



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 19 from Monday 09th to Sunday 15th of May **Transition Period of the Season - week 1 (Training week 49)**

- Mon. 09th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 193
- * Warm up - 15' mobilisation and dynamic stretching
 - * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
 - * Cool down - 5' jogging and walking, followed by 10' static stretching
- Total duration: 65'

- Tue. 10th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 194
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?v=irvP0vuEMk4>
 - * Med Int. - 24' run at 80% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
 - * Cool down - 5' jogging and walking, followed by 10' static stretching
- Total duration: 75'

Wed. 11th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 12th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 195
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Integrated Technical Exercise – One by one, on the sideline, following the movements mentioned in the figure.
Change sideline after each decision making (by jogging).



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Set 1: 5'
Break: 2' – Hydration & Stretching
Set 2: 5'
Break: 2' – Hydration & Stretching
Set 3: 5'

Total of 19' exercise, with 2' break between sets

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

Total duration: 79'

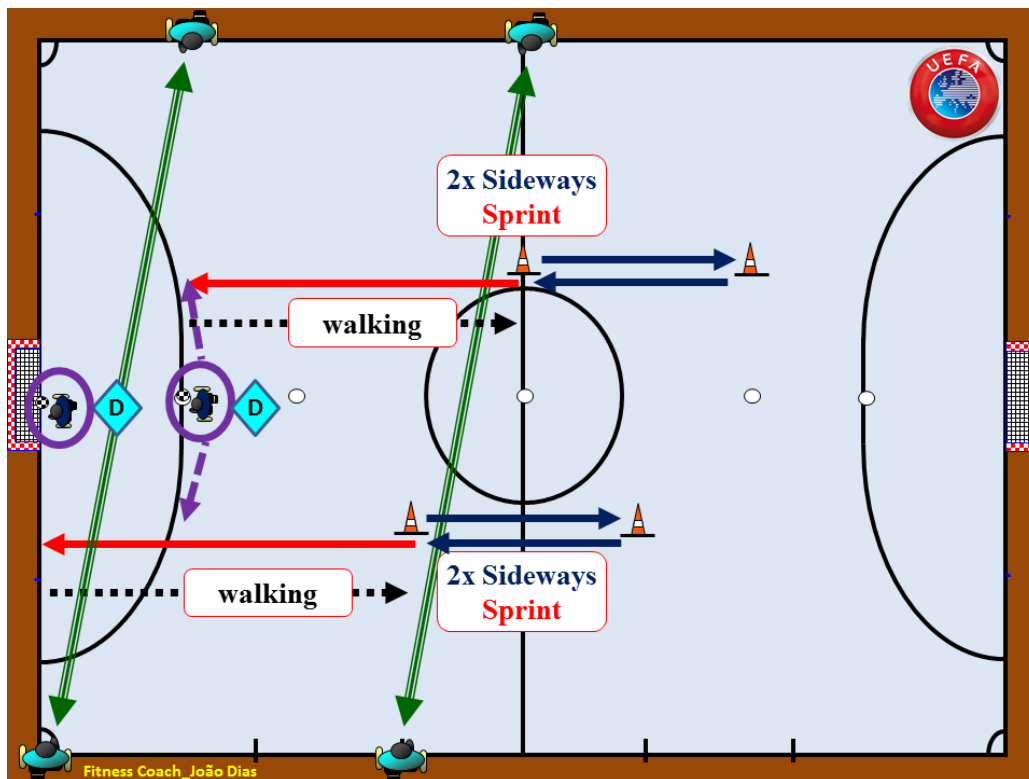
Fri. 13th:
Tr. 196

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

* Speed & Agility - Variations on the sideline pitch as follows:
- 5' Exercise - sideline Ref 1
- 5' Hydration and Stretching
- 5' Exercise - sideline Ref 2



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

Total duration: 50'

Sat. 14th: REST DAY

Sun. 15th: Alternative activities

Use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



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WEEK 20 from Monday 16th to Sunday 22nd of May **Transition Period of the Season - week 2 (Training week 50)**

- Mon. 16th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 197
- * Warm up - 15' mobilisation and dynamic stretching
 - * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
 - * Cool down - 5' jogging and walking, followed by 10' static stretching
- Total duration: 65'

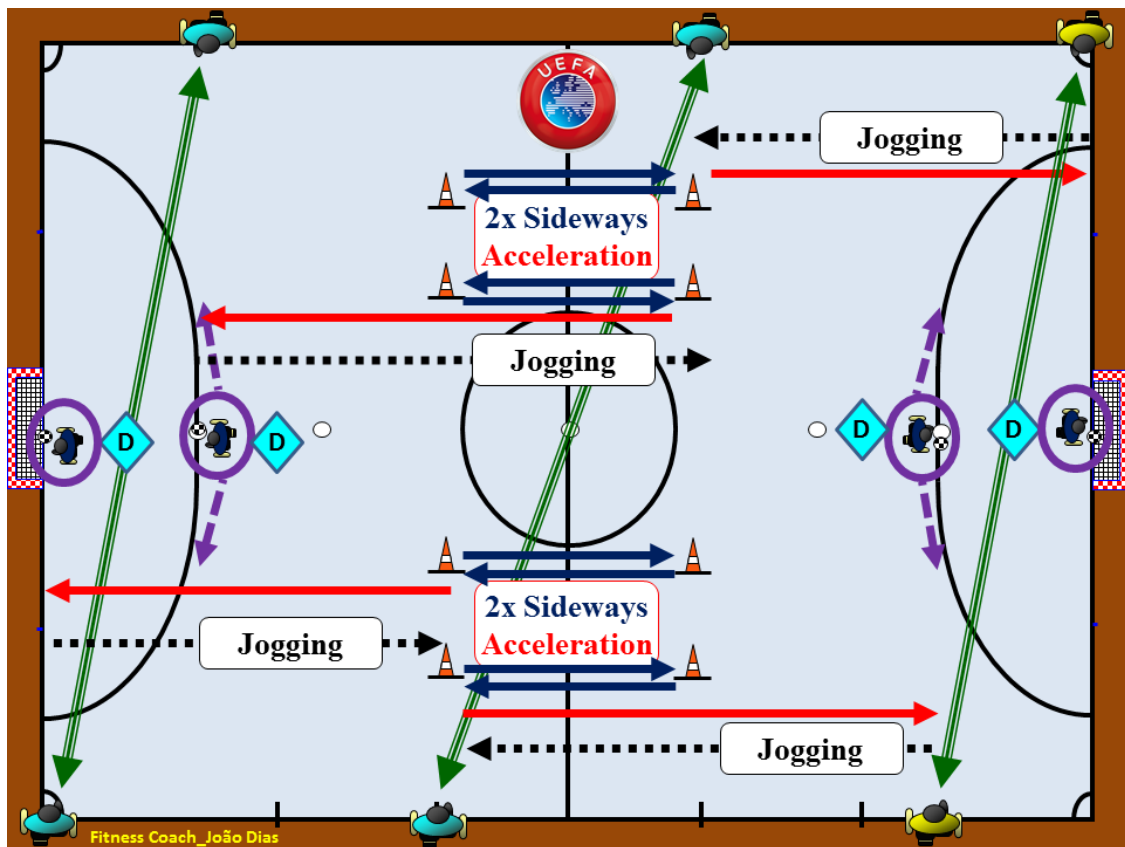
- Tue. 17th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 198
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Functional Training Session – 1 workout of 12 minutes
<https://www.youtube.com/watch?v=w6NuscjVacQ>
 - * Med Int. - 24' run at 80% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
 - * Cool down - 5' jogging and walking, followed by 10' static stretching
- Total duration: 75'

Wed. 18th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 19th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 199
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Integrated Technical Exercise – Two by two, on the sideline, following the movements mentioned in the figure.
Take technical/disciplinary decisions after the accelerations.



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- Set 1 – Exercise on sideline Ref 1: 5'
- Break: 2' – Hydration & Stretching
- Set 2 – Exercise on sideline Ref 2: 5'
- Break: 2' – Hydration & Stretching
- Set 3 – Exercise on sideline Ref 1: 5'
- Break: 2' – Hydration & Stretching
- Set 4 – Exercise on sideline Ref 2: 5'

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

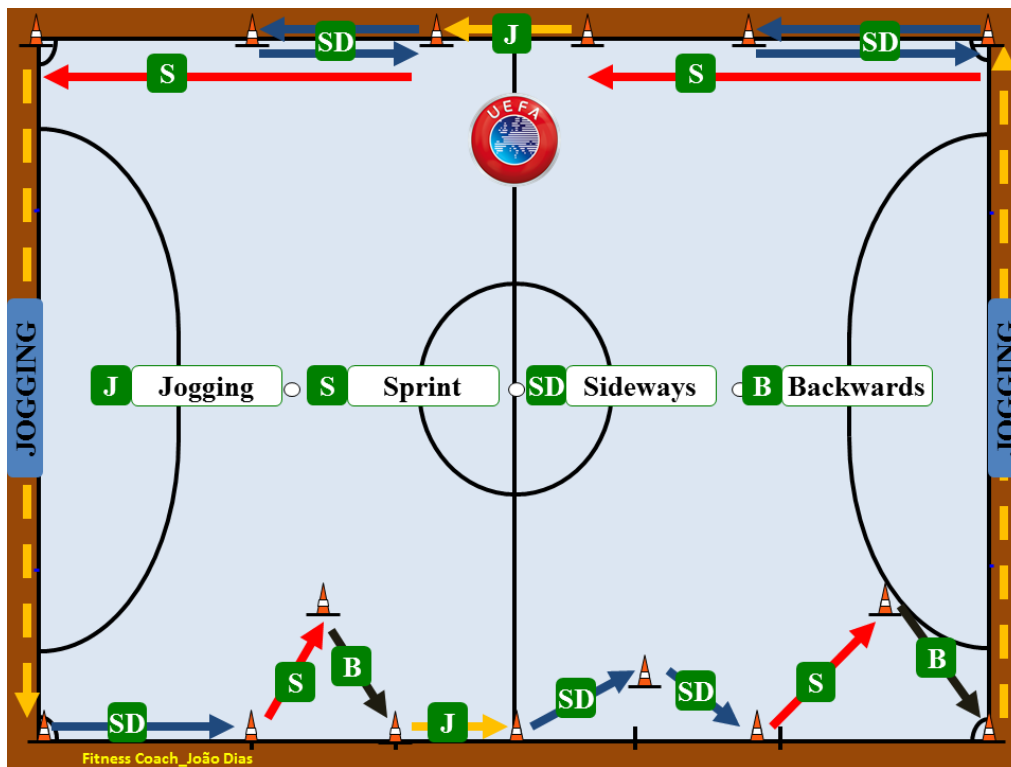
Total duration: 80'

Fri. 20th:
Tr. 200

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility - Variations on the sideline pitch as follows:
 - 5' Exercise
 - 5' Hydration and Stretching
 - 5' Exercise



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

Total duration: 50'

Sat. 21st: REST DAY

Sun. 22nd: Alternative activities

Use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.