



Performance Training in Football Refereeing Weekly Training Plan

WEEK 1 from Monday 30th of December to Sunday 5th of January **Macrocycle VI, week 1 (Training week 31)**

The training distances covered in High Intensity (on Monday) and Speed Endurance (on Wednesday), will decrease progressively and become more intermittent over the next macro-cycle as training volume and intensity have to be cycled throughout the competitive season in an appropriate way to make sure elite referees are fit and fresh after the winter break for both the European and domestic leagues.

Some additional Yo-Yo based exercises have been integrated that combine internal and external load. These exercises are not just aerobic but also improve strength and agility.

- Mon. 30th.
Tr. 117
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
 - * Warm up - 20' warm up, mobilisation and dynamic stretching.
 - * Strength - Strength, core stability and injury prevention exercises.
 - * High Int. - 2' run at 90% HR_{max}, 1' jogging, 8 x.
- All together, this exercise takes (2' + 1') x 8 = \pm 24'.
 - * Cool down - 5' of jogging and walking, followed by 10' of static stretching.

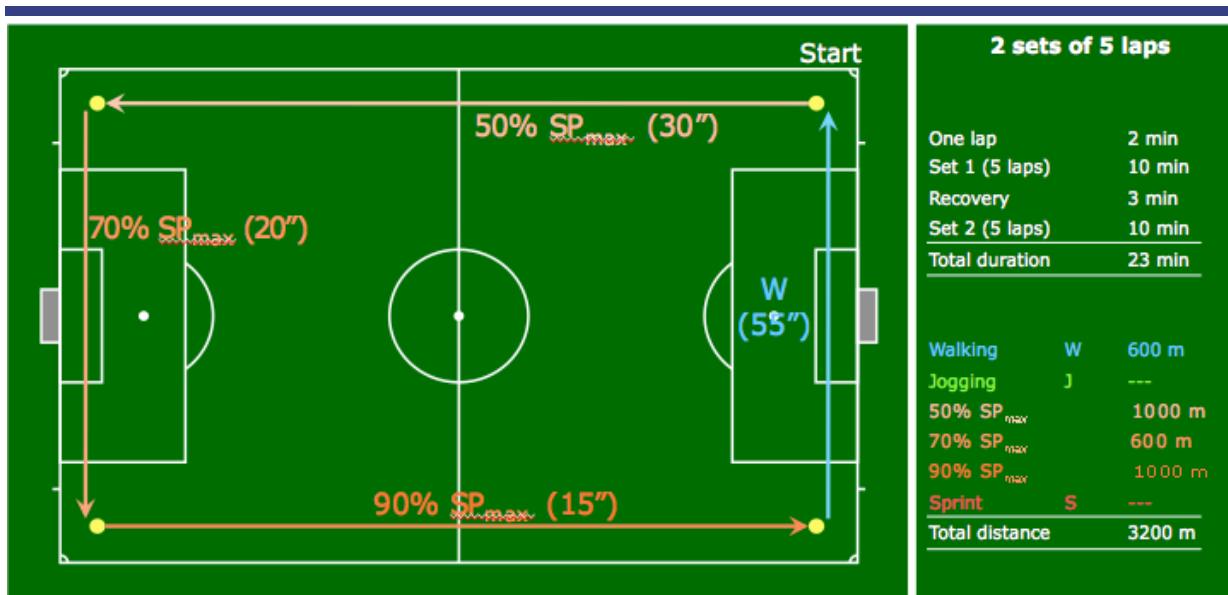
Total duration: 74'

Tue. 31st. REST DAY

- Wed. 1st.
Tr. 118
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
 - * Warm up - 20' warm up, mobilisation and dynamic stretching.
 - * Strength - Strength, core stability and injury prevention exercises.
 - * Speed End. - Set 1:
- Perform 5 laps (\pm 2' per lap) of the following field exercise at the prescribed intensities.
- 3' recovery
- Set 2:
- Perform another 5 laps.



Performance Training in Football Refereeing Weekly Training Plan



- All together, this exercise takes 10' + 3' recovery + 10' = + 23'.

* Cool down

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

Total duration: 73'

Thu. 2nd.

REST DAY

Fri. 3rd.

* Warm up

- 20' warm up, mobilisation and dynamic stretching.

Tr. 119

* Speed

- Variations on the 80 m distance (see below):

- 20 m sprint up, 20 m walk down, 2 x

- 1' recovery and stretching

- 40 m sprint up, 40 m walk down, 2 x

- 1' recovery and stretching

- 60 m sprint up, 60 m walk down, 2 x

(1 x with a change in direction to the left, 1 x to the right)

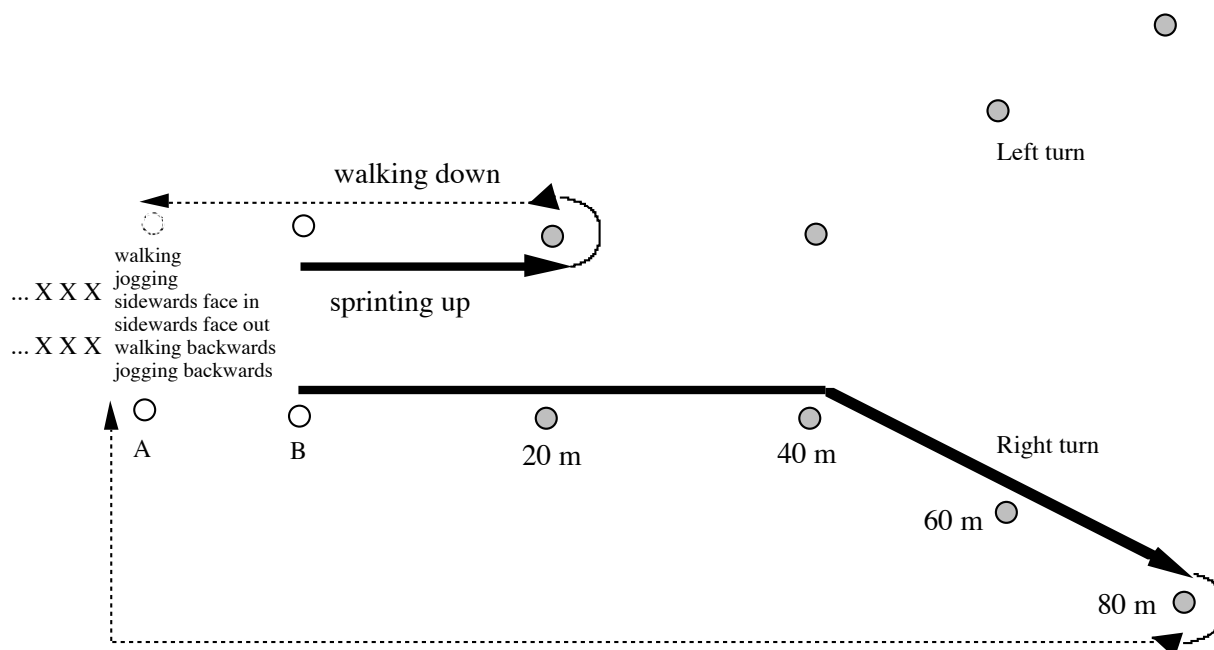
- 2' recovery and stretching

- 80 m sprint up, 80 m walk down, 2 x

(1 x with a change in direction to the left, 1 x to the right)



Performance Training in Football Refereeing Weekly Training Plan



- The total exercise time is 15'.

- 3' recovery

* High Int.

- Use the mp3 file to practice the Yo-Yo test from the start till level 15:8. This takes approximately 9 min.

* Cool down

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

Total duration: 62'

Sat. 4th: REST DAY

Sun. 5th: 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



<u>Mon. 6th.</u>	
Tr. 120	
* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
* Warm up	- 20' warm up, mobilisation and dynamic stretching.
* Strength	- Strength, core stability and injury prevention exercises.
* High Int.	- 1' run at 90% HR _{max} , 30" jogging, 16 x.
	- All together, this exercise takes (1' + 30") x 16 = \pm 24'.
* Cool down	- 5' of jogging and walking, followed by 10' of static stretching.

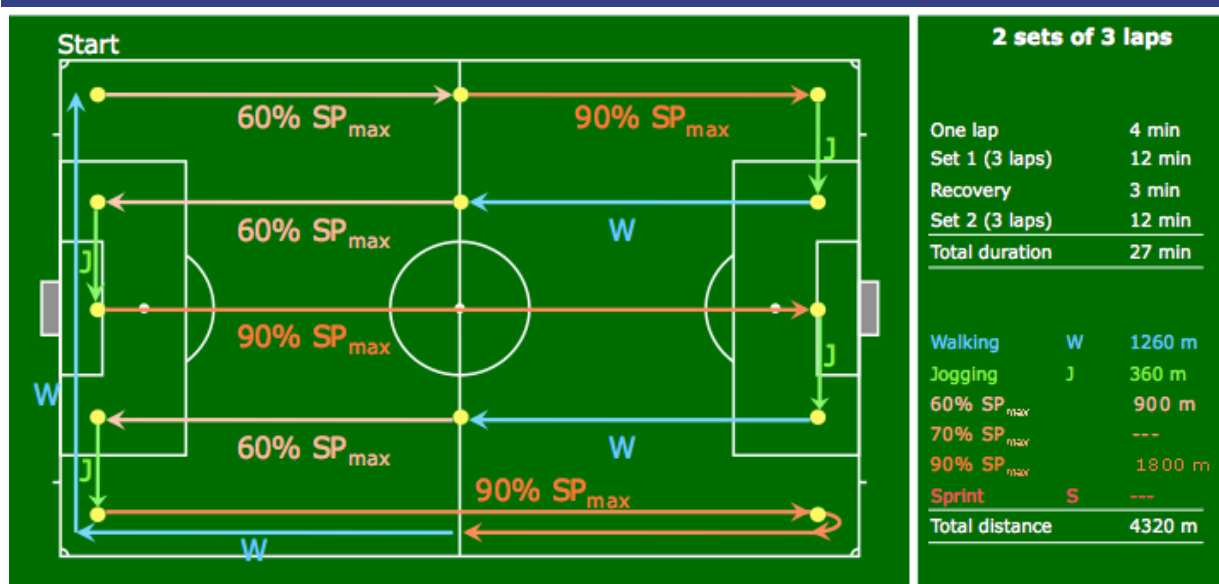
Wed. 8th.
Tr. 121

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * Speed End. - Set 1: Field exercise, 3 laps.

- Set 2: Field exercise, again 3 full laps.



Performance Training in Football Refereeing Weekly Training Plan



- All together this exercise takes 27'.

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

Total duration: 77'

Thu. 9th:

REST DAY

Fri. 10th:

* Warm up

- 20' warm up, mobilisation and dynamic stretching.

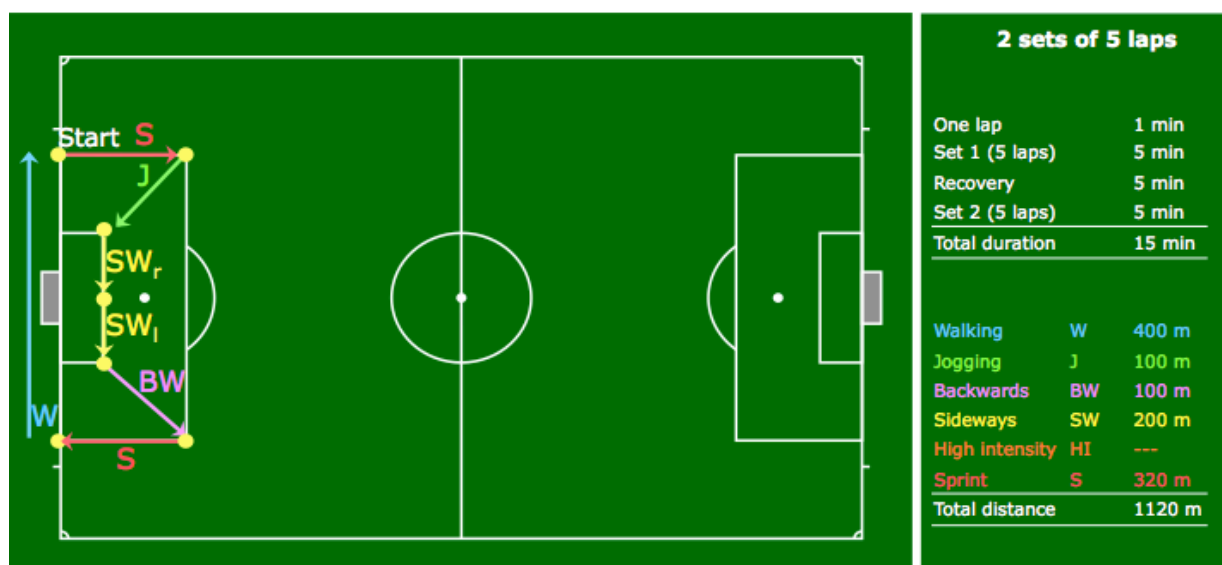
Tr. 122

* Speed

- Set 1: Sprint exercise in the penalty box, 5 laps in total.

- 5' recovery

- Set 2: Sprint exercise in the penalty box, again 5 laps in total.





Performance Training in Football Refereeing Weekly Training Plan

- * 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' rest
 - the mp3 file of the beep test should start at 6'45"
 - then repeat levels 16 and 17 (takes 5'), 1' 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. There are 42 turns all together.
 - Do this exercise by preference on natural grass rather than indoor.
 - The duration of this exercise is 24'.



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

Total duration: 74'

Sat. 11th: REST or ACTIVE LEISURE

Sun. 12th: 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 3 from Monday 13th to Sunday 19th of January **Macrocycle VI, week 3 (Training week 33)**

- Mon. 13th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 123
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * High Int. - Set 1:
- 30" run at 90% HR_{max}, 15" jogging, 14 x
- 4' recovery
- Set 2:
- 30" run at 90% HR_{max}, 15" jogging, again 14 x
- All together, this exercise takes 10'30" + 4' recovery + 10'30" = 25'
- * Cool down - 5' of jogging and walking, followed by 10' of static stretching.

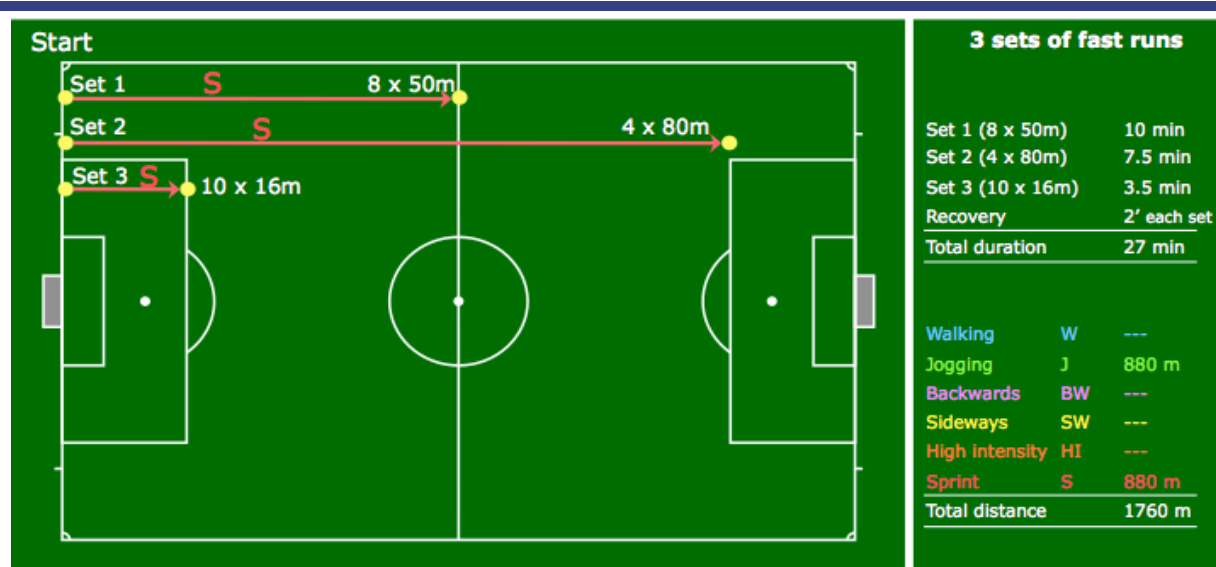
Total duration: 74'

Tue. 14th: REST DAY

- Wed. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 124
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * Extended Sp. - Set 1:
> 8 sprints to the midline (\pm 7") with 50" active recovery jogging in between each sprint
> Jog 1 lap of the pitch (\pm 2')
> Duration Set 1: \pm 10'
- Set 2:
> 4 sprints to the opposite penalty box (\pm 11") with 70" active recovery jogging in between each sprint
> Jog 1 lap of the pitch (\pm 2')
> Duration Set 2: \pm 7.5'
- Set 3:
> 10 sprints to the penalty box (\pm 3") with 20" active recovery jogging in between each sprint
> Jog 1 lap of the pitch (\pm 2')
> Duration Set 3: \pm 3.5'



Performance Training in Football Refereeing Weekly Training Plan



- The total duration of this extended speed session is ± 27'.

* Cool down

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

Total duration: 77'

Thu. 16th:

REST DAY

Fri. 17th:

* Warm up

- 20' warm up, mobilisation and dynamic stretching.

Tr. 125

* Speed

- Variations on the 60 m distance (see below):

- 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total.

- 1 to 2' recovery and stretching

- 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total.

(2 x with a change in direction to the left, 2 x to the right)

- 1 to 2' recovery and stretching

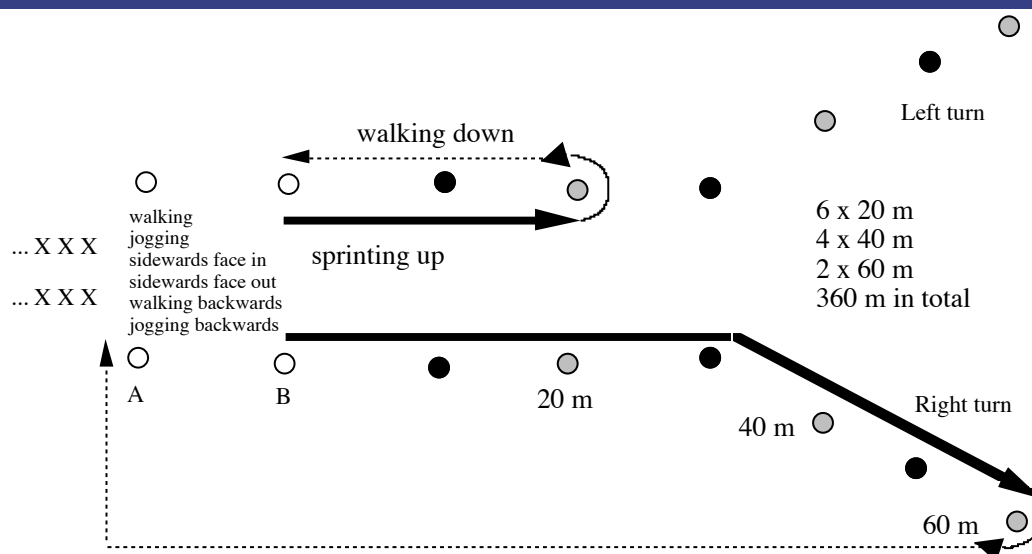
- 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total.

(1 x with a change in direction to the left, 1 x to the right)

- The total exercise time is 15'.



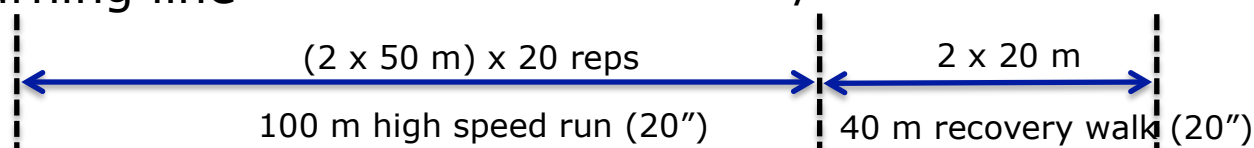
Performance Training in Football Refereeing Weekly Training Plan



- * High Int.
- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
 - 20" recovery walk (40 m)
 - 20 reps in total

Turning line

Start/Finish line



- All together, this exercise takes 13'20".
- 2000 m of high-intensity running, 800 m walking, 20 turns in total.

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

Total duration: 65'

Sat. 18th:

REST or ACTIVE LEISURE

Sun. 19th:

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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 4 from Monday 20th to Sunday 26th of January **Macrocycle VI, week 4 (Training week 34)**

- Mon. 20th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 126
- Tue. 21st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 127
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * High Int. - 8 shuttles of 50 m (50 m – turn - 50 m – turn - ... 8 x) in 1'30"
- 1'30" recovery walk (40 m)
- 5 reps in total

Turning line

Start/Finish line



- All together, this exercise takes 15'.
- 2000 m of high-intensity running, 200 m walking, 35 turns in total.

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

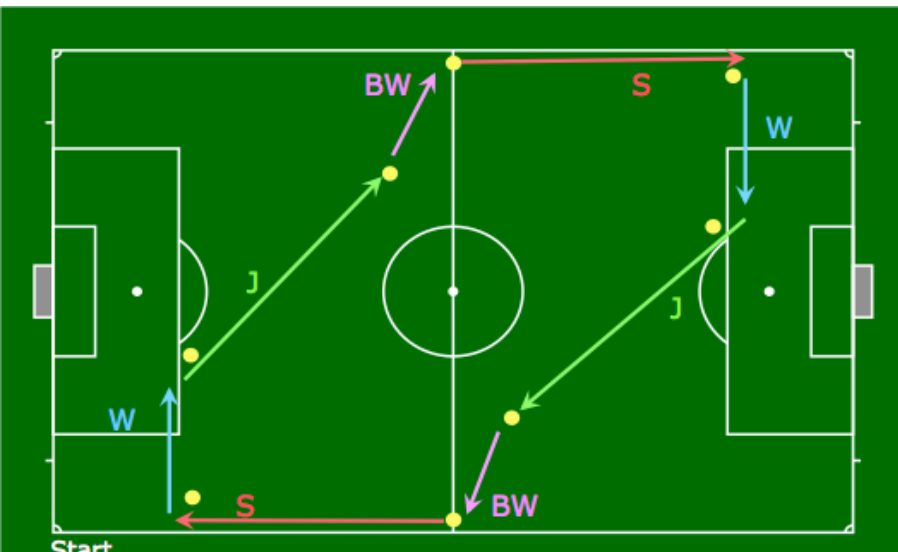
Total duration: 65'

Wed. 22nd: REST DAY

- Thu. 23rd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 128
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * Speed End. - 1 Set of the below exercise takes \pm 8'.
- 50 m sprint (\pm 10"), walking back 30", 5 x, 1' rest
- 25 m sprint (\pm 5"), walking back 15", 5 x, 1' rest
- 16 m sprint (\pm 3"), walking back 9", 5 x
- 4' recovery
- * Speed End. - 1 set of the following Field exercise for a total of 10'.



Performance Training in Football Refereeing Weekly Training Plan



2 sets of 5 laps

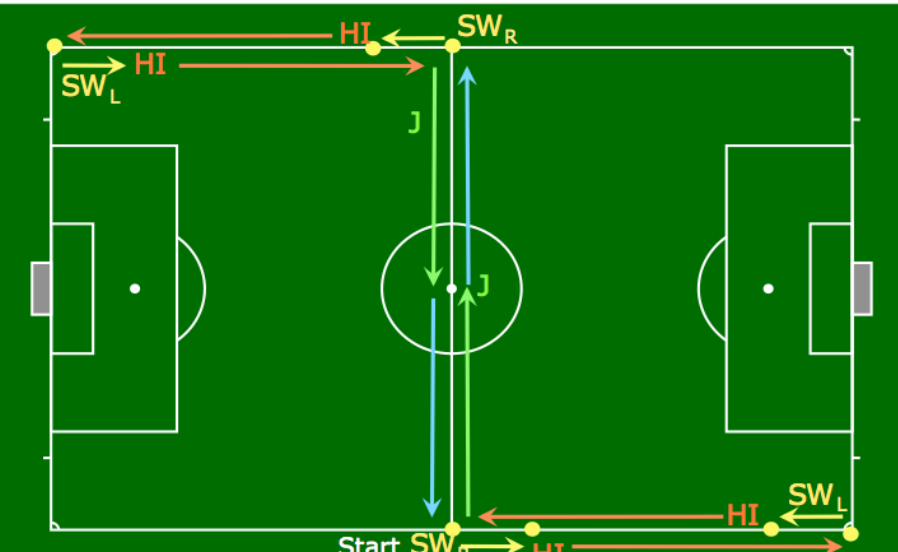
One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

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

- All together, this exercise takes 8' + 4' recovery + 10' = 22'.

* 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
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' of jogging and walking, followed by 10' of static stretching.

Total duration: 82'

Fri. 24th:

REST DAY

Sat. 25th:

* Warm up

- 20' warm up, mobilisation and dynamic stretching.

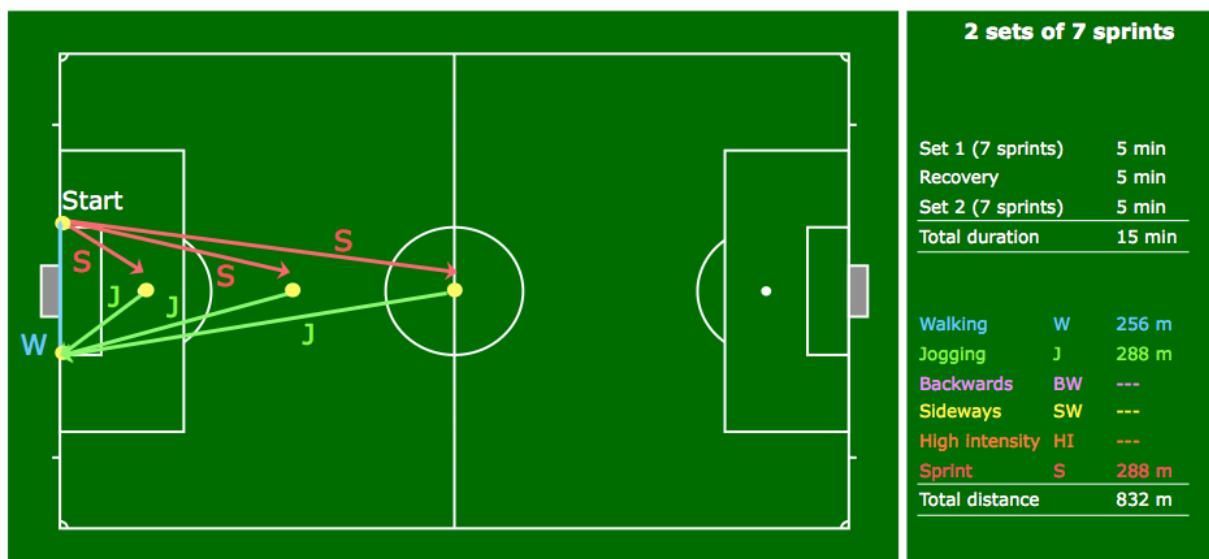
Tr. 129



Performance Training in Football Refereeing Weekly Training Plan

* Speed

- Set 1:
 - 1) 11 m sprint, 11 m jogging, walking to the start, 4 reps
 - 2) 25 m sprint, 25 m jogging, walking to the start, 2 reps
 - 3) 50 m sprint, 50 m jogging, walking to the start, 1 rep
- 5' recovery and stretching
- Followed by a 2nd Set of 7 sprints



- The total exercise time is 15'. The total sprint distance is 288 m.

* High Int.

- Set 1:
 - 8 shuttles of 2 x 40 m (40 m – turn - 40 m – turn) in 17"
 - 20" recovery walk (40 m)
 - 8 reps in total
 - 2' recovery between sets

Turning line

Start/Finish line



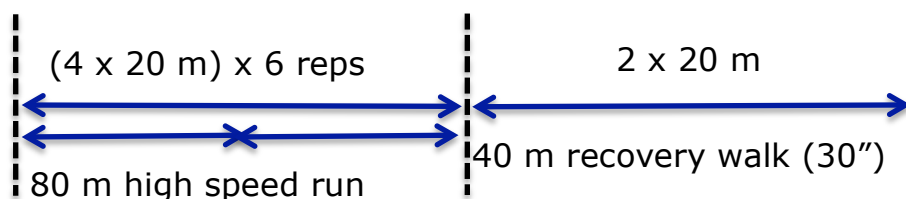


Performance Training in Football Refereeing Weekly Training Plan

- Set 2:
- 6 shuttles of 4 x 20 m (20 m – turn - 20 m – turn – 4 x) in 19"
- 20" recovery walk (40 m)
- 6 reps in total
- 2' recovery between sets

Turning line

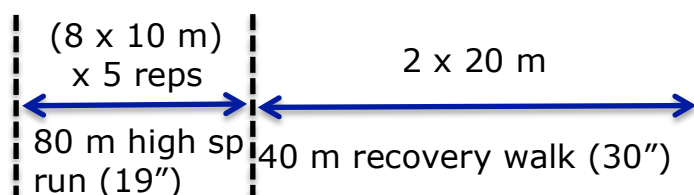
Start/Finish line



- Set 3:
- 5 shuttles of 8 x 10 m (10 m – turn - 10 m – turn – 8 x) in 21"
- 20" recovery walk (40 m)
- 5 reps in total
- 2' recovery

Turning line

Start/Finish line



- All together, this exercise takes 17'.
- 1520 m of high-intensity running, 760 m walking, 61 turns in total.

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

Total duration: 50'

Sun. 26th: 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,...).

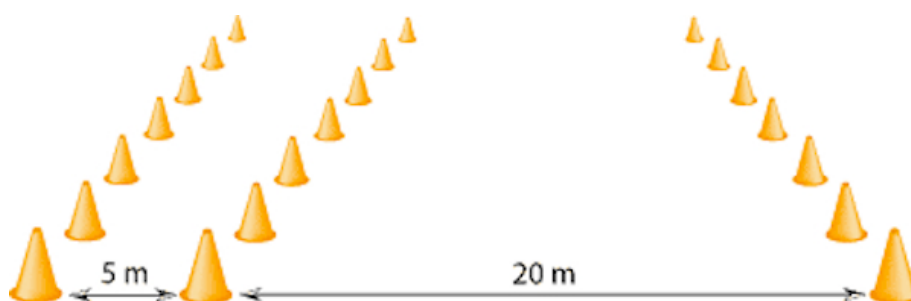
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 5 from Monday 27th of January to Sunday 2nd of February Macrocycle VI, week 5 (Training week 35)

- Mon. 27th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 130
- Tue. 28th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 131
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * High Int. - Yo-Yo intermittent recovery run, level 1



SPEED LEVEL

INTERVALS

5	1						
	(40)						
9	1						
	(80)						
11	1	2					
	(120)	(160)					
12	1	2	3				
	(200)	(240)	(280)				
13	1	2	3	4			
	(320)	(360)	(400)	(440)			
14	1	2	3	4	5	6	7
	(480)	(520)	(560)	(600)	(640)	(680)	(720)
15	1	2	3	4	5	6	7
	(800)	(840)	(880)	(920)	(960)	(1000)	(1040)
16	1	2	3	4	5	6	7
	(1120)	(1160)	(1200)	(1240)	(1280)	(1320)	(1360)
17	1	2	3	4	5	6	7
	(1440)	(1480)	(1520)	(1560)	(1600)	(1640)	(1680)
18	1	2	3	4	5	6	7
	(1760)	(1800)	(1840)	(1880)	(1920)	(1960)	(2000)
19	1	2	3	4	5	6	7
	(2080)	(2120)	(2160)	(2200)	(2240)	(2280)	(2320)
20	1	2	3	4	5	6	7
	(2400)	(2440)	(2480)	(2520)	(2560)	(2600)	(2640)
21	1	2	3	4	5	6	7
	(2720)	(2760)	(2800)	(2840)	(2880)	(2920)	(2960)
22	1	2	3	4	5	6	7
	(3040)	(3080)	(3120)	(3160)	(3200)	(3240)	(3280)
23	1	2	3	4	5	6	7
	(3360)	(3400)	(3440)	(3480)	(3520)	(3560)	(3600)

- International referees should aim for 18:2 or more. This corresponds to 1.800 m and takes 14'42".



Performance Training in Football Refereeing Weekly Training Plan

- National elite referees should aim for 17:6 or more. This corresponds to 1.640 m and takes 13'26".

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

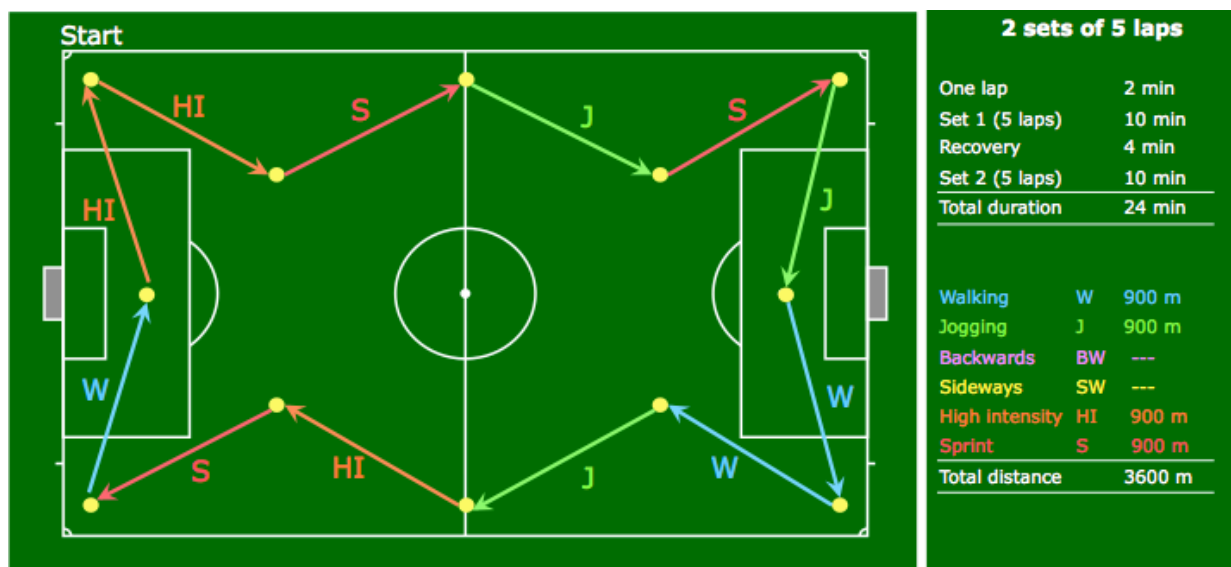
Total duration: 65'

Wed. 29th:

REST DAY

Thu. 30th:
Tr. 132

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km)
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * Speed End.
 - Set 1: Field exercise, 5 laps of 2' each.
 - During each lap, there are 12 different activities: walking (W), jogging (J), high intensity running (HI), sprinting (S).
 - 4' recovery
 - Set 2: Field exercise, another 5 laps of 2' each.



- All together, this exercise takes 10' + 4' recovery + 10' = + 24'.

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

Total duration: 84'

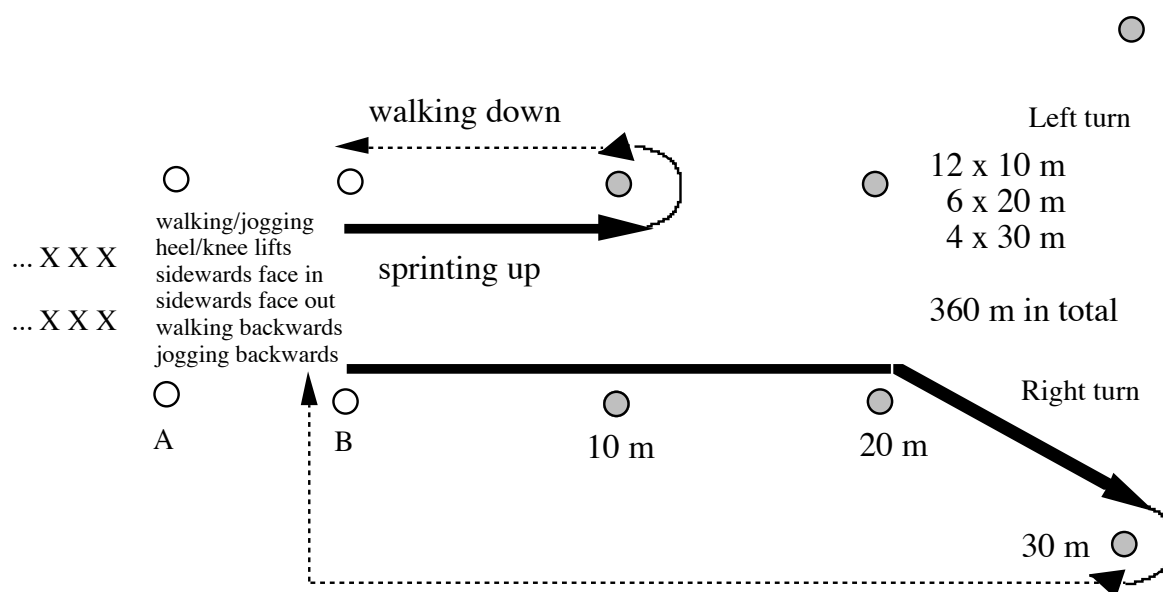
Fri. 31st:

REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Sat. 1st.
Tr. 133
- * Warm up
 - 20' warm up, mobilisation and dynamic stretching.
 - * Speed
 - Variations on the 30 m distance:
 - 10 m sprint up, 10 m walk down, 12 x or 120 m in total
 - 2' recovery and stretching
 - 20 m sprint up, 20 m walk down, 6 x or 120 m in total
 - 2' recovery and stretching
 - 30 m sprint up, 30 m walk down, 4 x or 120 m in total
(2 x with a change in direction to the left, 2 x to the right)



- The total exercise time is 15'.

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

Total duration: 50'

Sun. 2nd. 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,...).

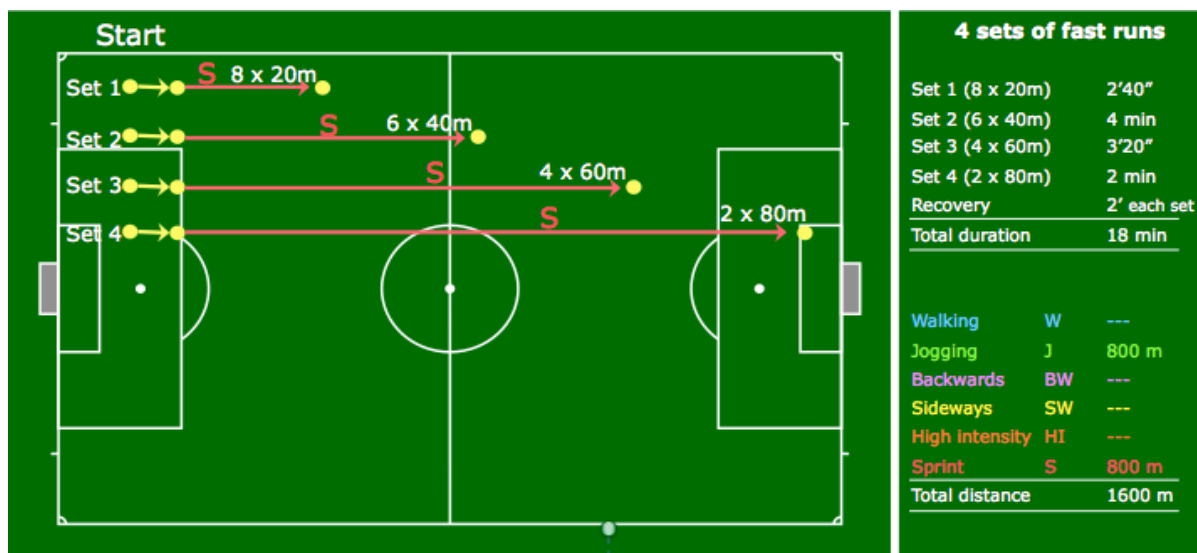
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 6 from Monday 3rd to Sunday 9th of February Macrocycle VI, week 6 (Training week 36)

- Mon. 3rd: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 134
- Tue. 4th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 135
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * Ext. Speed
- Set 1 (using a dynamic start):
 - > 8 fast runs over 20 m (\pm 3")
 - > 2' recovery
 - Set 2 (using a dynamic start):
 - > 6 fast runs over 40 m (\pm 6")
 - > 2' recovery
 - Set 3 (using a dynamic start):
 - > 4 fast runs over 60 m (\pm 9")
 - > 2' recovery
 - Set 4 (using a dynamic start):
 - > 2 fast runs over 80 m (\pm 12")
 - > 2' recovery





Performance Training in Football Refereeing Weekly Training Plan

- All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
Set 1 every 20"	Set 1 every 25"
Set 2 every 40"	Set 2 every 45"
Set 3 every 50"	Set 3 every 55"
Set 4 every 60"	Set 4 every 65"

- The total duration of this extended speed session is $\pm 18'$.

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

Total duration: 68'

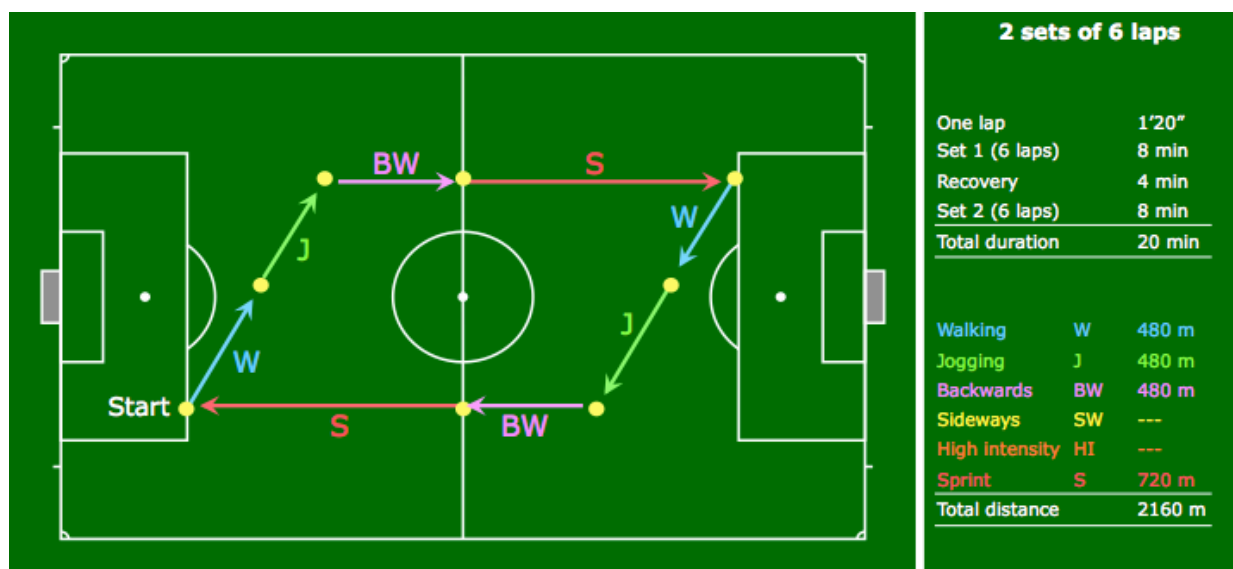
Wed. 5th:

REST DAY

Thu. 6th:

Tr. 136

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' warm up, mobilisation and dynamic stretching.
- * Strength - Strength, core stability and injury prevention exercises.
- * Speed End. - Field exercise (below) for a total of 8' or 6 laps.

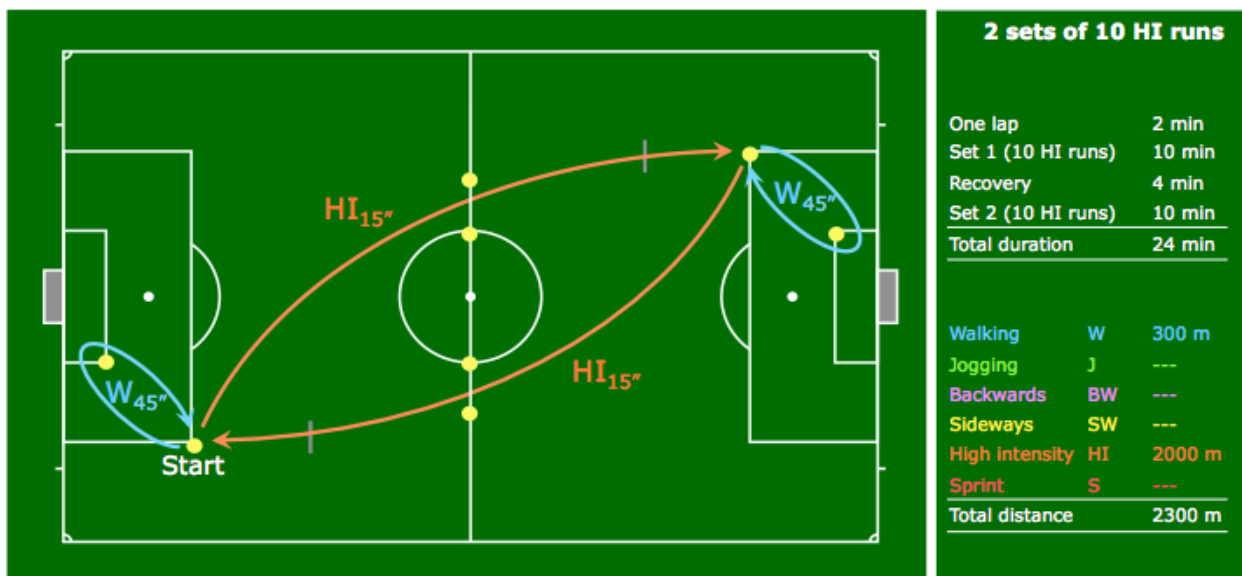




Performance Training in Football Refereeing Weekly Training Plan

- 4' recovery

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



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

* Match

- 10' match play.

* Cool down

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

Total duration: 82'

Fri. 7th:

REST DAY

Sat. 8th:

* Warm up

- 20' warm up, mobilisation and dynamic stretching.

Tr. 137

* Speed

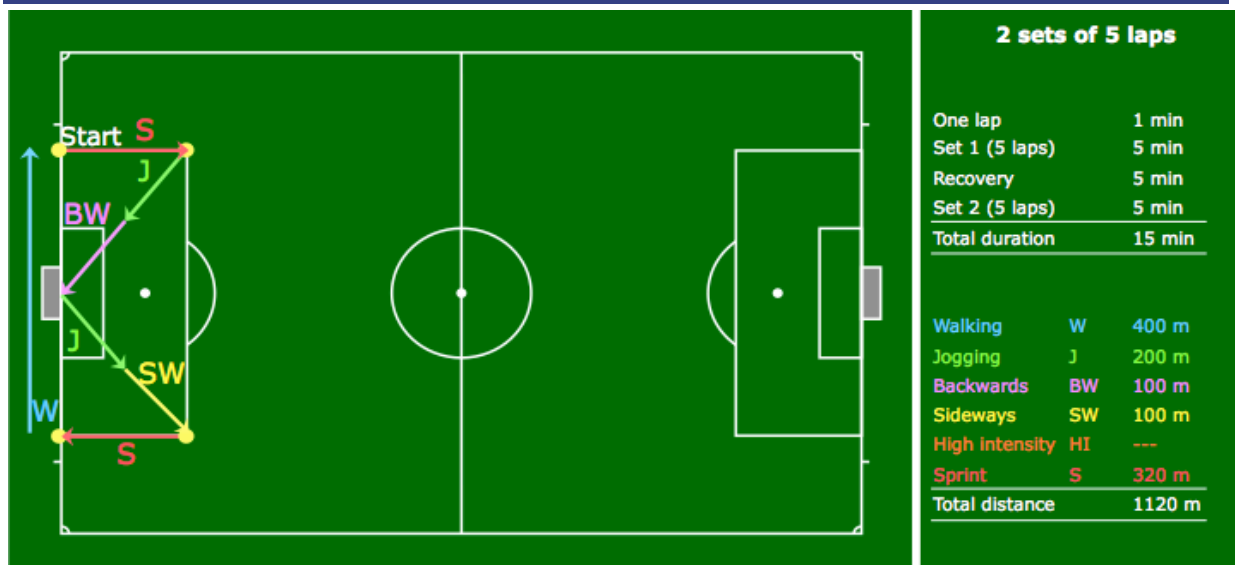
- Set 1: Sprint exercise in the penalty box, 5 laps in total.

- 5' recovery

- Set 2: Sprint exercise in the penalty box, again 5 laps in total.



Performance Training in Football Refereeing Weekly Training Plan



- The total exercise time is 15'.

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

Total duration: 50'

Sun. 9th:

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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.