



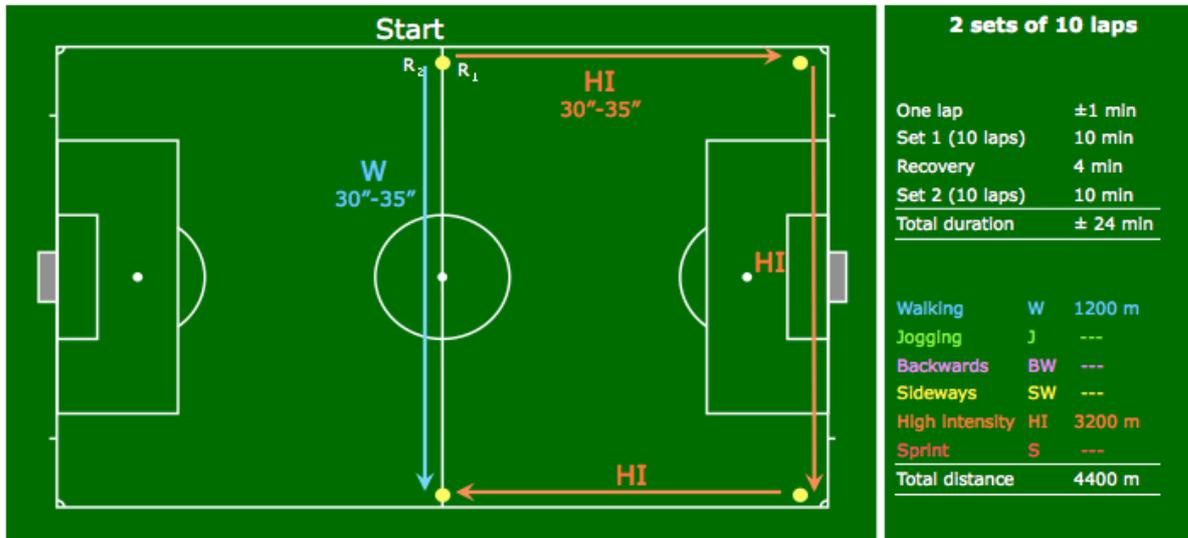
Performance Training in Football Refereeing Weekly Training Plan

WEEK 14 from Monday 30th of March to Sunday 5th of April **Macrocycle VIII, week 1 (Training week 43)**

- Mon. 28th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 162
- Tue. 29th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 163
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - 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 has to cross the midline by walking or jogging. He has 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 has to take 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.

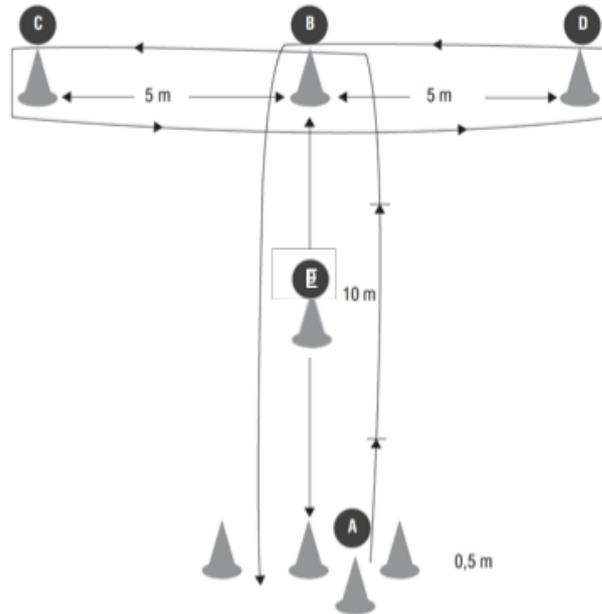
Total duration: 77'

Wed. 30th:

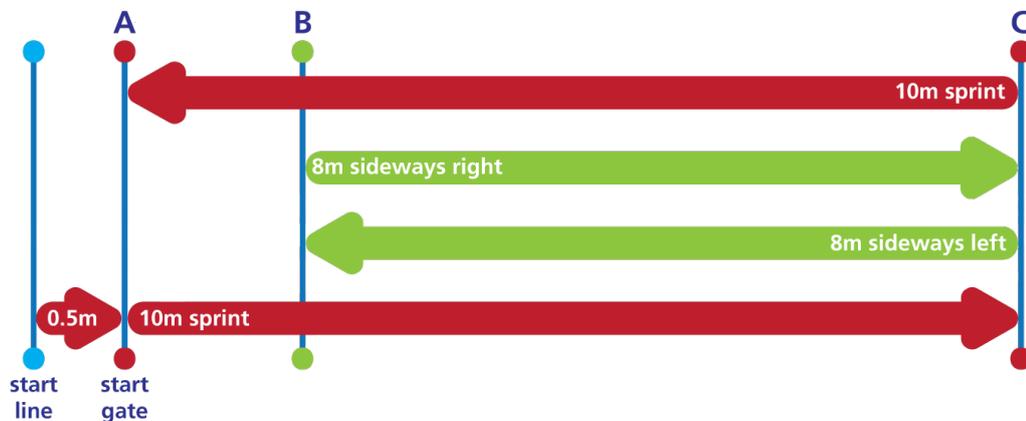
REST DAY

Thu. 31st:
Tr. 164

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and 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 C, then sideways left 8 m from cone C to B, then sideways right 8 m from cone B to C, sprint back to the finish line.
- The reference time is 10,0" for male ARs and 11,0" for female ARs (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.



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 6 laps

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

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

- 4' recovery

- Field exercise (below) along the wide diagonal line, run for 10' or 10 tempo 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
Total duration	24 min

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

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

* SE for ARs

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



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 8 laps	
One lap	45 sec
Set 1 (8 laps)	6 min
Recovery	4 min
Set 2 (8 laps)	6 min
Total duration	14 min

Walking	W	---
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	480 m
High intensity	HI	---
Sprint	S	640 m
Total distance		1920 m

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

Total duration: 100'

Fri. 1st: REST DAY

- Sat. 2nd: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 165
- * Speed - 5 maximal sprints in the order illustrated below.
 - Walk back to the start after each individual sprint.
 - Once the 5 sprints (140 m total sprinting distance) have been completed take a 5' stretching break.

2 sets of 5 sprints	
Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
Total duration	15 min

Walking	W	160 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	---
Sprint	S	280 m
Total distance		440 m



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. 3rd:

If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time 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, or tennis to benefit from complementary mental and physical stimulation.

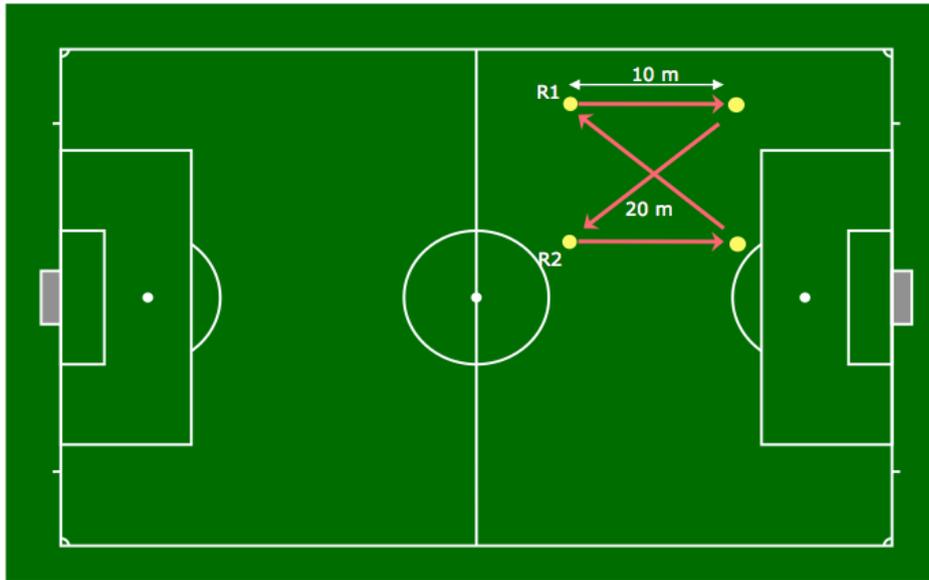


Performance Training in Football Refereeing Weekly Training Plan

WEEK 15 from Monday 4th to Sunday 10th of April Macrocycle VIII, week 2 (Training week 44)

- Mon. 4th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 166
- Tue. 5th: * 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' strength, core stability and injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1:
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' recovery
- Set 2:
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- From a coaching point of view, the easiest way to do this intermittent exercise, is to give a clear signal each time the referees have to change from activity. For Set 1 and 2, the time line is:
- 0 (20" HI) - 20" (Jog) - 40" (HI) - 1'20" (Jog) - 1'40" (HI) - 2'40" (Jog) - 3' (HI) - 5' (Jog) - 6' (HI) - 8' (Jog) - 9' (HI) - 10' (Jog) - 10'20" (HI) - 11' (Jog) - 11'20" (HI) - 11'40" (Jog) - 12' (finish)

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



- 4' 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
Total duration	24 min

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High Intensity	HI	800 m
Sprint	S	---
Total distance		2300 m

* Match - 10' match play.

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

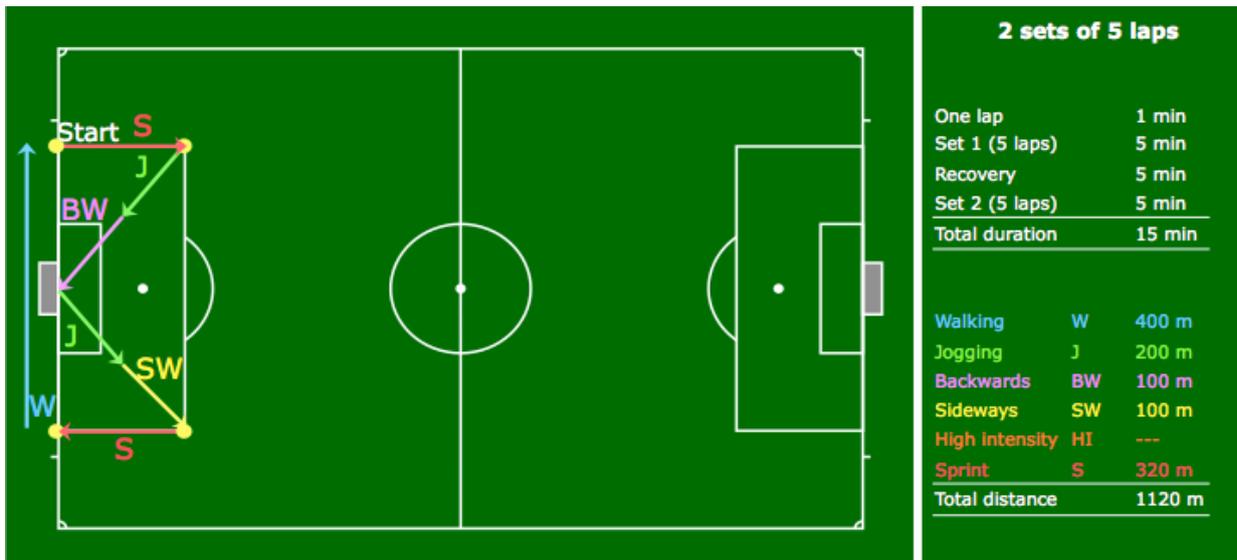
Total duration: 93'

Fri 8th: REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Sat. 9th: * 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. 10th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time 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, or tennis to benefit from complementary mental and physical stimulation.



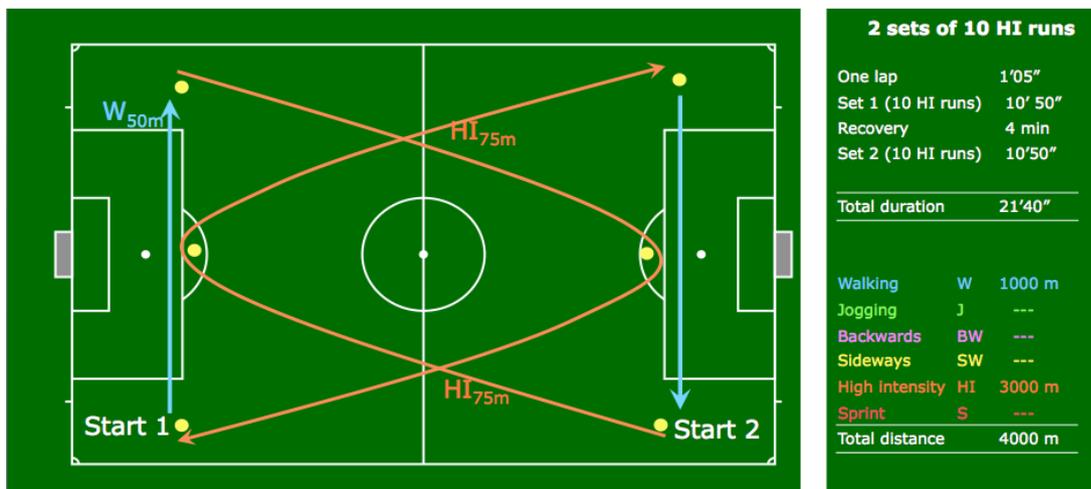
Performance Training in Football Refereeing

Weekly Training Plan

WEEK 16 from Monday 11th to Sunday 17th of April

Macrocycle VIII, week 3 (Training week 45)

- Mon. 11th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 170
- Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
Tr. 171
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1:
From the start, run at high intensity to the other side of the pitch, 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 to 12 times.



- 2' recovery
- Set 2: Same as set 1, however, run in the other direction.

Visual 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 (> free kick) the penalty area. If the referee 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: 77'



Performance Training in Football Refereeing

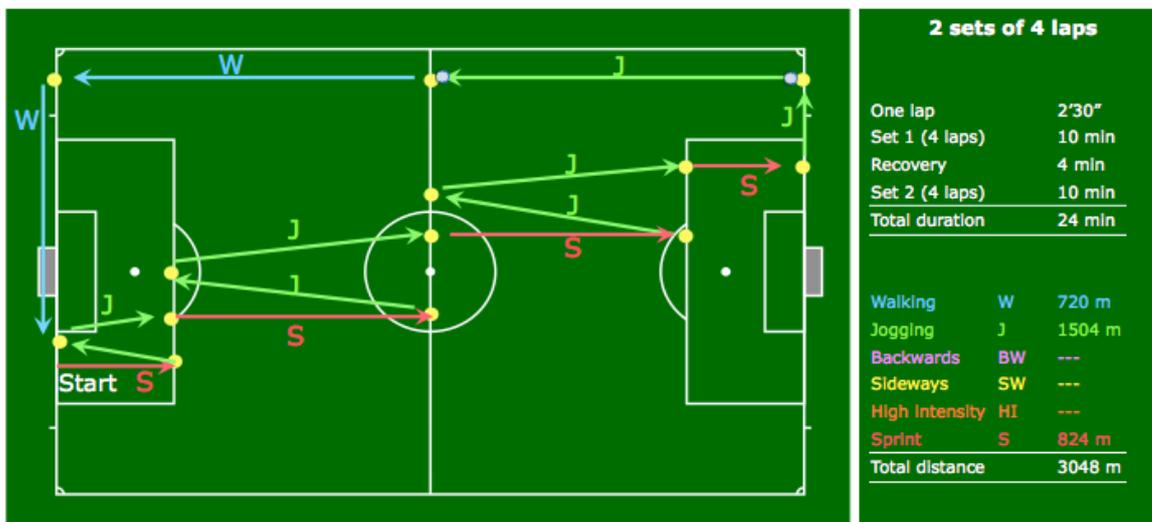
Weekly Training Plan

Wed. 13th:

REST DAY

Thu. 14th:
Tr. 172

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Extended SP - Set 1: 4 laps of the next exercise utilising the length of the pitch:
 - Start on the goal line from a dynamic position (e.g., knee lifts). Then sprint to the 16 m box, return to the goal line jogging backward and then continue jogging forward to the 16 m box.
 - From the 16 m box, sprint to the midline and then return jogging to the 16 m box continue jogging back to the midline.
 - From the midline, sprint to the opposite penalty area, then return jogging to the midline and continue jogging to the penalty area.
 - From the 16 m box, sprint to the goal line, then return jogging backward to the 16 m box and continue jogging to the goal line.
 - Continue jogging to the midline and then walk back to the start position. This constitutes 1 lap. For each lap of 320 m, referees sprint approx. 110 m (duration 1 lap \pm 2'30").



- 4' recovery

- Set 2: Again 4 laps of 2'30" 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.

Total duration: 89'



Performance Training in Football Refereeing

Weekly Training Plan

Fri. 15th: REST DAY

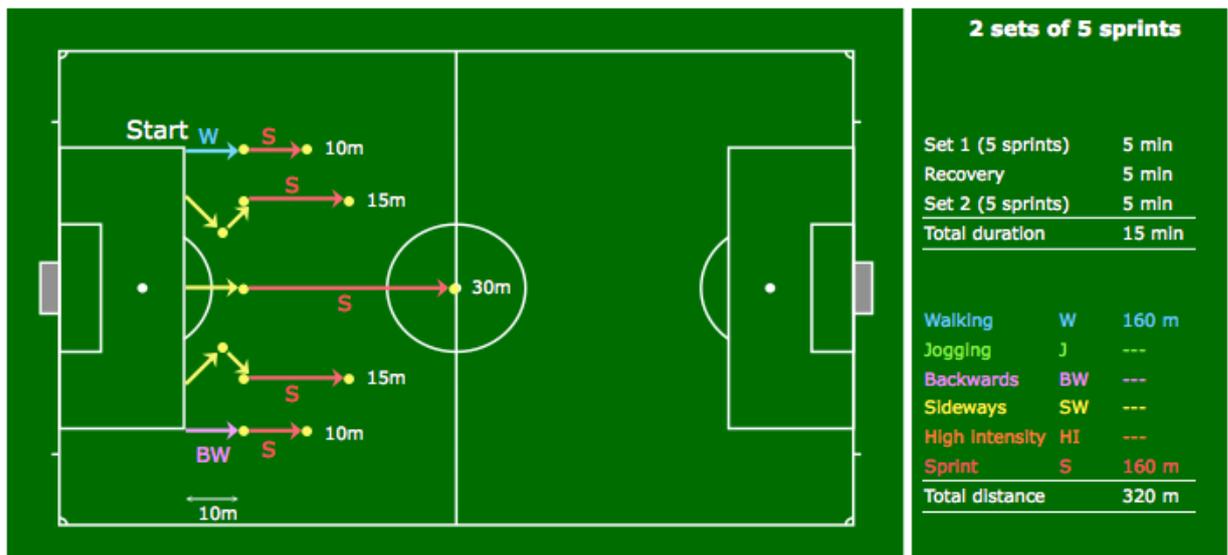
Sat. 16th: * Warm up
Tr. 173

- 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. 17th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

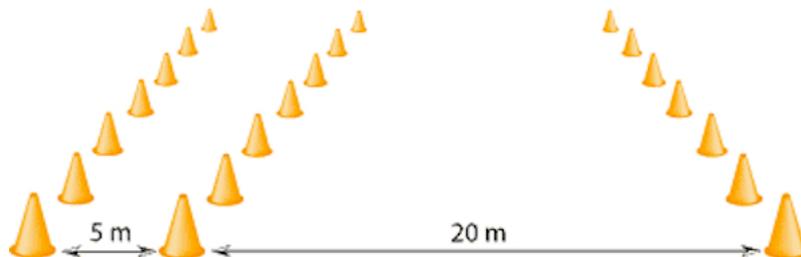
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 17 from Monday 18th to Sunday 24th of April **Macrocycle VIII, week 4 (Training week 46)**

- Mon. 18th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 174
- Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
Tr. 175
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability and injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
 - * High Int. Refs - 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'



2 x 5 m walking

2 x 20 m tempo run

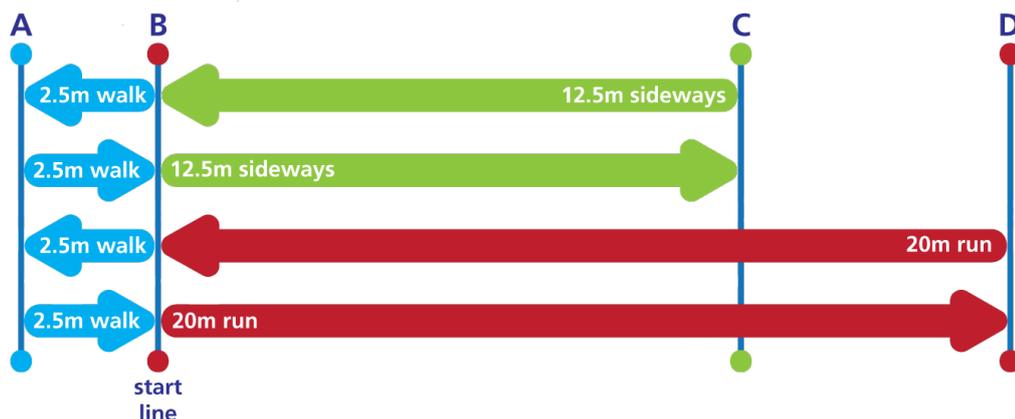
- The heart rate trace should look like this:



Performance Training in Football Refereeing Weekly Training Plan



- * High Int. ARs - Yo-Yo ARIET:
Assistant referees must start from a standing position.
They must complete the following sequence in accordance with the pace dictated by the audio file.
- run 20m forwards (B-D), turn and run 20m forwards (D-B);
 - walk 2.5m (B-A), turn and walk 2.5m (A-B);
 - run sideways 12.5m (B-C), and run sideways facing the same side 12.5m (C-B);
 - walk 2.5m (B-A), turn and walk 2.5m (A-B);



- International & Cat. 1 male ARs should reach **16.0-3 / 1,470 metres**.
- Category 2 male ARs must achieve level **15.5-3 / 1,275 metres**.
- International & Cat. 1 female ARs should reach **14.5-3 / 1,080 metres**.
- Category 2 women must achieve level **14-3 / 820 metres**.

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



Performance Training in Football Refereeing Weekly Training Plan

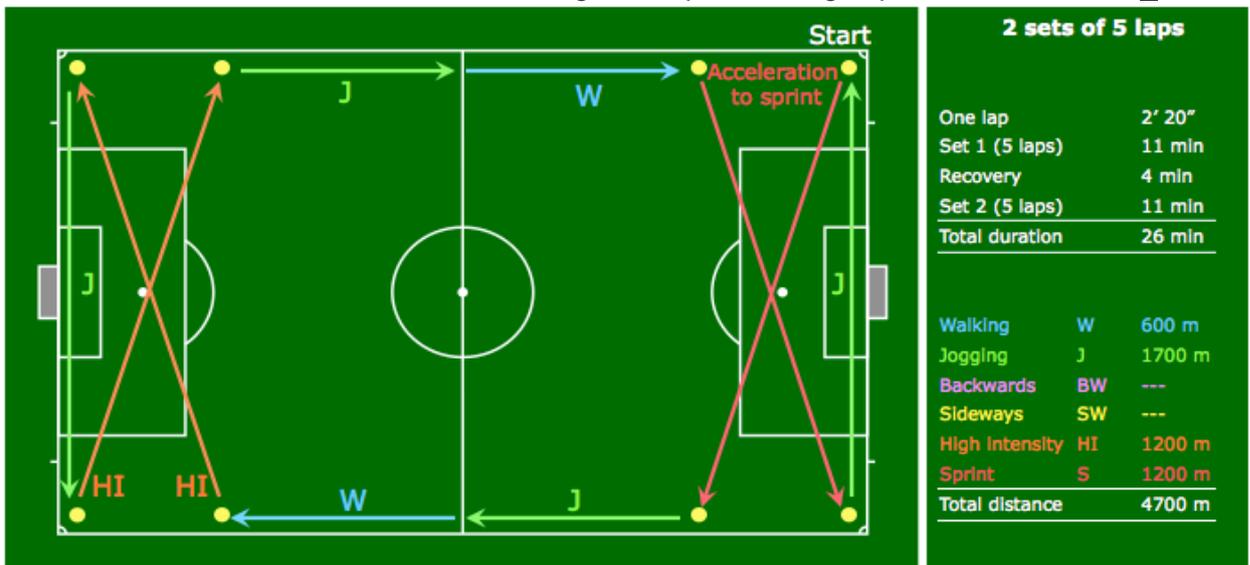
Total duration: 79'

Wed. 20th:

REST DAY

Thu. 21st.
Tr. 176

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and 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'.

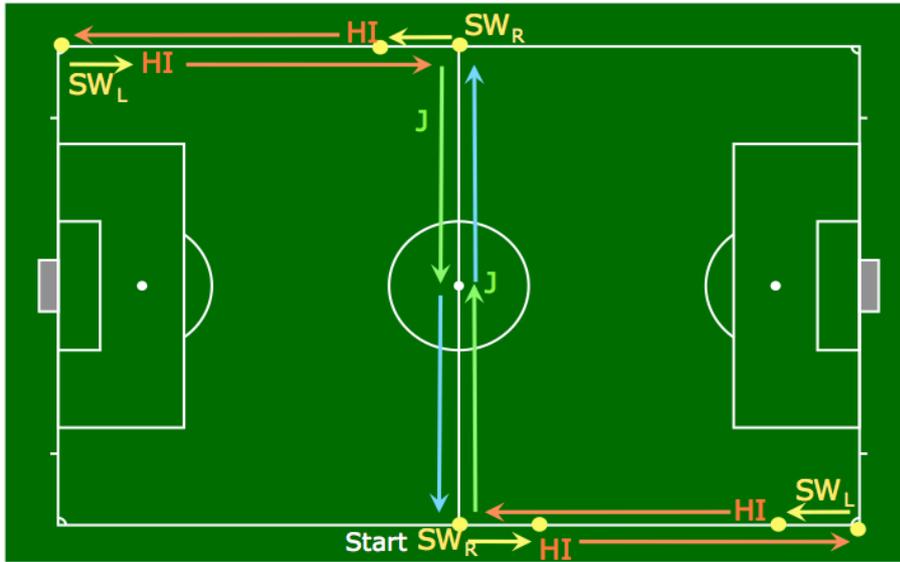
- The total distance covered in high speed running is 2500 m.

* 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.



Performance Training in Football Refereeing Weekly Training Plan



2 sets of 5 laps

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

Walking	W	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
High intensity	HI	1600 m
Sprint	S	---
Total distance		3200 m

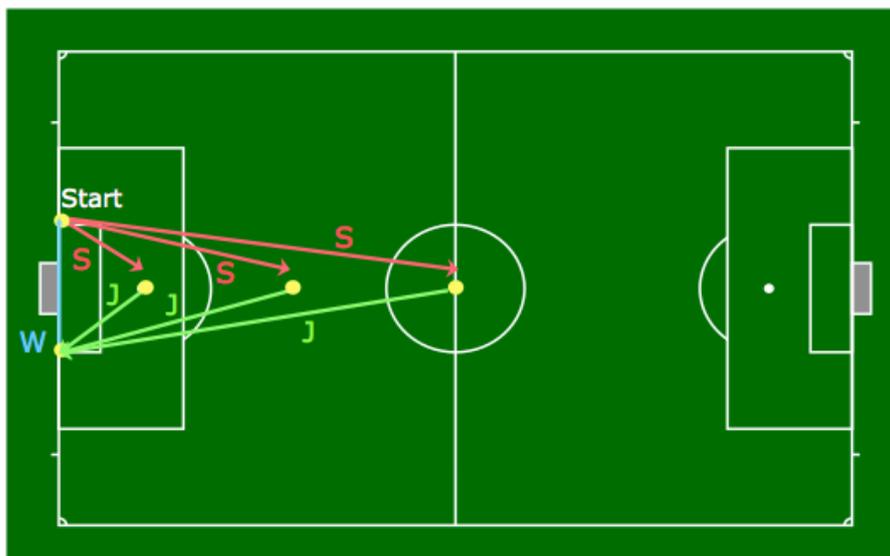
- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 91'

Fri. 22nd: REST DAY

Sat. 23rd: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 177

- * 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



2 sets of 7 sprints

Set 1 (7 sprints)	5 min
Recovery	5 min
Set 2 (7 sprints)	5 min
Total duration	15 min

Walking	W	256 m
Jogging	J	288 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	288 m
Total distance		832 m



Performance Training in Football Refereeing Weekly Training Plan

- 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'

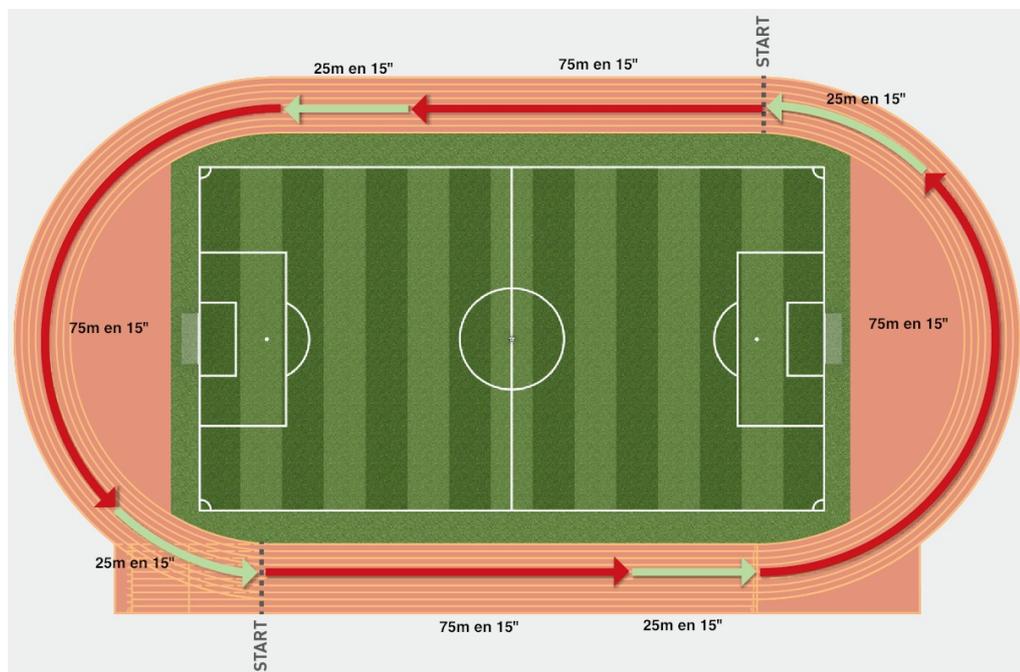
Sun. 24th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

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

WEEK 18 from Monday 25th of April to Sunday 1st of May

Macrocycle VIII, week 5 (Training week 47)

- Mon. 25th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 178
- Tue. 26th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 179
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability and injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
 - * Maximal Aerobic Training (VO₂max Training)
 - On the first whistle, referees and assistant referees have to cover 75 m in 15" from any starting position. Then there is 15" to cover 25 m walking. On the next whistle, referees have to run again 75 m in 15", followed by 25 m of deceleration and walking in 15".
 - One lap consists of 4 interval runs followed by 4 recovery walks.
 - Referees and ARs have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.
 - All together, the exercise consists of 10 laps resulting in 40 tempo runs, each followed by a 15" deceleration and walking period.

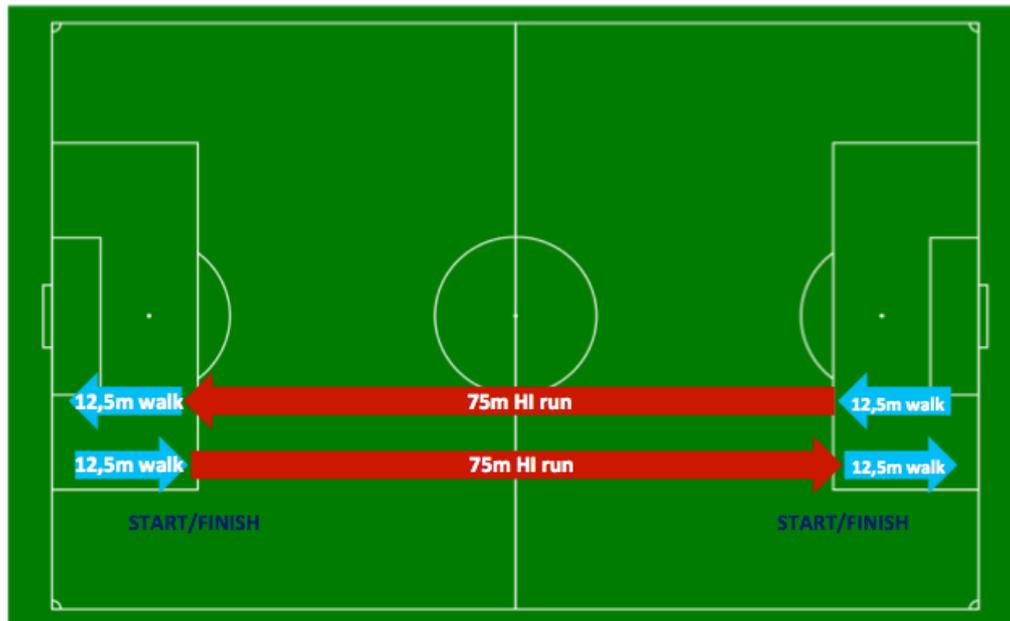


- The total duration of this VO₂max exercise is 20', and it is indeed more demanding than the new FIFA fitness tests for next season.



Performance Training in Football Refereeing Weekly Training Plan

- * Option - Those referees who don't have access to an athletic track, can do exactly the same HI exercise on the field of play.
- * Progress - To familiarize with this particular exercise, it is a good idea to start with two sets of 12 repetitions each, with 2' recovery in between.



- * FIFA tests
 - Male Refs: 75 m in 15" – 25 m in 18"
 - Female Refs: 75 m in 17" – 25 m in 20"
 - Male ARs: 75 m in 15" – 25 m in 20"
 - Female ARs: 75 m in 17" – 25 m in 22"
- * Audio files - All of these mp3 files can be found in the Library of TopSportsLab (Testing > Media)
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 75'

Wed. 27th:

REST DAY

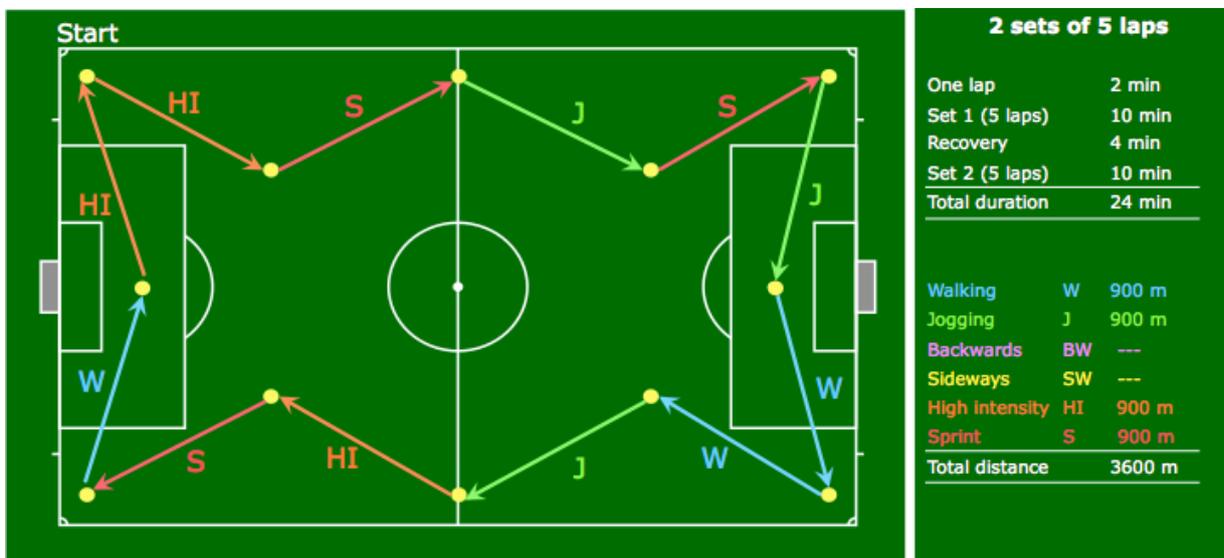
Thu. 28th:
Tr. 180

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).



Performance Training in Football Refereeing Weekly Training Plan

- * 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.

Total duration: 89'

Fri. 29th: REST DAY

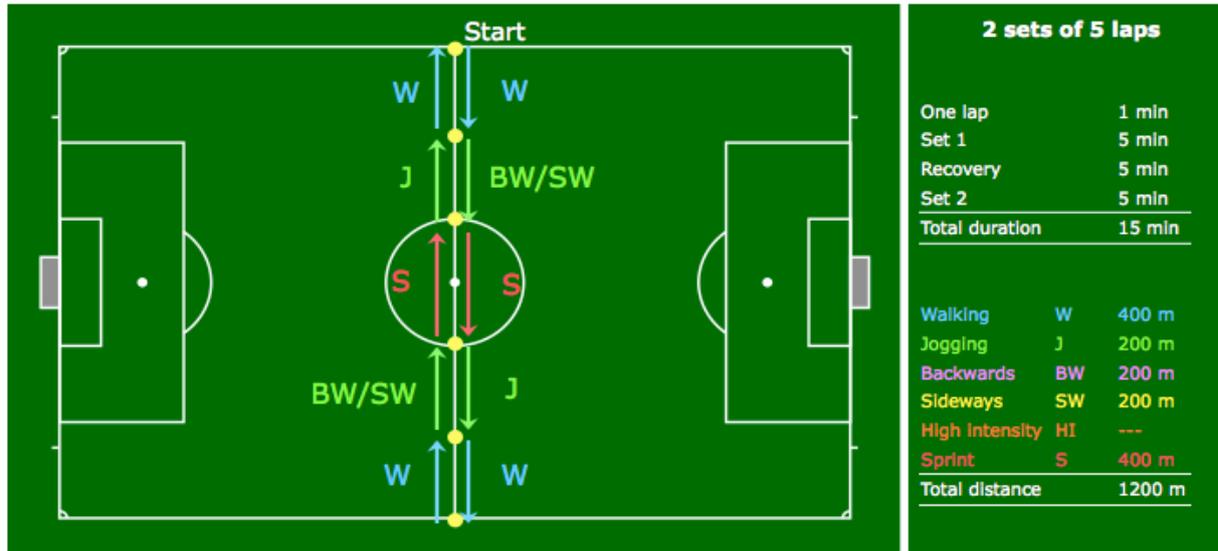
Sat. 30th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 181

- * Speed - Set 1: Variation on the centre circle sprint, 4 laps or 8 sprints



Performance Training in Football Refereeing Weekly Training Plan



- 5' recovery

- Set 2: Variation on the centre circle sprint, 4 laps or 8 sprints.

- The total exercise time is 15', the total sprint distance 293 m.

* 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 use your free time 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, or tennis to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 19 from Monday 2nd to Sunday 8th of May Macrocycle VIII, week 6 (Training week 48)

- Mon. 2nd: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 182
- Tue. 3rd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 183
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Extended SP - Set 1:
> 8 sprints to the midline (\pm 7.5") with 50" active recovery in between each and every sprint
> Jog 1 lap of the pitch (\pm 2'30") for further recovery
> Duration Set 1: \pm 10'
- Set 2:
> 4 sprints to the opposite penalty area (\pm 12") with 70" active recovery in between each and every sprint
> Jog 1 lap of the pitch (\pm 2'30") for further recovery
> Duration Set 1: \pm 7.5'
- Set 3:
> 10 sprints to the penalty area (\pm 3") with 20" active recovery in between each and every sprint
> Duration Set 1: \pm 3.5'
- All together, this extended speed session takes \pm 20' including 5' active recovery.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

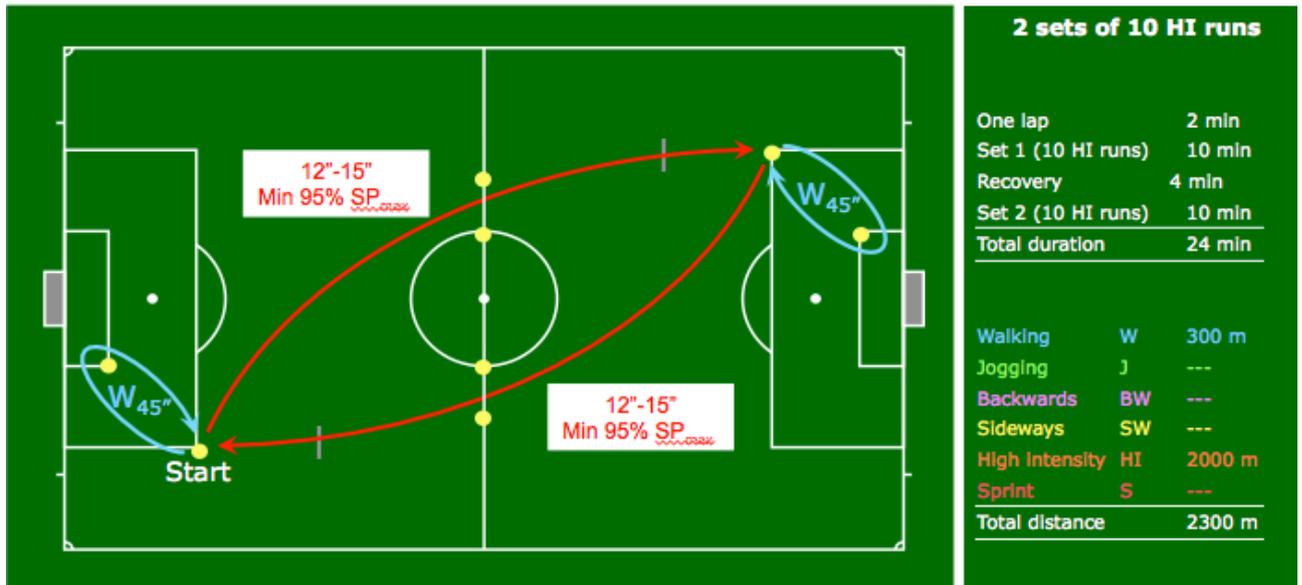
Total duration: 75'

Wed. 4th: REST DAY

- Thu. 5th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 1834
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability and 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".



Performance Training in Football Refereeing Weekly Training Plan



- 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. 6th: REST DAY

Sat. 7th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

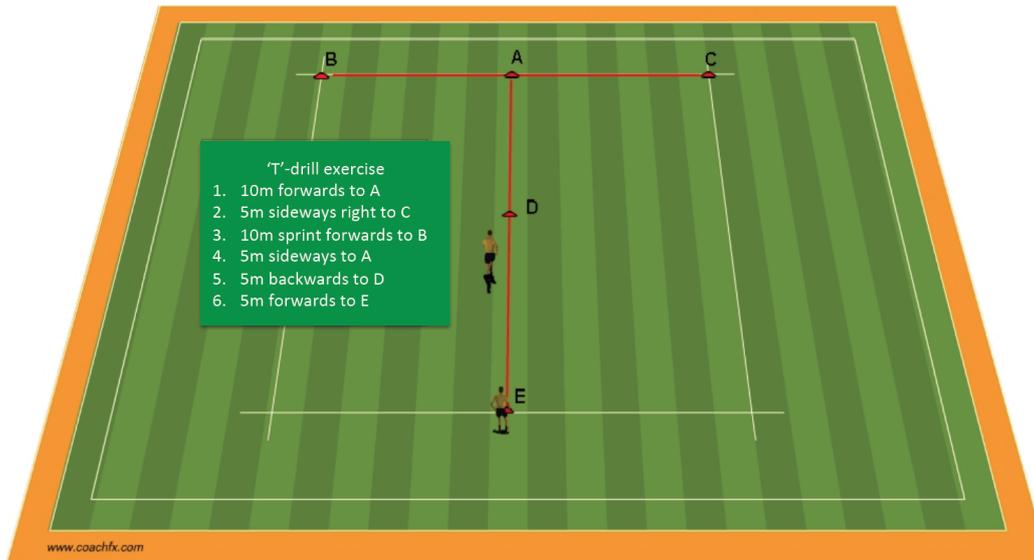
Tr. 185

* 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.



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

Total duration: 50'

Sun. 8th:

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