



Performance Training in Football Refereeing High Intensity Treadmill sessions

All High Intensity Treadmill sessions should start with a proper warm up and finish with a cool down:

Warm Up

- 10' jogging slowly building up to 85% HRmax, then start the HI session once your HR is at 85% HRmax to maximise training time over 85% HRmax

Cool down

- 5' LI jogging / walking
- 10' static stretching & mobility exercise

LONG INTERVAL EXERCISES

Exercise 1:

- 10' running at 86 - 88% HRmax
- 3 – 5' stretching break
- 10' running at 86 - 88% HRmax

Exercise 2:

- Perform 14' MI running at 80 - 82% HRmax (do not move out of this range)
- Record the distance covered
- Now your objective is to cover the same amount of distance in only 11'
- This will be HI running (>90% HRmax)

Exercise 3:

- 8' running at 90% HRmax
- 4' active recovery / jogging
- 8' running at 90% HRmax
- 4' active recovery / jogging
- Total duration High Intensity Treadmill session = 25' (20' HI & 5' recovery)

Exercise 4:

- 6' running at 86 - 90% HRmax
- 1' recovery jogging
- 6' running at 86 - 90% HRmax
- 1' recovery jogging
- 6' running at 86 - 90% HRmax
- 1' recovery jogging
- 6' running at 86 - 90% HRmax
- 1' recovery jogging
- 6' running at 86 - 90% HRmax
- 1' recovery jogging
- Total duration High Intensity Treadmill session = 36' (30' HI & 6' recovery)



Exercise 5:

- 4' running at 90 - 95% HRmax
- 3' active recovery / jogging
- 4' running at 90 - 95% HRmax
- 3' active recovery / jogging
- 4' running at 90 - 95% HRmax
- 3' active recovery / jogging
- 4' running at 90 - 95% HRmax
- 3' active recovery / jogging
- Total duration High Intensity Treadmill session = 28' (16' HI & 12' recovery)

Exercise 6:

- 4' running at 90%HRmax
- 2' active recovery / jogging
- 4' running at 90%HRmax
- 2' active recovery / jogging
- 4' running at 90%HRmax
- 2' active recovery / jogging
- 4' running at 90%HRmax
- 2' active recovery / jogging
- Total duration High Intensity Treadmill session = 24' (16' HI & 8' recovery)

Exercise 7:

- 4' running at 86 - 90% HRmax
- 1' recovery jogging
- 4' running at 86 - 90% HRmax
- 1' recovery jogging
- 4' running at 86 - 90% HRmax
- 1' recovery jogging
- 4' running at 86 - 90% HRmax
- 1' recovery jogging
- 4' running at 86 - 90% HRmax
- 1' recovery jogging
- Total duration High Intensity Treadmill session = 25' (20' HI & 5' recovery)



SHORT INTERVAL EXERCISES

Exercise 8:

- 3' running at 88 - 92% HRmax
- 1' jogging
- 2' running at 88 - 92% HRmax
- 1' jogging
- 1' running at 88 - 92% HRmax
- 1' jogging
- 1' running at 88 - 92% HRmax
- 1' jogging
- 2' running at 88 - 92% HRmax
- 1' jogging
- 3' running at 88 - 92% HRmax
- 1' jogging
- 3' running at 88 - 92% HRmax
- 1' jogging
- 2' running at 88 - 92% HRmax
- 1' jogging
- 1' running at 88 - 92% HRmax
- 1' jogging
- Total duration High Intensity Treadmill session = 27'

Exercise 9:

- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- 2' running at 90% HRmax
- 1' active recovery / jogging
- Total duration High Intensity Treadmill session = 24' (16' HI & 8' recovery)



Exercise 10:

- 30" running at 86-90% HRmax
- 1' jogging
- 1' running at 86-90% HRmax
- 1' jogging
- 90" running at 86-90% HRmax
- 1' jogging
- 2' running at 86-90% HRmax
- 1' jogging
- 90" running at 86-90% HRmax
- 1' jogging
- 1' running at 86-90% HRmax
- 1' jogging
- 30" running at 86-90% HRmax
- 1' jogging
- This equals 1 SET, 15' (8' HI running, 7' jogging)
- 5' Rest
- Perform a 2nd SET
- Total duration High Intensity Treadmill session = 35'

Exercise 11:

- 1' running at $\frac{3}{4}$ pace ($\pm 90\%$ HRmax)
- 1' jogging
- 30" at $\frac{3}{4}$ pace ($\pm 90\%$ HRmax)
- 30" jogging
- Repeat 8x for a total of 24' running

Exercise 12:

- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
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- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax



- 30" active recovery / jogging
- 5' recovery (jogging / stretching)
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
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- 30" active recovery / jogging
- 1' running at 90% HRmax
- 30" active recovery / jogging
- 1' running at 90% HRmax
- Total duration High Intensity Treadmill session = 24' (16' HI & 8' recovery)

Exercise 13:

- 30" running at 90 - 92% HRmax (running should be high tempo)
- 15" recovery jogging
- Repeat x24
- Total duration High Intensity Treadmill session = 18' (12' HI & 6' jogging)

Exercise 14:

- 30" running at 90%HRmax
- 30" jogging
- 30" running at 90% HRmax
- 30" jogging
- 30" running at 90% HRmax
- 30" jogging
- 30" running at 90% HRmax
- 30" jogging
- 30" running at 90% HRmax
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- 30" running at 90% HRmax
- 30" jogging



Performance Training in Football Refereeing High Intensity Treadmill sessions

- 30" running at 90% HRmax
- 30" jogging
- 30" running at 90% HRmax
- 30" jogging
- This equals 1SET , 10' (5' HI Running, 5' Jogging)
- 3' rest
- Perform 3 SETS
- Total duration High Intensity Treadmill session = 36' (15' HI & 15' recovery)

DISTANCE BASED HI TREADMILL EXERCISES

Exercise 15:

- 400m HI running in maximum of 105" (1'45"), followed by 2' active recovery
- 600m HI running in maximum of 157" (2'37"), followed by 2'20" active recovery
- 800m HI running in maximum of 210" (3'30"), followed by 2'40" active recovery
- 1000m HI running in maximum of 262" (4'22"), followed by 3' active recovery
- 800m HI running in maximum of 210" (3'30"), followed by 2'40" active recovery
- 600m HI running in maximum of 157" (2'37"), followed by 2'20" active recovery
- 400m HI running in maximum of 105" (1'45"), followed by 2' active recovery
- Total of 4600m; duration of 37' (20' HI & 17' recovery).

Exercise 16:

- 150m HI running, followed by 2' active recovery
- 300m HI running, followed by 2' active recovery
- 450m HI running, followed by 2' active recovery
- 600m HI running, followed by 2' active recovery
- 450m HI running, followed by 2' active recovery
- 300m HI running, followed by 2' active recovery
- 150m HI running, followed by 2' active recovery
- 300m HI running, followed by 2' active recovery
- 450m HI running, followed by 2' active recovery
- 600m HI running, followed by 2' active recovery
- Total of 3750m.