WEEK 13 from Monday 26th of March to Sunday 1st of April
Macrocycle VIII, week 1 (Training week 43)

Tr. 162 - 50’ recovery session in a fitness centre.

Tue. 27th: * Low Int.
Tr. 163
* Warm up - 20’ jogging, mobilisation and dynamic stretching.
* Strength - 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).
* High Int. - 5’ jogging slowly building up to 70% HR\textsubscript{max} (± 1 km).

- 2’ recovery

- Set 1:
Referee A performs a HI run clockwise from the midline to the corner flag, then to the other corner flag, and finally to the other side of the midline. In the meantime, Referee B crosses the midline by walking or jogging. He needs to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B performs a HI run counter-clockwise the same trajectory, while Referee A recovers by walking / jogging back to the starting position. The second HI-run of referee A is done on the other side of the field so that he takes the turns on his L-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 ± 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 of the referees).

All together this exercise takes ± 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' extensive stretching.

**Total duration:** 77'

**Wed. 28th:**
**REST DAY**

**Thu. 29th:**
* Low Int.
  * Warm up - 20' jogging, mobilisation and dynamic stretching.
  * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
  * Agility - 'T'- drill for Referees:
    - **Set 1:** Referees sprint forwards as indicated in the figure: 10 m straight forwards from cone A to cone B, turn around cone B, continue sprinting forwards to cone C, turn around cone C, continue sprinting forwards to cone D, turn around cone D, continue sprinting forwards to cone B, turn around cone B and continue sprinting through the finish. Reference time is 9.8".
    - 1' recovery, 3 reps.
    - **Set 2:** Again 3 reps with 1' recovery in between, but Referees now start on the left side instead of the right side.
- ARs do 4 reps of the CODA exercise:
  - Sprint 10 m (one foot lined up 0.5 m in front of cone A) from cone A to B, then sideways left 8 m from cone B to C, then sideways right 8 m from cone C to D, sprint back to the finish line.
  - The reference time is 9.8": 4 reps in total
    (2 x starting sideways running with the L leg & 2 x starting R leg)

- This exercise takes 10' followed by 3' recovery

* Speed End. - Field exercise (below) for a total of 8' or 6 laps.
- 4' recovery

- Field exercise (below) along the wide diagonal line, run for 10' or 10 high-speed runs in total.

- All together, these exercises take 8' + 4' rec. + 10' = 22'.

* SE for ARs

- While the referees perform their 2 SE sets, the next SE exercise can be considered for the assistant referees.
Performance Training in Football Refereeing
Weekly Training Plan

* Match
  - 10’ match play

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

Total duration: 100’

Fri. 30th:
REST DAY

Sat. 31st:
* Warm up
  - 20’ jogging, mobilisation and dynamic stretching.

* Speed
  - 5 maximal sprints in the order illustrated below.
    - Walk back to the start position after each individual sprint.
    - Once the 5 sprints (140 m total sprinting distance) have been completed, a 5’ stretching break is recommended.
Performance Training in Football Refereeing
Weekly Training Plan

- Then perform a second set of sprints for a session total of 10 sprints. Start the sprints this time sideways right and turn on the opposite shoulder to the first set when turning from backwards jogging to sprinting.

- The total exercise time is 15’.

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

Total duration: 50’

Sun. 1st: If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
WEEK 14 from Monday 2nd to Sunday 8th of April
Macrocycle VIII, week 2 (Training week 44)

Mon. 2nd:

Tr. 166

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

Tr. 167
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

* High Int. - ‘1 t(w)o 1’ High Intensity exercise
- Set 1: Repeat 5 x (1075m), followed by 2 min recovery
- Set 2: Repeat 5 x (1075m), followed by 2 min recovery
- Set 2: Repeat 5 x (1075m)

- All together, this exercise takes 7’30”+ 2’ recovery + 7’30”+ 2’ recovery + 7’30” = 26’30” and covers 3225m of HI running.

- For ARs, there is a variation for this 1 to 1 HI run:
- Set 1:
  - Run at High Speed from goal line to penalty arc and back in 10” max (18 km/h), 5” recovery
  - Run at High Speed from goal line to penalty arc and back and then to the midline in 20” max, 10” rec.
- Run at High Speed from midline to small penalty area in 7” max (18 km/h)
- 55” recovery to walk to the starting position
- Repeat X 5 (825m)
  Recovery: 2 min
- Set 2: same sequence
- All together, this exercise takes 9”10” + 2’ recovery + 9”10 = + 20’
  and covers 1650 m of HI running.

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

Total duration: 83’

Wed. 4th:
- REST DAY

Thu. 5th:
- * Low Int.
  - 5’ jogging slowly building up to 70% HR_{max} (+ 1 km).
- * Warm up
  - 20’ jogging, mobilisation and dynamic stretching.
- * Strength
  - 15’ individualised strength, core stability & injury prevention exercises
    (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2
    sets of 30”-30” exercises).
- * Agility
  - * Set 1:
    ‘Referee Sprint’ of 60 m, 1’ rest, 5 reps
    The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or
    sideways (ARs), before sprinting the remaining 50 m.
  - 2’ recovery
- Set 2:
  ‘Referee Sprint’ of 60 m, 1’ rest, 5 reps.
  - 2’ recovery

* Speed End. - Field exercise 8’; 1 set (see below).

- 2’ recovery

- All together these exercises take 26’
  (6’ Set 1, 2’ recovery, 6’ Set 2, 2’ recovery, 8’ Field, 2’ recovery).

* Match - 10’ match play.

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

Total duration: 91’
Fri 6th:     REST DAY
Sat 7th:  
Tr. 169
* Warm up  - 20' jogging, mobilisation and dynamic stretching.

* Speed Tr.  - 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.
  - The total exercise time is 15'.

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

Sun 8th:  
If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
Performance Training in Football Refereeing
Weekly Training Plan

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WEEK 16 from Monday 9th to Sunday 15th of April
Macrocycle VIII, week 3 (Training week 45)

Mon. 9th:  * Act. Rec.
Tr. 170  - 50’ recovery session in a fitness centre.

Tue. 10th:  * Low Int.
Tr. 171  - 5’ jogging slowly building up to 70% HR_{max} (+ 1 km).
  * Warm up  - 20’ jogging, mobilisation and dynamic stretching.
  * Strength  - 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).
  * High Int.  - Set 1: Field exercise, 10 to 12 x
  - From the start, run at high intensity to the other side of the field, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture, afterwards walk back to the start (50 m in 35 sec) and repeat this 10 laps. The fitness level determines around which cone the referees may turn
  - 4’ recovery
  - Set 2: Same as set 1, however, run in the opposite direction.
  - All together, this HI exercise takes 19’ 40”, including 2’ rec.

* Concentration:  - When the referee arrives in the penalty area after his 150 m run, the coach moves along the edge of the penalty area with a ball in his hands. When he bounces the ball on the ground, the referee has to decide if it is a foul for the attacking team inside (>penalty) or outside

2 sets of 10 HI runs

| One lap | 1'05'' |
| Set 1 (10 HI runs) | 10'50'' |
| Recovery | 2 min |
| Set 2 (10 HI runs) | 10'50'' |
| Total duration | 19'40'' |

Walking  W  1000 m
Jogging  J  ---
Backwards  BW  ---
Sideways  SW  ---
High intensity HI  3000 m
Sprint  S  ---

Total distance  4000 m
Performance Training in Football Refereeing
Weekly Training Plan

 (> free kick) the penalty area. If the referee’s decision is correct > thumbs up, if not > 5 push-ups.

- In total, this exercise takes 10'50" + 4’ recovery + 10'50" = ± 21'40”.

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

**Total duration: 76’

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**Wed. 11th:**

**REST DAY**

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**Thu. 12th:**

- **Low Int.**
  - 5’ jogging slowly building up to 70% HRmax (± 1 km).

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

- **Strength**
  - 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

- **Rep. Spr. Ab.**
  - Same organisation as for Training session 139 & 147 & 159

- **Set 1 (using a dynamic start):**
  - 6 sprints over 60 m (± 9”), 1:5 recovery
  - 6’ in total
  - 2’ recovery

- **Set 2 (using a dynamic start):**
  - 8 sprints over 50 m (± 7.5”), 1:5 recovery
  - 6’ in total
  - 2’ recovery

- **Set 3 (using a dynamic start):**
  - 6 sprints over 40 m (± 6”), 1:5 recovery
  - 3’40” in total
  - 2’ recovery

- **Set 4 (using a dynamic start):**
  - 8 sprints over 50 m (± 7.5”), 1:5 recovery
  - 6’ in total
  - 2’ recovery

- **Set 5 (using a dynamic start):**
  - 6 sprints over 60 m (± 9”), 1:5 recovery
  - 6’ in total
  - 2’ recovery

- All together, 334 sprints (90% to 100% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. The total duration of this RSA session is ± 37’40”.
Performance Training in Football Refereeing
Weekly Training Plan

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

**Total duration: 92’**

**Fri. 13th:**

**REST DAY**

**Sat. 14th:**

- Warm up  - 20’ of jogging, dynamic exercises and stretching

- Speed  - Straight forward sprints from dynamic starting position:
  - Set 1: 5 x 10 m, starting from 10m walking
  - Set 2: 4 x 15 m, starting from 10m sideways running
  - Set 3: 3 x 30 m, starting from 10m knee lifts
  - Set 4: 4 x 15 m, starting from 10m sideways running
  - Set 5: 5 x 10 m, starting from 10m backwards running

- After every sprint, a slow walk back to the start position is a good way of determining the recovery time (e.g., 20” for 10 m, 30” for 15 m, 40” for 30 m).

- Between the various sets, there is a 1’ recovery.

- The total exercise time is 15’.

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

**Total duration: 50’**

**Sun. 15th:**

If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
WEEK 17 from Monday 16th to Sunday 22nd of April
Macrocycle VIII, week 4 (Training week 46)

Mon. 16th:

Tr. 174

Tue. 17th:
- Low Int. - 5’ jogging slowly building up to 70% HR\textsubscript{max} (+ 1 km).
- Warm up - 20’ jogging, mobilisation and dynamic stretching.
- Strength - 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).
- High Int. - use the mp3 file of the Yo-Yo test to run the following exercise:
  - start with levels 15, 16 and 17 (takes 7’30”), 2 min rest
  - the mp3 file of the beep test should start at 6’45”
  - then repeat levels 16 and 17 (takes 5’), 1 min rest
  - the mp3 file of the beep test should start at 9’22”
  - then repeat level 16 (takes 2’30”).
  - the mp3 file of the beep test should start at 9’22”
  - Take each turning point in such a way that you turn alternatively on your left and right shoulder
  - Do this exercise by preference on natural grass rather than indoor
  - The duration of this exercise is 24’

![Diagram of exercise](image)

2 x 5 m walking 2 x 20 m tempo run

- The heart rate trace should look like this:
* Cool down - 5’ jogging and walking, followed by 10’ extensive stretching.

Total duration: 79’

**Wed. 18th:**

**REST DAY**

**Thu. 19th:**

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

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

- **Strength**
  - 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

- **Speed End.**
  - **Set 1:**
    Field exercise, 5 laps or 20 high speed runs, starting at either one of the starting positions. This first set will take ± 11’.
    - 4’ recovery
  - **Set 2:**
    Field exercise, again 5 laps or 20 high speed runs that take ± 11’.
- All together, this exercise takes 11’ + 4’ recovery + 11’ = 26’.

- The total distance covered in high speed running is 2500 m.

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

* Match
- 10’ match play.

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

Total duration: 91’
Performance Training in Football Refereeing
Weekly Training Plan

Fri. 20th:  
REST DAY

Sat. 21st:  
Tr. 177
* Warm up
- 20’ jogging, mobilisation and dynamic stretching.

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

- Sprints should ideally start from a dynamic start position (walking, jogging, sideways or backwards…).  
- 5’ recovery, followed by a 2nd Set of 7 sprints.  
- The total exercise time is 15’, the total sprint distance 288 m.

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

Total duration: 50’

Sun. 22nd:
If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
WEEK 18 from Monday 23rd to Sunday 29th of April
Macrocycle VIII, week 5 (Training week 47)

             Tr. 178

Tue. 24th:  * Low Int.  - 5’ jogging slowly building up to 70% HR_{max} (+ 1 km).
             * Warm up  - 20’ jogging, mobilisation and dynamic stretching.
             * Strength  - 15’ individualised strength, core stability & injury prevention exercises
                           (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2
                           sets of 30’-30’ exercises).
             * High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery
                           - 2 min recovery between each of the 4 sets
                           - The swerv (6x 30”-30”)
                           - The centre circle (12x 12”-12”)
                           - The diagonal (4x 45”-45”)
                           - The suicide (3x 60”-60”)

     - All together this exercise takes 4 times 6 min with 2 min rec + 30’.
     * Cool down  - 5’ jogging and walking, followed by 10’ extensive stretching.
     Total duration: 85’

Wed. 25th:  REST DAY

Thu. 26th:  * Low Int.  - 5’ jogging slowly building up to 70% HR_{max} (+ 1 km)
             * Warm up  - 20’ jogging, mobilisation and dynamic stretching.
**Performance Training in Football Refereeing**

**Weekly Training Plan**

- **Strength**: 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

- **Speed End.**
  - Set 1:
    - Field exercise, 5 laps of 2’ each. During each lap, there are 12 different activities. The colour of the next cone gives the intensity of the next activity as follows:
      - walking to the blue cones (w)
      - jogging to the green cones (J)
      - high intensity tempo run to the yellow cones (HI)
      - sprinting to the red cones (S)
    - 4’ recovery
  - Set 2: Field exercise, again 5 laps of 2’ each.
    - All together, this exercise takes 10’ + 4’ recovery + 10’ = ± 24’.

- **Match**: 10’ match play.

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

**Fri. 27th:**

REST DAY

**Sat. 28th:**

- **Warm up**: 20’ jogging, mobilisation and dynamic stretching.
- **Speed**: Set 1: Variation on the centre circle sprint, 5 laps or 10 sprints

**Total duration**: 89’
Performance Training in Football Refereeing
Weekly Training Plan

- 5’ recovery

- **Set 2:** Variation on the centre circle sprint, 5 laps or 10 sprints.

- The total exercise time is 15’.

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

**Total duration:** 50’

**Sun. 29th:** If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
# Performance Training in Football Refereeing
## Weekly Training Plan

**WEEK 19 from Monday 30th to Sunday 6th of May**  
**Macrocycle VIII, week 6 (Training week 48)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Session</th>
</tr>
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| **Mon. 30th:** | * Act. Rec.  
Tr. 182  
- 50’ recovery session in a fitness centre. |

| **Tue. 1st:** | * Low Int.  
Tr. 183  
* Warm up  
- 20’ jogging, mobilisation and dynamic stretching.  
* Strength  
- 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).  
- Same organisation as for Training session 139 & 147 & 159 & 172  
- **Set 1 (using a dynamic start):**  
  > 8 sprints over 50 m (+ 7.5”), 1:5 recovery  
  > 6’ in total  
  > 2’ recovery  
- **Set 2 (using a dynamic start):**  
  > 8 sprints over 40 m (+ 6”), 1:5 recovery  
  > 4’40” in total  
  > 2’ recovery  
- **Set 3 (using a dynamic start):**  
  > 8 sprints over 40 m (+ 6”), 1:5 recovery  
  > 4’40” in total  
  > 2’ recovery  
- **Set 4 (using a dynamic start):**  
  > 8 sprints over 40 m (+ 6”), 1:5 recovery  
  > 4’40” in total  
  > 2’ recovery  
- **Set 5 (using a dynamic start):**  
  > 8 sprints over 50 m (+ 7.5”), 1:5 recovery  
  > 6’ in total  
  > 2’ recovery  
- All together, 40 sprints (90% to 100% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. The total duration of this RSA session is ± 36’.  
* Cool down  
- 5’ jogging and walking, followed by 10’ extensive stretching.  
  **Total duration: 91’**

| **Wed. 2nd:** | **REST DAY** |
Thu. 3rd: * Low Int. - 5’ jogging slowly building up to 70% HR\(_\text{max}\) (+ 1 km).

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

* Strength - 15’ individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

* Agility - Set 1:
Illinois Agility Run’ of 60m, 1’ rest, 5 reps.
Sprint time should be less than 17’”.

The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50m. Sprint time should be less than 17”.

- 2’ recovery

- Set 2:
Illinois Agility Run’ of 60m, 1’ rest, 5 repetitions

- 2’ recovery

* Speed End. - Set 1:
Diagonal Referee run, 10 reps of 1’ each.

Starting at the edge of the penalty area, referees progressively accelerate to 90-95% SP\(_\text{max}\) (15”) along the diagonal line as indicated below. As from the mark near the opposite penalty area on (marked by the vertical bar), they decelerate while keeping the attentional focus inside the penalty area. Between runs, there is a 45” recovery period (walking).
- 4' of recovery

- Set 2 of the diagonal run, again 10 reps of 1' each

- The total duration of this speed endurance session is ± 24' including 4' active recovery.

- All together these exercises take 27'
  (6.5' Set 1, 2' recovery, 6.5' Set 2, 2' recovery, 8' Field, 2' recovery).

* Match
  - 10’ match play.

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

**Total duration: 92’**

**Fri. 4th:**

**REST DAY**

**Sat. 5th:**

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

* Speed/Agility
  - Set 1: 3 sprints as shown below, 2’ recovery between reps
  - 5’ recovery and stretching
  - Set 2: 3 sprints as shown below, 2’ recovery between reps
  - The total exercise time is 15’, the total distance 300m.
Performance Training in Football Refereeing
Weekly Training Plan

* Cool down - 5’ jogging and walking, followed by 10’ extensive 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 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.