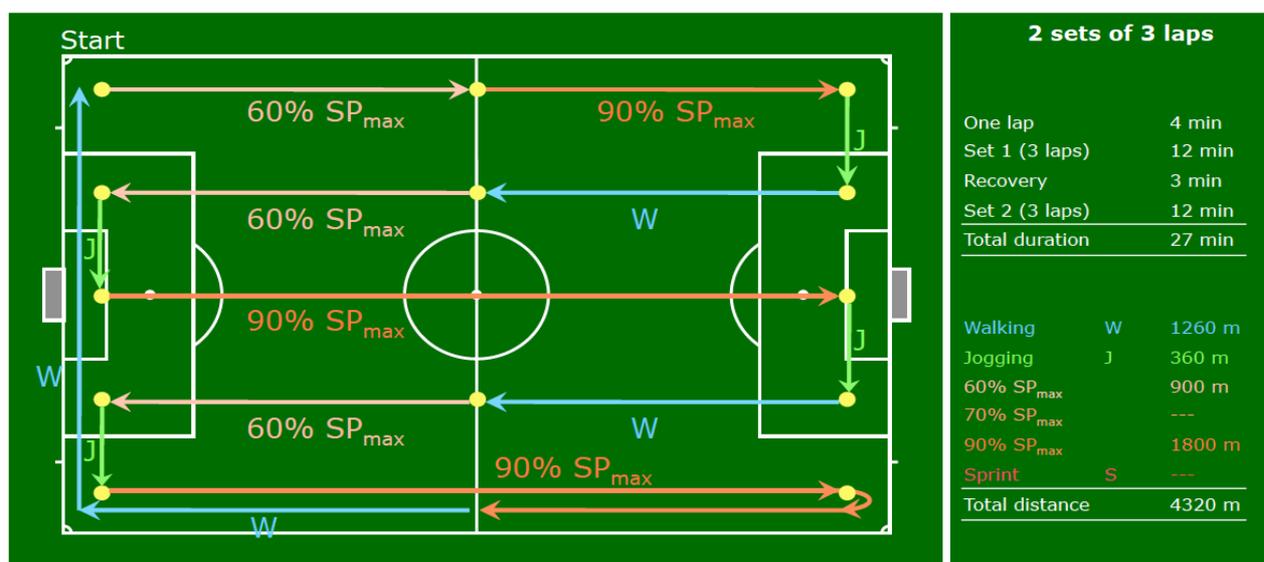
Total duration: 73'

Wed. 22<sup>nd</sup>: REST DAY



## Performance Training in Football Refereeing Weekly Training Plan

- Thu. 23<sup>rd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 9
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - Set 1 of the strength and injury prevention exercises (week 3).
- \* Speed End. - Set 1: 3 laps of 4' each.  
The running speed is expressed as a % of the maximal speed.



- 4' recovery
- Set 2: again 3 laps of 4' each.
- All together, this exercise takes 12' + 4' recovery + 12' = 28'.

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

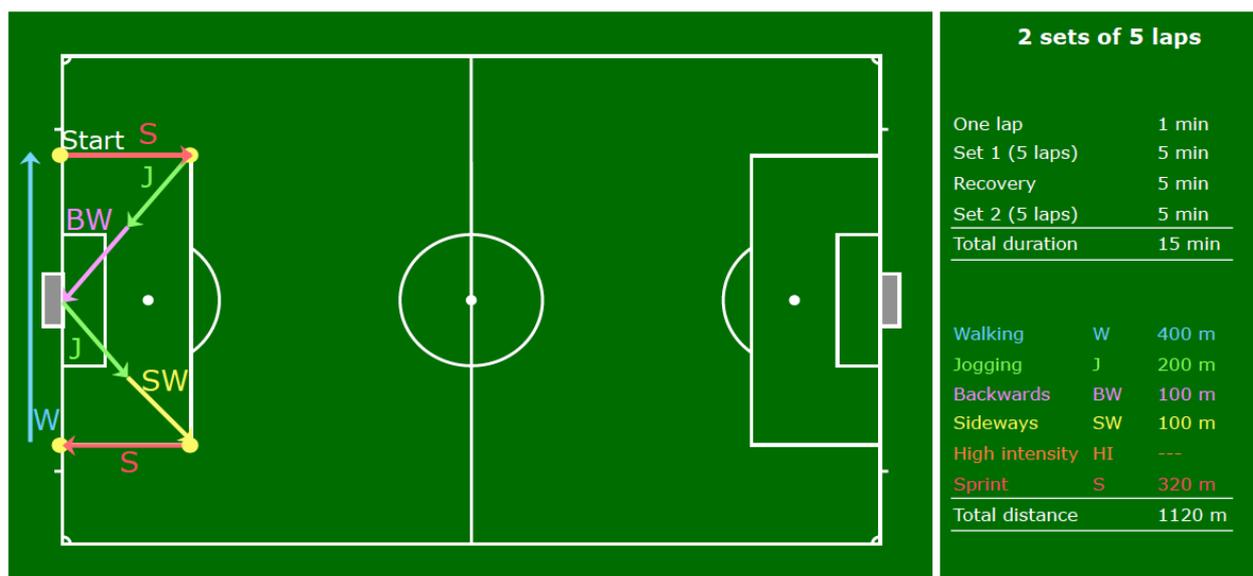
Total duration: 78'

**Fri. 24<sup>th</sup>:** REST DAY

- Sat. 25<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 10
- \* Warm up - 20' of jogging, dynamic exercises and stretching.
- \* Strength - Set 1 of the strength and injury prevention exercises (week 3).
- \* Speed/Agility - Set 1: Sprint exercise in the penalty area, 5 laps in total.
- 5' recovery
  - Set 2: Sprint exercise in the penalty area, again 5 laps in total.



## Performance Training in Football Refereeing Weekly Training Plan



- In total, this exercise takes 15'. The total sprint distance is ± 320m.

- \* High Int. - Referees run 10' at 80%  $HR_{max}$ . This corresponds to ± 2 km. Then they run the same distance but now at 90%  $HR_{max}$ , so that they are back at the start after only 8'.
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 75'

Sun. 26<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or to work on any fitness weaknesses you might experience e.g., aerobic endurance, strength, injury prevention,...).

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



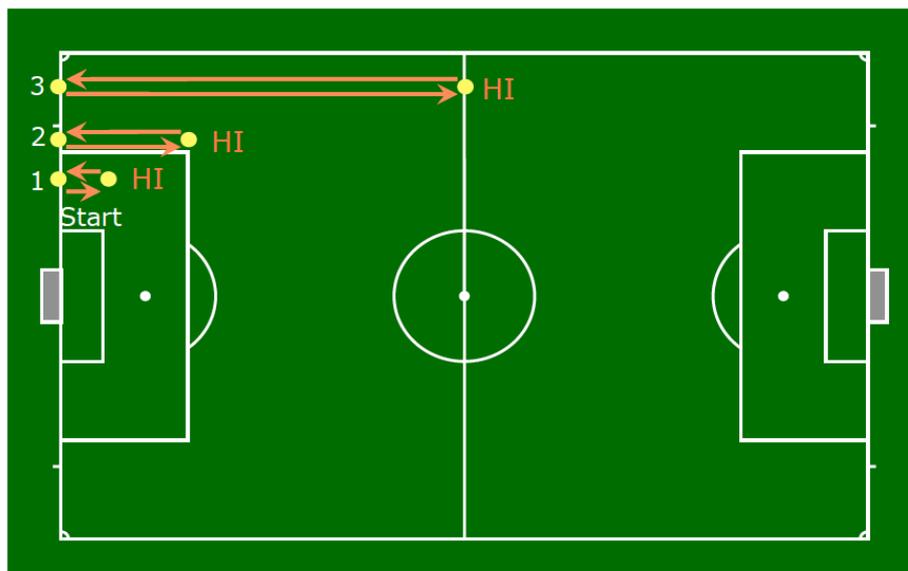
## Performance Training in Football Refereeing Weekly Training Plan

### **WEEK 26 from Monday 27<sup>th</sup> of June to Sunday 3<sup>rd</sup> of July** **Macrocycle I, week 4 (Training week 4)**

- Mon. 27<sup>th</sup>:**  
Tr. 11
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).
  - \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Medium Int. - 40' run at 80% HR<sub>max</sub> ( $\pm$  8 km)  
In the middle of each 5' of running, a tempo run over 50 m has to be covered at 90% SP<sub>max</sub>, or 8 x 50 m in total.
  - \* Cool down - 5' jogging and walking, followed by 10' static stretching.
- Total duration: 80'
- Tue. 28<sup>th</sup>:**  
Tr. 12
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).
  - \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - Set 1 of the strength and injury prevention exercises (week 4).
  - \* High Int. - 2' run at 90% HR<sub>max</sub>, 1' jogging, 6 x  
- This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR<sub>max</sub>).  
  
- All together this exercise takes  $\pm$  18'.  
(2' per Set + 1' jogging) x 6
  - \* Cool down - 5' jogging and walking, followed by 10' static stretching.
- Total duration: 68'
- Wed. 29<sup>th</sup>:**  
REST DAY
- Thu. 30<sup>th</sup>:**  
Tr. 13
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).
  - \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - Set 1 of the strength and injury prevention exercises (week 4).
  - \* Speed End. - Set 1: Suicide run: sprint from the goal line to the 5.5 m goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back (16.6 m). Finally, sprint to the halfway line and back. One minute rest and then repeat 4 times the exercise.  
  
- 4' active recovery



# Performance Training in Football Refereeing Weekly Training Plan



## 2 sets of 4 runs

One lap	30"
Set 1 (5 laps)	6 min
Recovery	4 min
Set 2 (5 laps)	6 min
<b>Total duration</b>	<b>16 min</b>

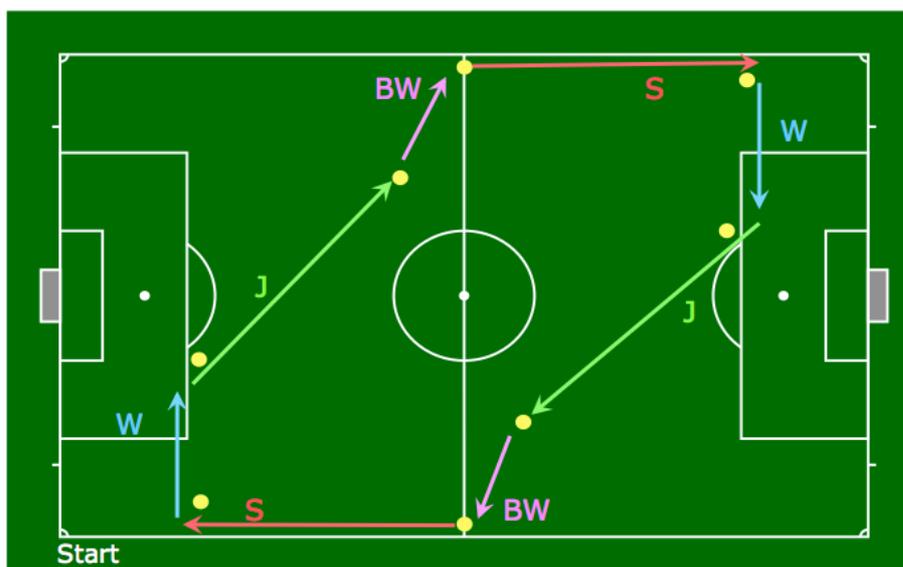
Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1152 m
Sprint	S	---
<b>Total distance</b>		<b>1152 m</b>

- Set 2: again 4 runs

- All together, this exercise takes 16'.

\* Speed End.

- 8' of the following referee run



## 2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	800 m
Sprint	S	---
<b>Total distance</b>		<b>2300 m</b>

\* Cool down

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

Total duration: 74'

Fri. 1<sup>st</sup>:

REST DAY

Sat. 2<sup>nd</sup>:

\* Low Int.

- 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

Tr. 14

\* Warm up

- 20' jogging, mobilisation and dynamic stretching.

- \* Speed - Set 1 of the following speed exercise.

**2 sets of 5 sprints**

Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
<b>Total duration</b>	<b>15 min</b>

Walking	W	160 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	280 m
<b>Total distance</b>		<b>440 m</b>

- 5' recovery
- Set 2 of the same exercise.
- In total, this exercise takes 15'. The total sprint distance is 280 m.

- \* High Int. - For those referees who don't have a match to officiate in the weekend, the following exercise can be done:
  - 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)
  - 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
  - 3' at 90% HR<sub>max</sub>, followed by 1'30" active recovery (jogging)
  - 3' at 90% HR<sub>max</sub>, followed by 1'30" active recovery (jogging)
  - 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
  - 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)

- All together, this exercise takes 18'.

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

Total duration: 73'

Sun. 3<sup>rd</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or to work on any fitness weaknesses you might experience e.g., aerobic endurance, strength, injury prevention,...).

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



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 27 from Monday 4<sup>th</sup> to Sunday 10<sup>th</sup> of July Macrocycle I, week 5 (Training week 5)

<u>Mon. 4<sup>th</sup>:</u> Tr. 15	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 45' run at 80% HR <sub>max</sub> ( $\pm$ 9 km) In the middle of each 5' of running, a tempo run over 50 m has to be covered at 90% SP <sub>max</sub> , or 9 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		<u>Total duration: 85'</u>
<u>Tue. 5<sup>th</sup>:</u> Tr. 16	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' of jogging, dynamic exercises and stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 5).
	* High Int.	- 1' run at 90% HR <sub>max</sub> , 30" jogging, 12 sets - This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR <sub>max</sub> ).  - All together this exercise takes $\pm$ 18'. (1' per Set + 30" jogging) x 12
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching.
		<u>Total duration: 68'</u>
<u>Wed. 6<sup>th</sup>:</u>	REST DAY	
<u>Thu. 7<sup>th</sup>:</u> Tr. 17	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 5).
	* Speed End.	- <u>Set 1</u> : 4 laps ( $\pm$ 3' each).  - The start of a new lap may be timed as follows: Top: Starting a new lap every 3' Intermediate: Starting a new lap every 3'15"



# Performance Training in Football Refereeing Weekly Training Plan

2 sets of 4 laps		
One lap		3 min
Set 1 (4 laps)		12 min
Recovery		4 min
Set 2 (4 laps)		12 min
<b>Total duration</b>		<b>28 min</b>

Walking	W	480 m
Jogging	J	1280 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3360 m</b>

- 4' active recovery.

- Set 2: again 4 laps of  $\pm 3'$  each.

- All together, this exercise take  $\pm 12' + 4' + 12' = 28'$ .

\* Cool down

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

Total duration: 78'

Fri. 8<sup>th</sup>:

REST DAY

Sat. 9<sup>th</sup>:

\* Low Int.

- 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km).

Tr. 18

\* Warm up

- 20' of jogging, dynamic exercises and stretching.

\* Speed

- Set 1: 4 reps of the following centre-circle exercise:



# Performance Training in Football Refereeing Weekly Training Plan

2 sets of 5 laps		
One lap		1 min
Set 1		5 min
Recovery		5 min
Set 2		5 min
<b>Total duration</b>		<b>15 min</b>

Walking	W	400 m
Jogging	J	200 m
Backwards	BW	200 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	400 m
<b>Total distance</b>		<b>1200 m</b>

- 5' recovery

- Set 2: again 4 reps of the centre-circle exercise.

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

\* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:

- 5' at 90% HR<sub>max</sub>, followed by 3' active recovery (jogging)
- 4' at 90% HR<sub>max</sub>, followed by 2' active recovery (jogging)
- 3' at 90% HR<sub>max</sub>, followed by 1'30" active recovery (jogging)
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
- 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)

- All together, this exercise takes 23'.

\* Cool down

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

Total duration: 88'

Sun. 10<sup>th</sup>:

Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or to work on any fitness weaknesses you might experience e.g., aerobic endurance, strength, injury prevention,...).

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



# Performance Training in Football Refereeing

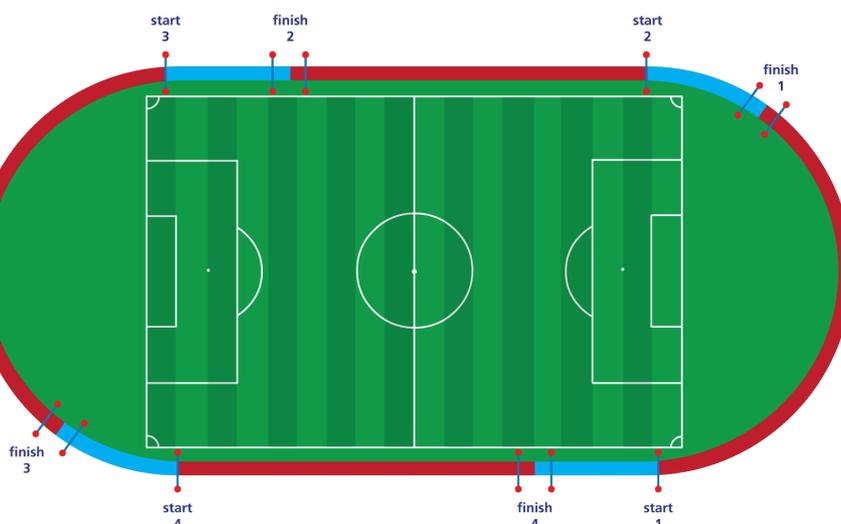
## Weekly Training Plan

### WEEK 28 from Monday 11<sup>th</sup> to Sunday 17<sup>th</sup> of July

#### Macrocycle I, week 6 (Training week 6)

Mon. 11<sup>th</sup>: REST DAY

- Tue. 12<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (+ 1 km).  
Tr. 19
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - Set 1 of the strength and injury prevention exercises (week 6).
  - \* Speed - 6 x 40 m sprint from a 1.5 m dynamic start, with max 60" recovery in between sprints. The minimum time for international referees is 6.0". The minimum time for national referees is 6.4" and for national assistant referees 6.2". ARs perform 5 x 30 m in 4.7" max and 30" recovery.
  - 5' recovery
  - \* High Int. - The target zone of the next exercise is the normal range of the HI-training zone (85 to 95% HR<sub>max</sub>).



- On the first whistle, referees have to cover 75 m in 15" from the start position on (1). Then they have 18" (international referees) or 20" (international ARs) to cover 25 m walking (2). On the next whistle, referees have to run again 75 m in 15" (3), followed by 25 m walking (4). This equals 1/2 lap. In one lap, there are 4 HI runs.

- The total exercise consists of 10 laps, resulting in 40 high intensity runs, each followed by a 25 m recovery walk.

- Referees 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 HI run equals 21'40" (with 35" recovery).



## Performance Training in Football Refereeing Weekly Training Plan

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

Total duration: 87'

Wed. 13<sup>th</sup>:

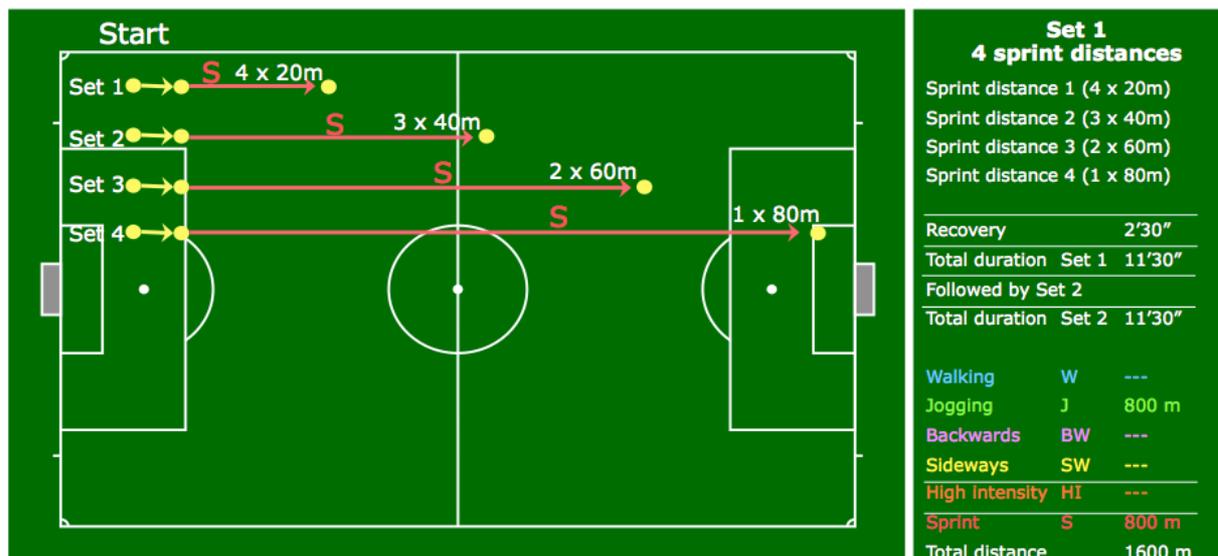
REST DAY

Thu. 14<sup>th</sup>:  
Tr. 20

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - Set 1 of the strength and injury prevention exercises (week 6).
- \* Ext. Speed - 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.

\* Match play

- If referees have a group training session then a 10' regular match can be played with the restriction that the ball can only be touched twice ('control & pass'). If the game is not played fast enough, another restriction can be implemented, i.e. a goal can only be scored if all referees are over the midline.

- Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR<sub>max</sub>).

\* Cool down

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

Total duration: 83'

Fri. 15<sup>th</sup>:

REST DAY

Sat. 16<sup>th</sup>:  
Tr. 21

\* Low Int.

- 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

\* Warm up

- 20' jogging, mobilisation and dynamic stretching.

\* Speed

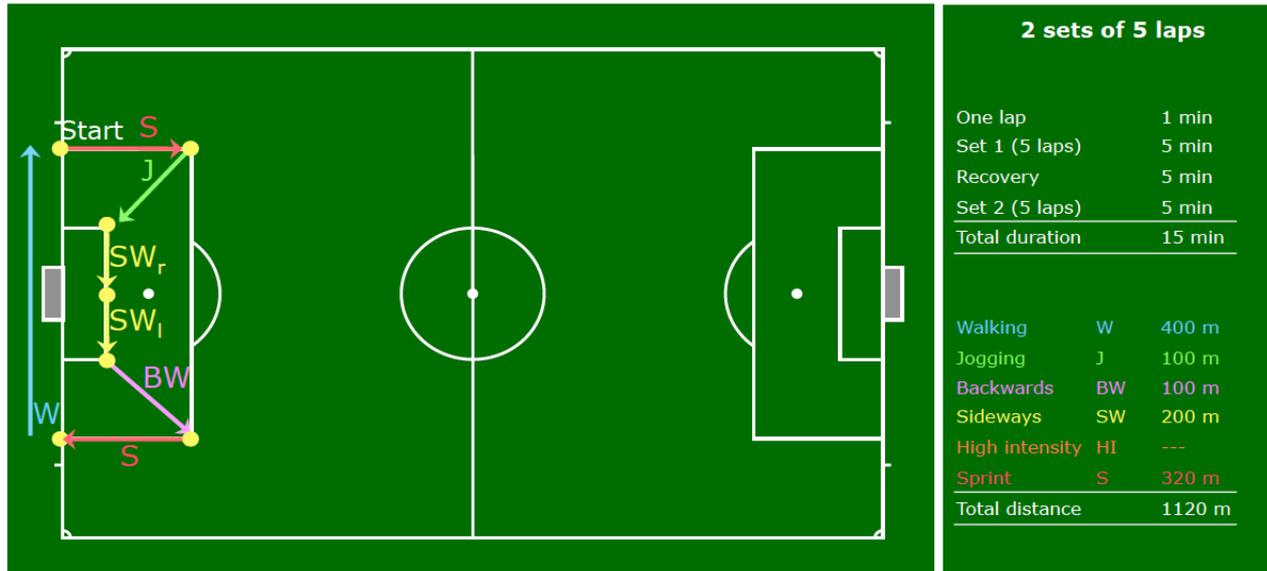
- Set 1: Sprint exercise in the penalty area, 5 laps in total.

- 5' recovery

- Set 2: Sprint exercise in the penalty area, again 5 laps in total.



## Performance Training in Football Refereeing Weekly Training Plan



- In total, this exercise takes  $\pm 15'$ . The total sprint distance is 320 m.

\* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise is scheduled.

- Referees run 6' at 80%  $HR_{max}$ . This corresponds to  $\pm 1.2$  km. Then the same distance is covered but now at 90%  $HR_{max}$ , which corresponds to a running time of  $\pm 4'$  (Set 1).

- 2' recovery

- Referees run again 6' at 80%  $HR_{max}$  ( $\pm 1.2$  km). Then they run the same distance but now at 90%  $HR_{max}$ , so that they are back at the start after  $\pm 4'$ .

\* Cool down

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

Total duration: 77'

Sun. 17<sup>th</sup>:

Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or to work on any fitness weaknesses you might experience e.g., aerobic endurance, strength, injury prevention,...).

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