



## Performance Training in Football Refereeing Weekly Training Plan

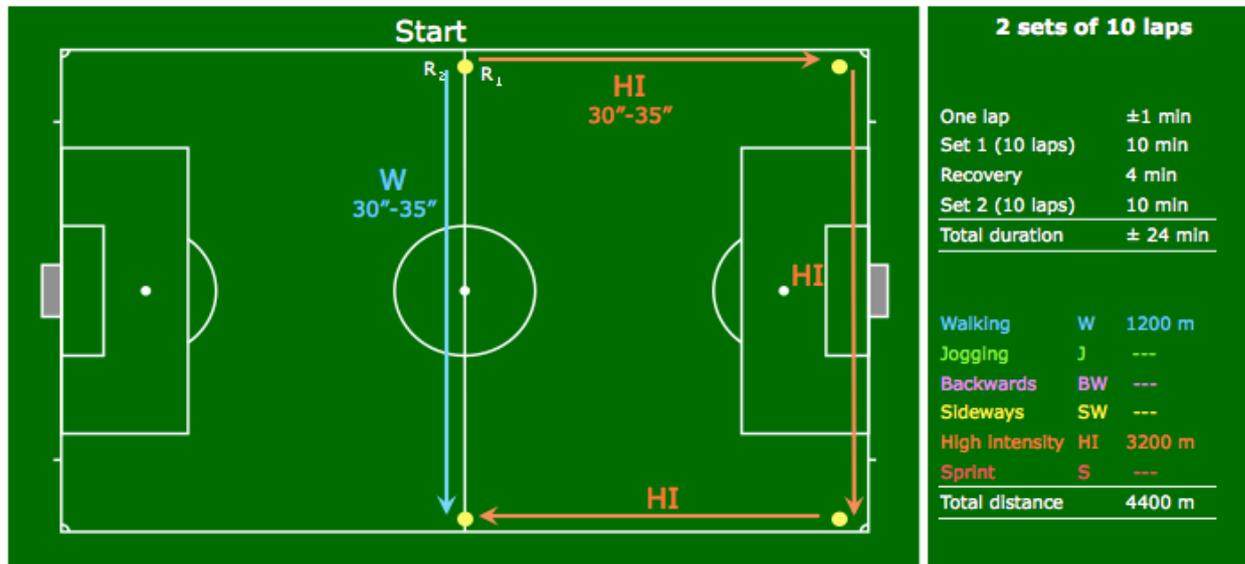
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### WEEK 13 from Monday 26<sup>th</sup> of March to Sunday 1<sup>st</sup> of April Macrocycle VIII, week 1 (Training week 43)

<u>Mon. 26<sup>th</sup>:</u> Tr. 162	* Act. Rec.	- 50' recovery session in a fitness centre.
<u>Tue. 27<sup>th</sup>:</u> Tr. 163	* 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	- 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.	- <u>Set 1:</u> 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 $\pm$ 10' (1600 m HI running alternated with 600 m recovery for each referee).  - 2' recovery  - <u>Set 2:</u> Perform another 5 full laps (or 10 HI-runs for each of the referees).  All together this exercise takes $\pm$ 22'. (10' Set 1 + 2' recovery + 10' Set 2)



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

Total duration: 77'

Wed. 28<sup>th</sup>:

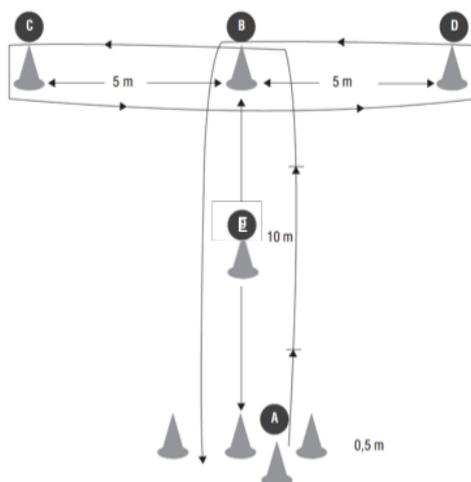
REST DAY

Thu. 29<sup>th</sup>:  
Tr. 164

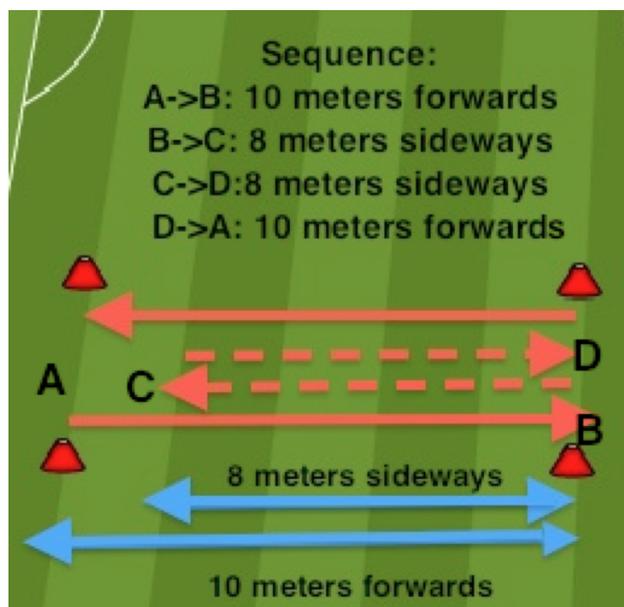
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30''-30'' exercises).
- \* Agility - '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.



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- 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.



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**2 sets of 6 laps**

One lap	1'20"
Set 1 (6 laps)	8 min
Recovery	4 min
Set 2 (6 laps)	8 min
<b>Total duration</b>	<b>20 min</b>

Walking	W	480 m
Jogging	J	480 m
Backwards	BW	480 m
Sideways	SW	---
High Intensity	HI	---
Sprint	S	720 m
<b>Total distance</b>		<b>2160 m</b>

- 4' recovery

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

**2 sets of 10 HI runs**

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

Walking	W	300 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	2000 m
Sprint	S	---
<b>Total distance</b>		<b>2300 m</b>

- 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.



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\* Match - 10' match play

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

Total duration: 100'

Fri. 30<sup>th</sup>:

REST DAY

Sat. 31<sup>st</sup>:

Tr. 165

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

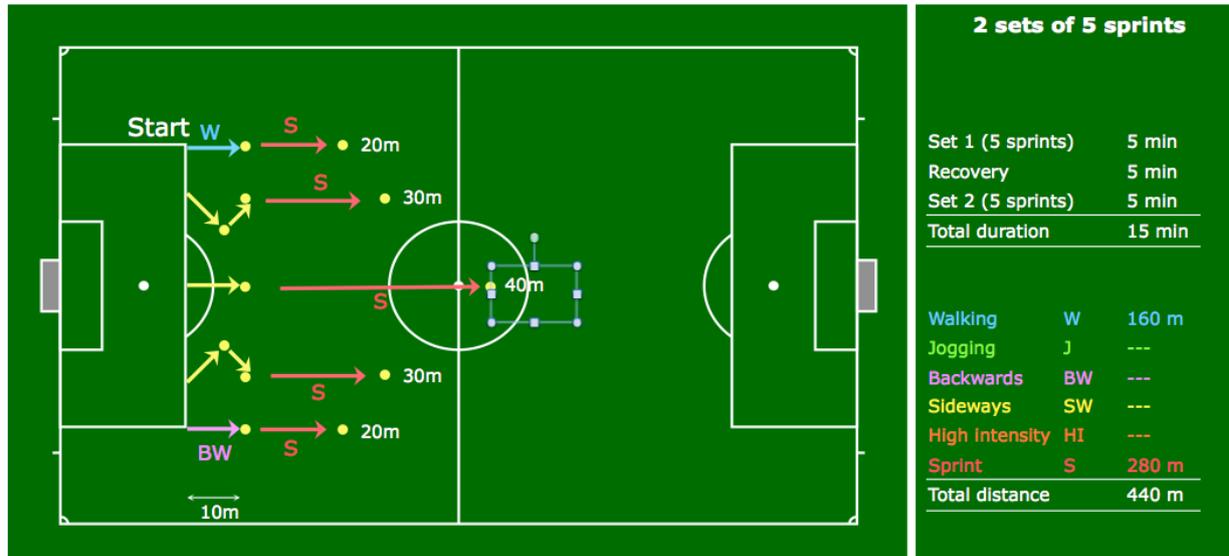
\* Speed - 5 maximal sprints in the order illustrated below.

- 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.



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

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,...).

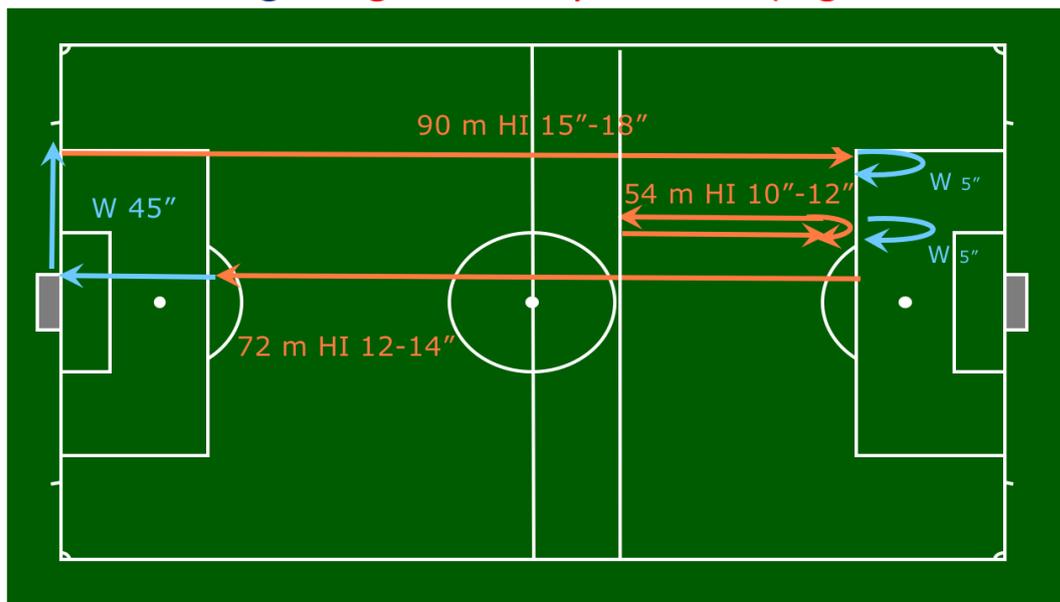
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 14 from Monday 2<sup>nd</sup> to Sunday 8<sup>th</sup> of April Macrocycle VIII, week 2 (Training week 44)

- Mon. 2<sup>nd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 166
- Tue. 3<sup>rd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  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:

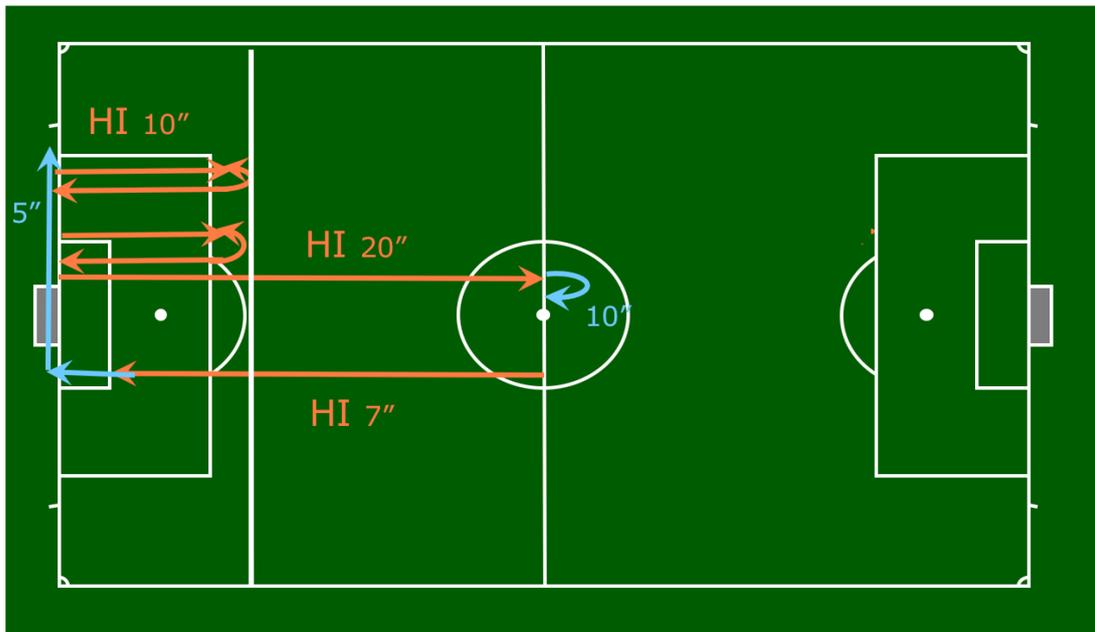
- Run at High Speed from goal line to penalty arc and back in 10" max (18 km/h), 5" recovery

- Run at High Speed from goal line to penalty arc and back and then to the midline in 20" max, 10" rec.



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- 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. 4<sup>th</sup>:

REST DAY

Thu. 5<sup>th</sup>:  
Tr. 168

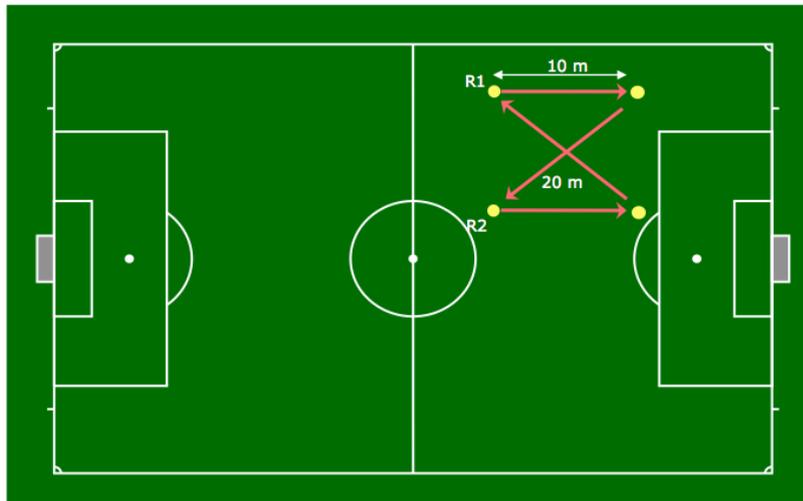
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 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



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- 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).

**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>

\* Match             - 10' match play.

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

Total duration: 91'



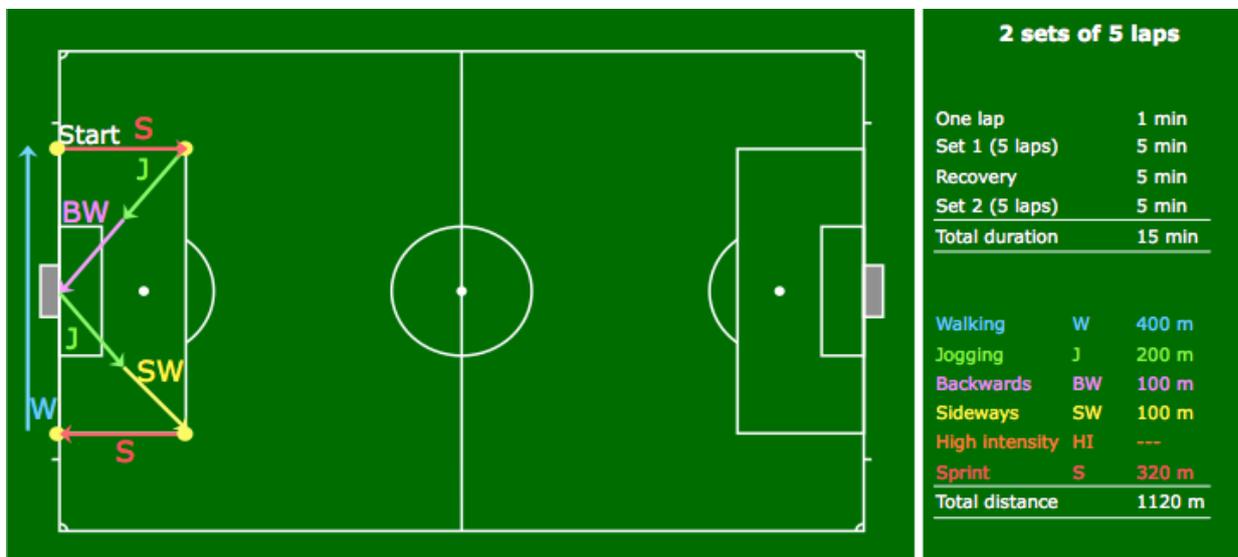
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Fri. 6<sup>th</sup>: REST DAY

Sat. 7<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 169

- \* 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.

Total duration: 50'

Sun. 8<sup>th</sup>: 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,...).

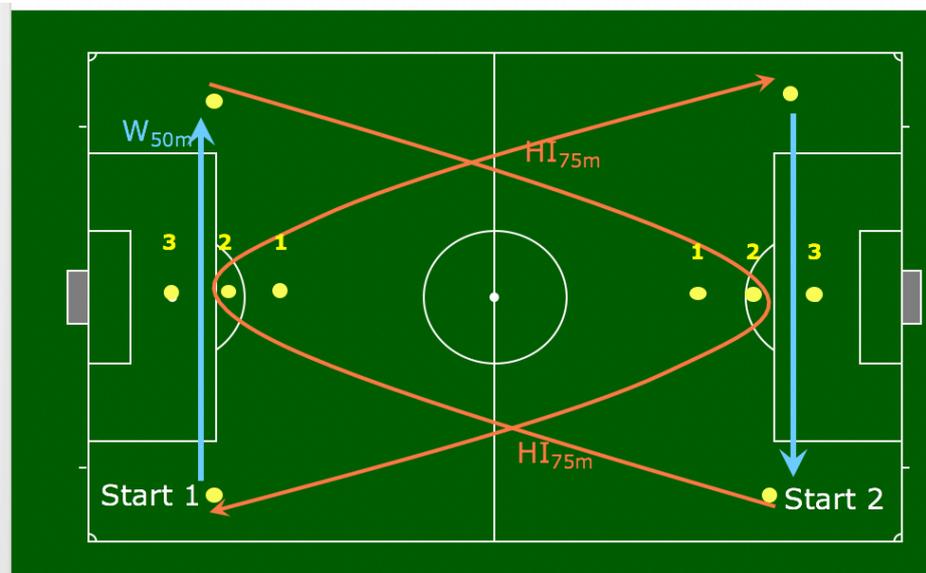
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



## Performance Training in Football Refereeing Weekly Training Plan

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

- Mon. 9<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 170
- Tue. 10<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 171
- \* 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.



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"
<b>Total duration</b>		<b>19'40"</b>
Walking	W	1000 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
<b>Total distance</b>		<b>4000 m</b>

- \* 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



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(> 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'

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

Thu. 12<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).

Tr. 172

\* 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% SP<sub>max</sub>) 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".



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

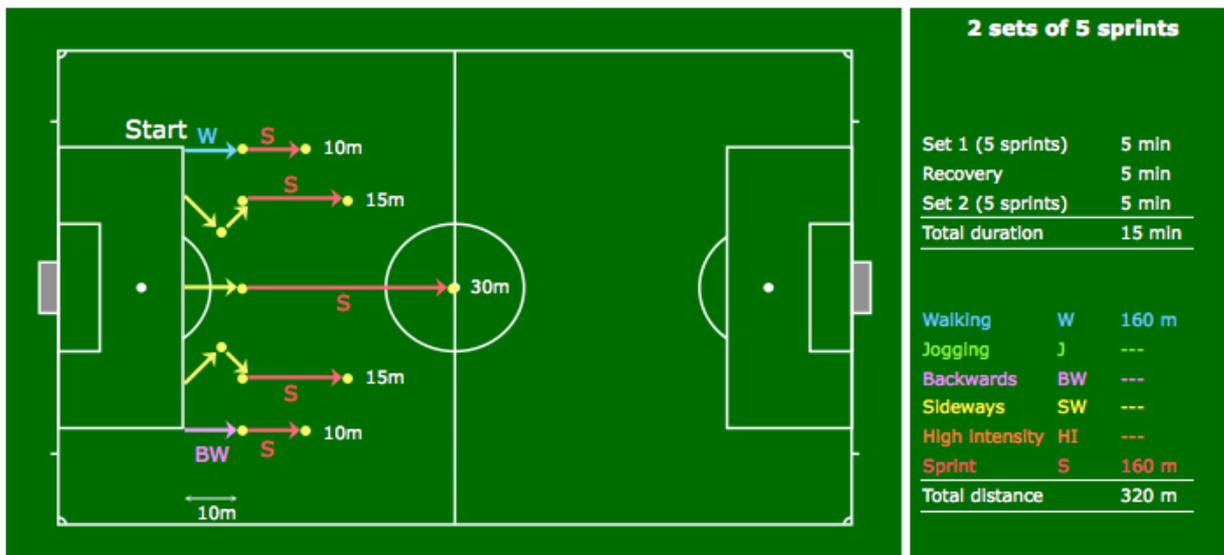
Total duration: 92'

Fri. 13<sup>th</sup>: REST DAY

Sat. 14<sup>th</sup>: \* Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 173

- \* 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. 15<sup>th</sup>: 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,...).

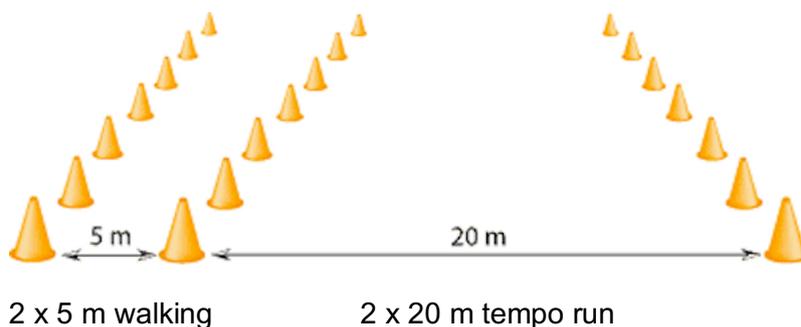
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 17 from Monday 16<sup>th</sup> to Sunday 22<sup>nd</sup> of April Macrocycle VIII, week 4 (Training week 46)

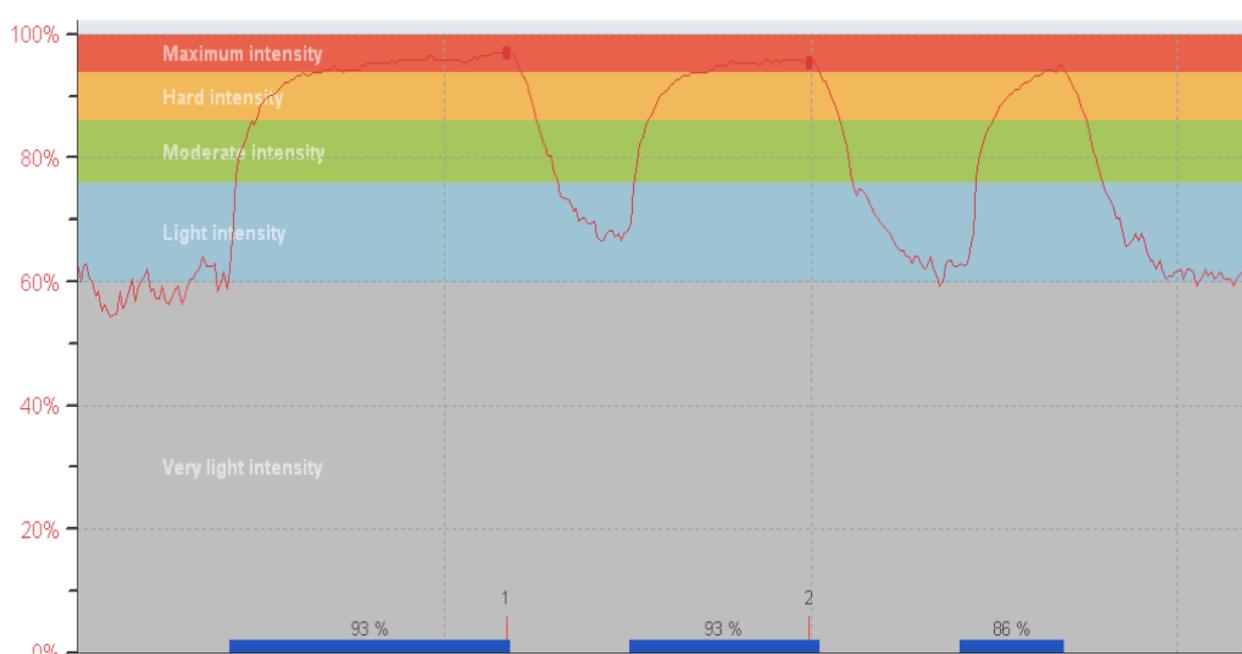
- Mon. 16<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 174
- Tue. 17<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 175
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - 15' individualised 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'



- The heart rate trace should look like this:



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

Total duration: 79'

Wed. 18<sup>th</sup>:

REST DAY

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

Tr. 176

- \* 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 - 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  $\pm$  11'.
  - 4' recovery
  - Set 2:  
Field exercise, again 5 laps or 20 high speed runs that take  $\pm$  11'.



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2 sets of 5 laps	
One lap	2' 20"
Set 1 (5 laps)	11 min
Recovery	4 min
Set 2 (5 laps)	11 min
<b>Total duration</b>	<b>26 min</b>

Walking	W	600 m
Jogging	J	1700 m
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	1200 m
Sprint	S	1200 m
<b>Total distance</b>		<b>4700 m</b>

- 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.

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	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
High Intensity	HI	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3200 m</b>

\* Match

- 10' match play.

\* Cool down

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

Total duration: 91'



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Fri. 20<sup>th</sup>:

REST DAY

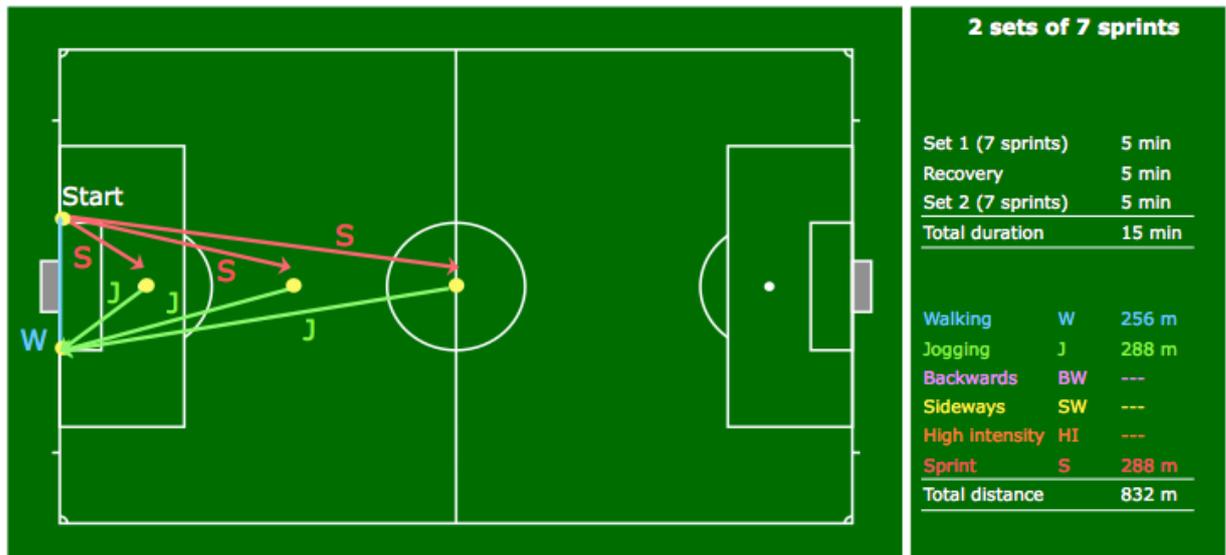
Sat. 21<sup>st</sup>: \* Warm up  
Tr. 177

- 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 2<sup>nd</sup> 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. 22<sup>nd</sup>:

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,...).

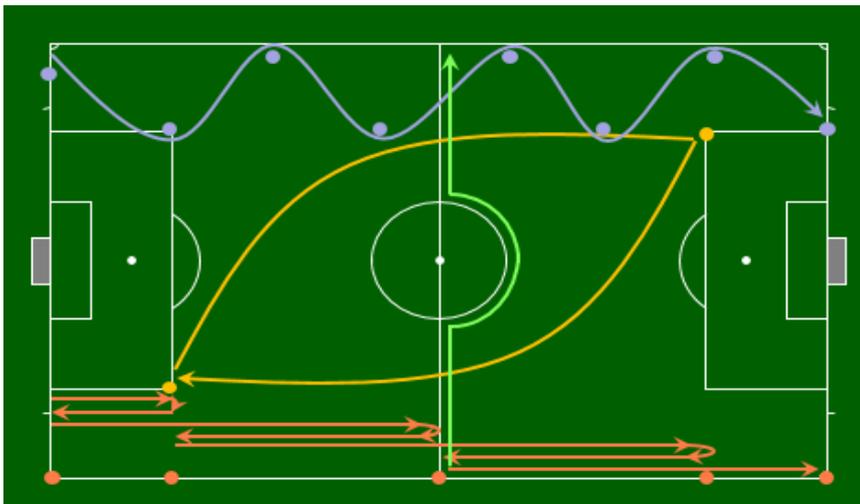
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 18 from Monday 23<sup>rd</sup> to Sunday 29<sup>th</sup> of April Macrocycle VIII, week 5 (Training week 47)

- Mon. 23<sup>rd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 178
- Tue. 24<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 179
- \* 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  $\pm$  30'.

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

Total duration: 85'

Wed. 25<sup>th</sup>: REST DAY

Thu. 26<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 180

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



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- \* 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'.

**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	900 m
Jogging	J	900 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	900 m
Sprint	S	900 m
<b>Total distance</b>		<b>3600 m</b>

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

Total duration: 89'

Fri. 27<sup>th</sup>: REST DAY

Sat. 28<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 181

\* Speed - Set 1: Variation on the centre circle sprint, 5 laps or 10 sprints



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

Walking	W	200 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	300 m
Sprint	S	300 m
<b>Total distance</b>		<b>1200 m</b>

- 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. 29<sup>th</sup>:

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 30<sup>th</sup> to Sunday 6<sup>th</sup> of May Macrocycle VIII, week 6 (Training week 48)

- Mon. 30<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 182
- Tue. 1<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
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).
- \* Rep. Spr. Ab. - Same organisation as for Training session 139 & 147 & 159 & 172
- Set 1 (using a dynamic start):  
> 8 sprints over 50 m ( $\pm$  7.5"), 1:5 recovery  
> 6' in total  
> 2' recovery
- Set 2 (using a dynamic start):  
> 8 sprints over 40 m ( $\pm$  6"), 1:5 recovery  
> 4'40" in total  
> 2' recovery
- Set 3 (using a dynamic start):  
> 8 sprints over 40 m ( $\pm$  6"), 1:5 recovery  
> 4'40" in total  
> 2' recovery
- Set 4 (using a dynamic start):  
> 8 sprints over 40 m ( $\pm$  6"), 1:5 recovery  
> 4'40" in total  
> 2' recovery
- Set 5 (using a dynamic start):  
> 8 sprints over 50 m ( $\pm$  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  $\pm$  36'.
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 91'

Wed. 2<sup>nd</sup>: REST DAY

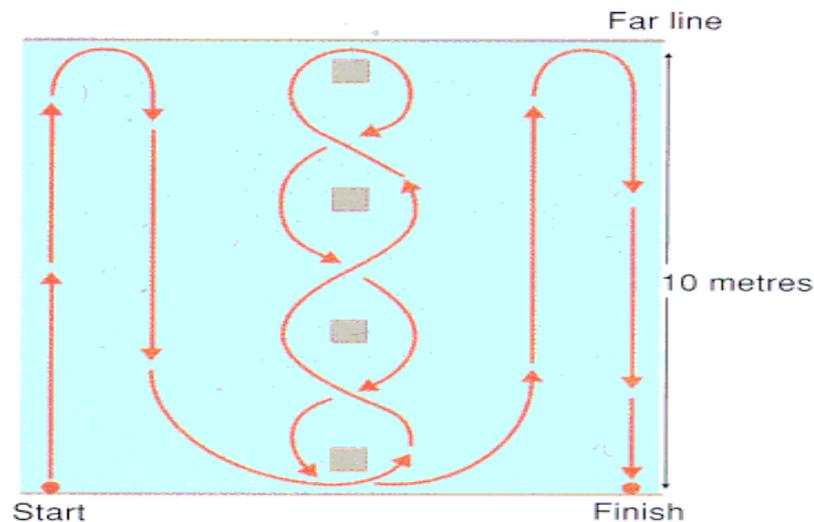


## Performance Training in Football Refereeing Weekly Training Plan

- Thu. 3<sup>rd</sup>.  
Tr. 184
- \* 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 - 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



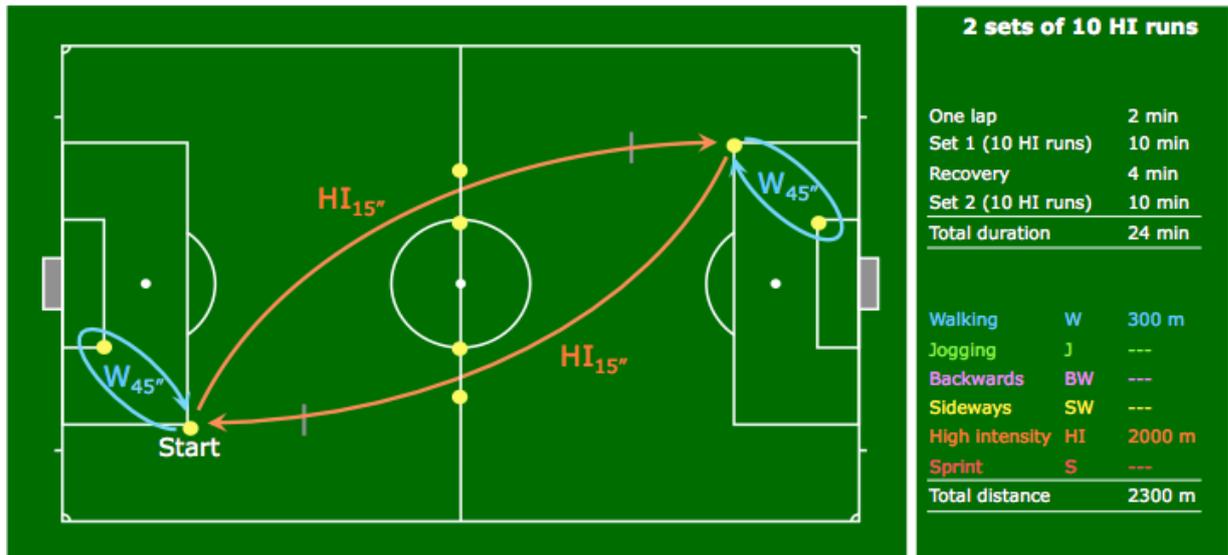
- \* Speed End.
  - Set 1:  
Diagonal Referee run, 10 reps of 1' each.

Starting at the edge of the penalty area, referees progressively accelerate to 90-95% SP<sub>max</sub> (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).



## Performance Training in Football Refereeing Weekly Training Plan

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



- The total duration of this speed endurance session is  $\pm$  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.

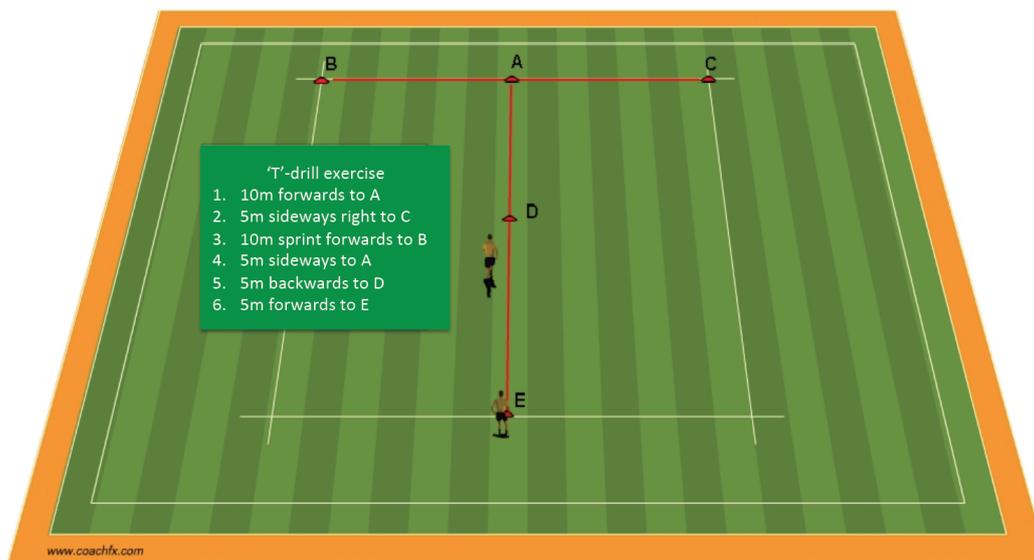
Total duration: 92'

Fri. 4<sup>th</sup>: REST DAY

- Sat. 5<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
Tr. 185
- \* 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. 6<sup>th</sup>: 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.