



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 41 from Monday 10<sup>th</sup> to Sunday 16<sup>th</sup> of October Macrocycle IV, week 1 (Training week 19)

Mon. 10<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.  
Tr. 70

Tue. 11<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 71

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

\* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=irvP0vuEMk4>

\* Speed/Agility - short sprints from a dynamic position (heel lifts, knee lifts,...).

- Set 1 (right turn):  
(2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

- Recovery: 5 min

- Set 2 (left turn):  
(2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

2 sets of 10 sprints		
Set 1 (10 sprints)		5 min
Recovery		5 min
Set 2 (10 sprints)		5 min
Total duration		15 min
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High Intensity	HI	--- m
Sprint	S	300 m
Total distance		600 m

- In total, this exercise takes 15'. The total sprint distance is 300 m.

\* High Int. - High intensity interval run in combination with decision making

Set 1: From start 1 & 2, run at high intensity to the other penalty area, turn around the cone (a beep signal is given for the timing) and return at the same pace to the penalty area (150 m in total in 30 sec). Watch carefully the incident on a big screen. Then walk to your coach to report the technical and disciplinary decision. Finally, walk back to the starting position and repeat this 10 to 12 times. No talking allowed with partner.



# Performance Training in Football Refereeing Weekly Training Plan

- 3' recovery

- Set 2: Same as set 1, however, we start on the opposite starting position to turn on the other shoulder.

- Perception & decision making: Following each run, there is a challenging incident shown on a big screen. You will first see an overview followed by a close-up. You need to take a technical and disciplinary decision.

2 sets of 10 HI runs	
One lap	1'30"
Set 1 (10 HI runs)	15'00"
Recovery	3 min
Set 2 (10 HI runs)	15'00"
<hr/>	
Total duration	33'00"
<hr/>	
Walking	W 500 m
Jogging	J ---
Backwards	BW ---
Sideways	SW ---
High intensity	HI 3000 m
Sprint	S ---
Total distance	3500 m

\* High Int. ARs - Yo-Yo based exercise as follows (by preference on natural grass):

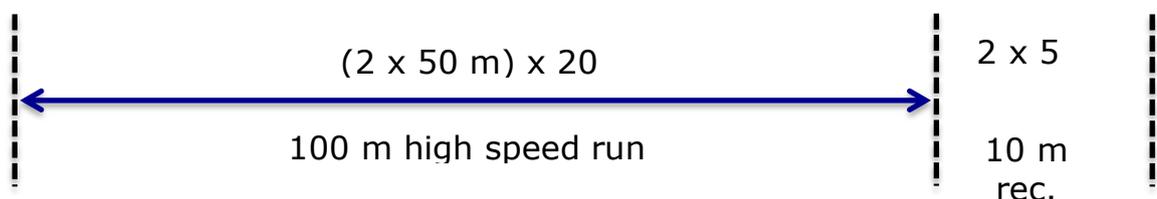
- Set 1:

- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

- 3' recovery

## Turning

## Start/Finish



- Set 2:

- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

- All together, this exercise takes 15'20"

- 2000 m of high-intensity running, 200 m walking, 20 turns in total



# Performance Training in Football Refereeing Weekly Training Plan

- Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!

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

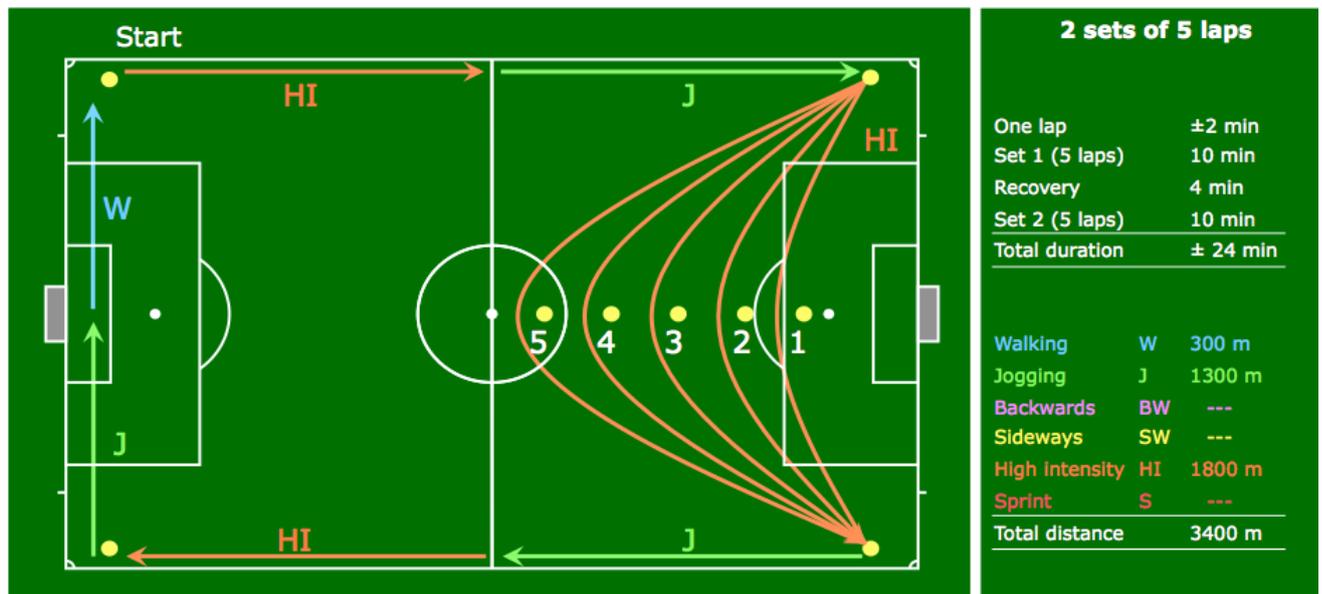
Total duration: 91' & 85'

Wed. 12<sup>th</sup>:

REST DAY

Thu. 13<sup>th</sup>:  
Tr. 72

- \* 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' strength, core stability and injury prevention exercises.
- \* High Int.
  - Set 1: Referees perform 5 laps
  - From the start, run at the appropriate intensity around the pitch perimeter.
  - However, on lap 1 run around cone 1, and so on up to cone 5 on lap 5, thus increasing the run distance with each subsequent lap.
  - The running should be  $\frac{3}{4}$  pace (the HR that it will elicit should be 85-94%HR<sub>max</sub>).
  - 2' recovery



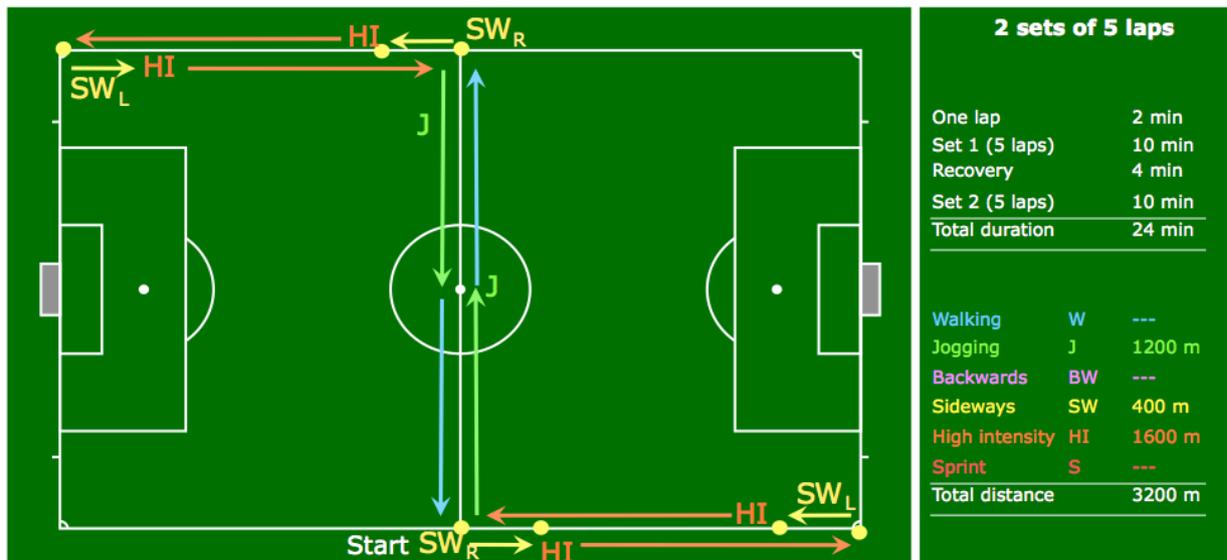
- Set 2:  
- However, on lap 1 start with cone 5, and on lap 5 finish with cone 1, thus decreasing the run distance with each subsequent lap.

\* HI for ARs  
- This exercise takes  $\pm$  22' (10' Set 1 + 2' recovery + 10' Set 2).  
- While the referees perform their 2 sets of the HI exercise, the next HI exercise can be considered for the assistant referees.



# Performance Training in Football Refereeing

## Weekly Training Plan



**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 5 laps of the same exercise.

- \* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

Fri. 14<sup>th</sup>: REST DAY

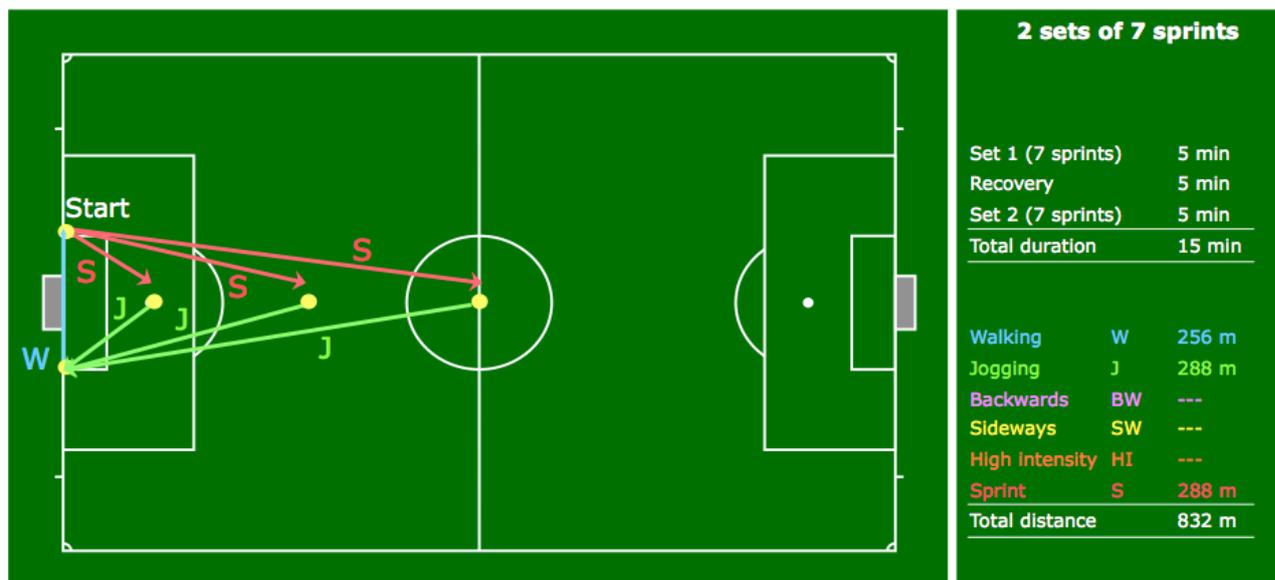
Sat. 15<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 73

- \* 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 2<sup>nd</sup> Set of 7 sprints.



## Performance Training in Football Refereeing Weekly Training Plan



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

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

Total duration: 50'

Sun. 16<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,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

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



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 42 from Monday 17<sup>th</sup> to Sunday 23<sup>rd</sup> of October Macrocycle IV, week 2 (Training week 20)

Mon. 17<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.  
Tr. 74

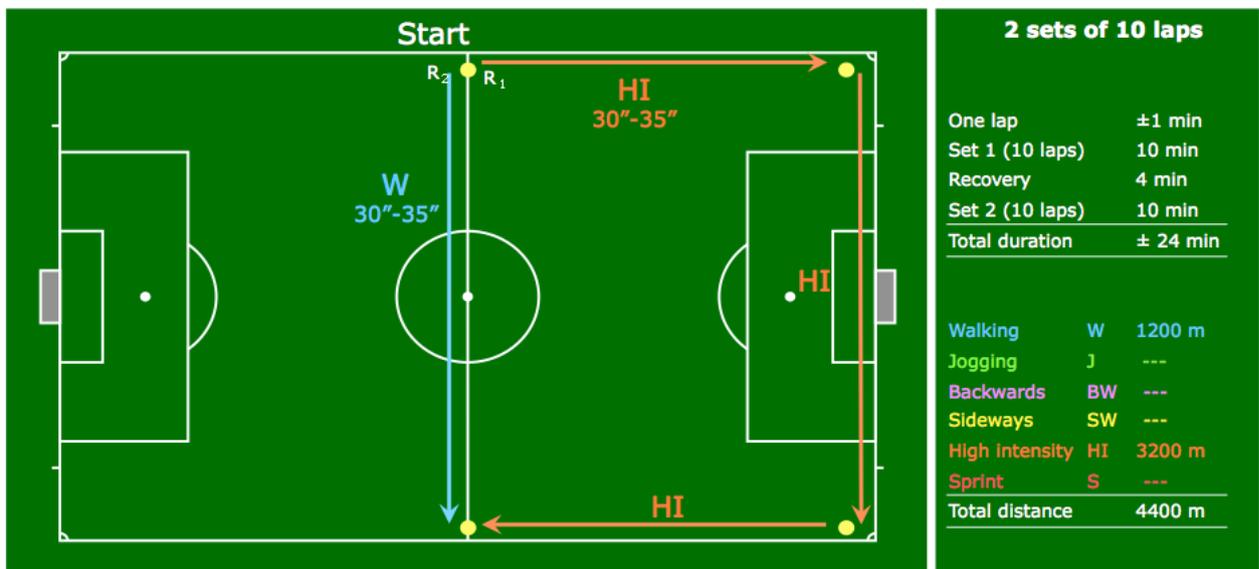
Tue. 18<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 75

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

\* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=ov91YQWISFg>

\* High Int. - Set 1: Referee 1 performs a HI run clockwise from the midline to the corner flag, then across the goal line to the other corner flag, and finally to the other side of the midline. In the meantime, Referee 2 has to cross the midline by walking or jogging. He has to arrive at the other side when Referee 1 arrives. When they meet, their roles change, i.e. Referee 2 performs a HI run counter-clockwise the same trajectory, while Referee 1 recovers by walking / jogging back to the starting position. The second set of the HI-runs starts on the other side of the field so that referees have to take the turns on the other 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

- Set 2: perform another 5 full laps (or 10 HI-runs for each).

- All together this exercise takes  $\pm$  22'.  
(10' Set 1 + 2' recovery + 10' Set 2)



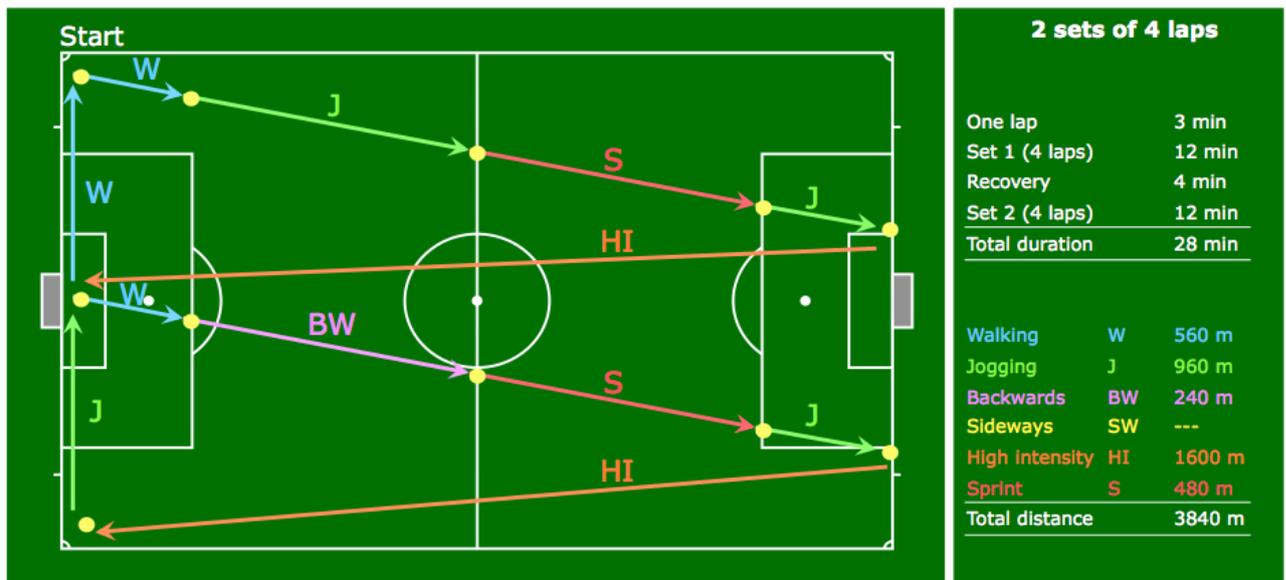
# Performance Training in Football Refereeing Weekly Training Plan

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

Total duration: 77'

Wed. 19<sup>th</sup>: REST DAY

- Thu. 20<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 76 \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
 \* Strength - 15' strength, core stability and injury prevention exercises.  
 \* High Int. - Submaximal Yo-Yo from the start until 15:8 for Referees and ARs.  
 \* Speed End. - Field exercise: Set 1: 4 laps of  $\pm$  3' each.  
 - 4' recovery



- Field exercise: Set 2: again 4 laps of  $\pm$  3' each.

- All together this exercise takes  $\pm$  28'.  
 (12' Set 1 + 4' recovery + 12' Set 2)

\* SE for ARs - While the referees perform their 2 sets of the SE exercise, 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
<b>Total duration</b>		<b>14 min</b>

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

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

Total duration: 93'

Fri. 21<sup>st</sup>: REST DAY

Sat. 22<sup>nd</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 77

\* Speed - Set 1: Centre circle sprint, 5 x from start to finish (5').

- 5' recovery

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	400 m
Jogging	J	400 m
Backwards	BW	400 m
Sideways	SW	0 m
High intensity	HI	500 m
Sprint	S	300 m
<b>Total distance</b>		<b>2000 m</b>

- Set 2: Centre circle sprint, 5 x from start to finish (5').

- The total exercise time is 15'. The total sprint distance is 360 m.

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



## Performance Training in Football Refereeing Weekly Training Plan

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Total duration: 50'

Sun. 23<sup>rd</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,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

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



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 43 from Monday 24<sup>th</sup> to Sunday 30<sup>th</sup> of October Macrocycle IV, week 3 (Training week 21)

Mon. 24<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.  
Tr. 78

Tue. 25<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).  
Tr. 79

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

\* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=qhhfalnu4fk>

\* High Int. - Referees:

**3 sets of 5 HI runs**

Set 1 (5 HI runs)	2.5 min
Recovery	1 min
Set 2 (5 HI runs)	5 min
Recovery	2 min
Set 3 (5 HI runs)	7.5 min
<b>Total duration</b>	<b>± 18 min</b>

Walking	W	465 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2250 m
Sprint	S	---
<b>Total distance</b>		<b>2715 m</b>

\* High Int. - Assistant Referees:

**Assistant Referees**

Set 1 (15 HI runs)	5 min
Recovery	1 min
Set 2 (8 HI runs)	5 min
Recovery	2 min
Set 3 (5 HI runs)	5 min
<b>Total duration</b>	<b>± 18 min</b>

Walking	W	465 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2250 m
Sprint	S	---
<b>Total distance</b>		<b>2715 m</b>



# Performance Training in Football Refereeing Weekly Training Plan

- 2' recovery

\* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>)

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

Total duration: 85'

Wed. 26<sup>th</sup>:

REST DAY

Thu. 27<sup>th</sup>:  
Tr. 80

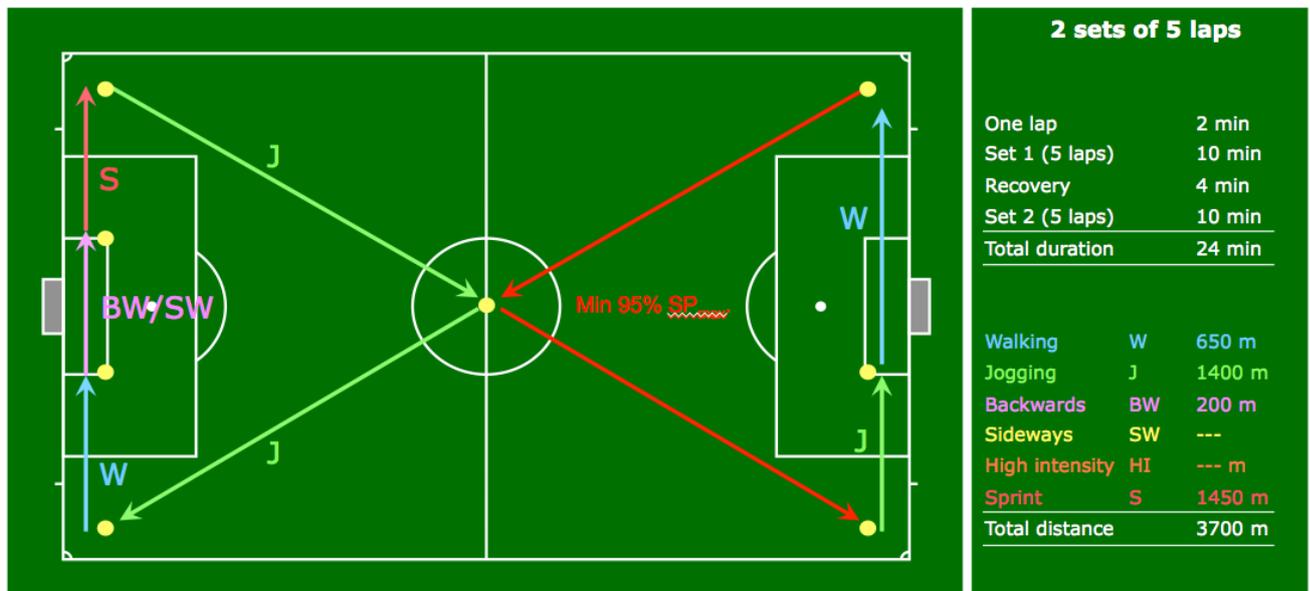
\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

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

\* Strength - 15' strength, core stability and injury prevention exercises.

\* Speed End. - Set 1: Field exercise for both REFs and ARs, 5 laps of  $\pm$  2' each.

Each diagonal run is performed at minimum 95% SP<sub>max</sub>.



- 4' recovery

- Set 2: Field exercise, 5 laps of  $\pm$  2' each.

- All together, this exercise takes 24' (including recovery).

\* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>)

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

Total duration: 89'

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

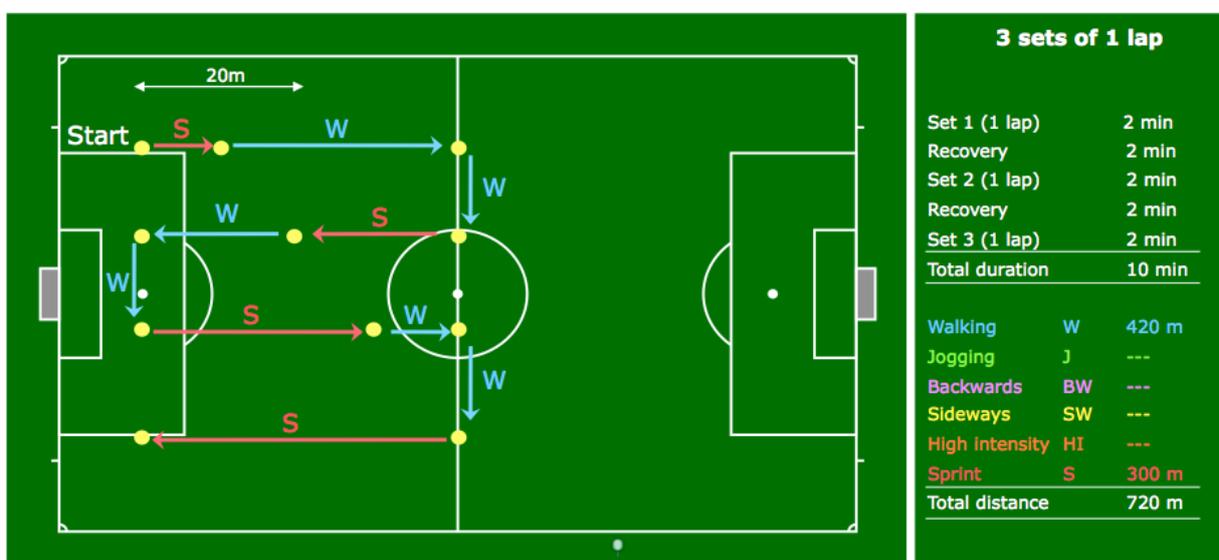
REST DAY

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

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

Tr. 81

- \* Speed
  - Set 1: Sprint exercise with 12 sprints in total:
    - (1) Sprint for 10 m, then walk for 30 m.
    - (2) Sprint for 20 m, then walk for 20 m.
    - (3) Sprint for 30 m, then walk for 10 m.
    - (4) Sprint for 40m.
  - 2' recovery
  - Set 2: Now start first with 40 m and then work down to 10 m.
  - 2' recovery, stretching, and drinking break.
  - Set 3: Now repeat Set 1.



- The total exercise time is 15'. The total sprint distance is 300 m.

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

Total duration: 50'

Sun. 30<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,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

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



# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 44 from Monday 31<sup>st</sup> of October to Sunday 6<sup>th</sup> of November

#### Macrocycle IV, week 4 (Training week 22)

Mon. 31<sup>st</sup>. \* Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.  
Tr. 82

Tue. 1<sup>st</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 83

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

\* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=G8ZaToDUXBM>

\* High Int.

- Set 1: takes 12' (8' HI running & 4' recovery jogging)
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)

- 2' recovery

- Set 2: again 12' (8' HI running & 4' recovery jogging)
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)

- All together, this exercise takes 12' + 2' recovery + 12' = 26'

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

Total duration: 81'

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

Thu. 3<sup>rd</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 84

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

\* Strength - 15' strength, core stability and injury prevention exercises.

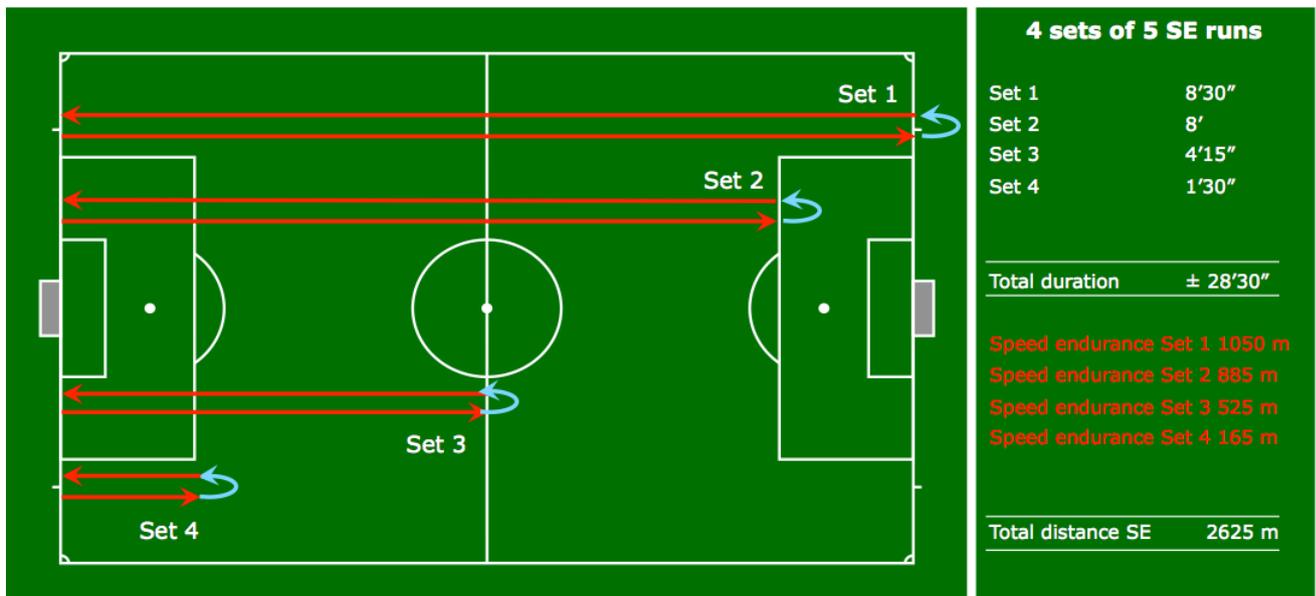
\* Speed End. - Each run is performed at minimum 95% SP<sub>max</sub>.

- Between each set, there is a 2' active recovery.



## Performance Training in Football Refereeing Weekly Training Plan

- Set 1:
  - From goal line to goal line and back ( $\pm 40''$ )
  - 1' recovery
  - Repeat 5 x
  - Total duration is 8'30'' (incl. recovery time)
- Set 2:
  - From goal line to opposite penalty area and back ( $\pm 35''$ )
  - 1' recovery
  - Repeat 5 x
  - Total duration is 8' (incl. recovery time)



- Set 3:
  - From goal line to mid line and back ( $\pm 20''$ )
  - 30'' recovery
  - Repeat 5 x
  - Total duration is 4'15'' (incl. recovery time)

- Set 4:
  - From goal line to penalty area and back ( $\pm 6''$ )
  - 10'' recovery
  - Repeat 5x
  - Total duration is 1'30'' (incl. recovery time)

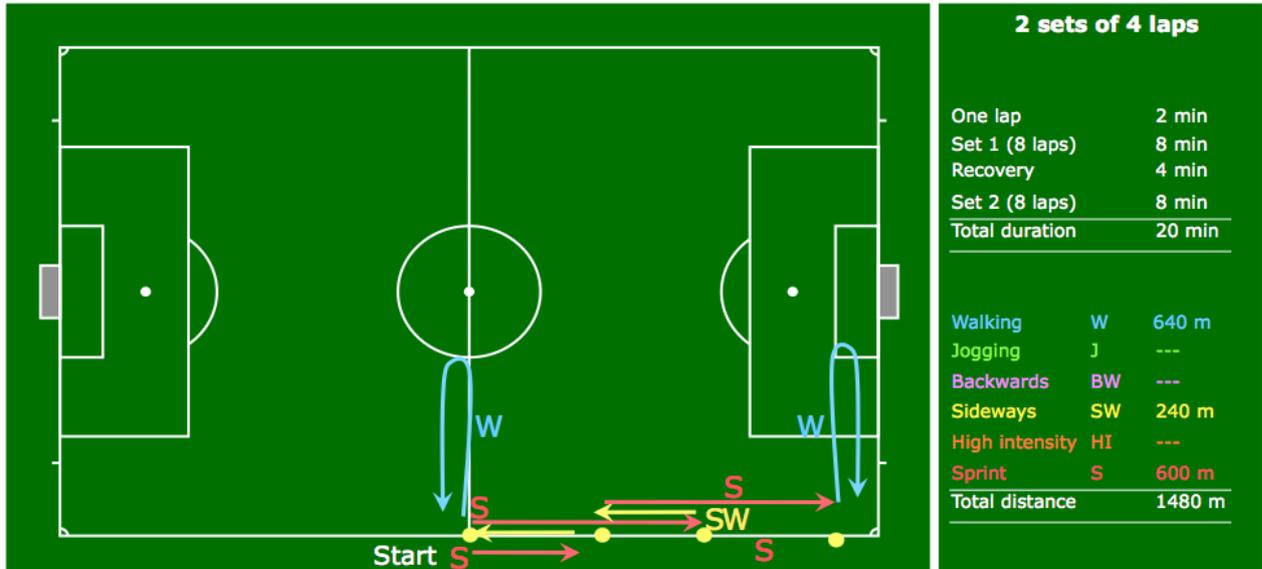
- All together, this exercise consists of 20 speed endurance runs and the duration of the total exercise is  $\pm 28'30''$ .

\* SE for ARs

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



# Performance Training in Football Refereeing Weekly Training Plan



- \* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>)
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 94'

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

REST DAY

Sat. 5<sup>th</sup>:

Tr. 85

- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Speed - Short sprints from a dynamic position (heel lifts, knee lifts,...).
- Set 1 (right turn):  
(2 x 10 m) - (2 x 20 m) - (2 x 30 m) - (2 x 40 m)
- 5' recovery
- Set 2 (left turn):  
(2 x 40 m) - (2 x 30 m) - (2 x 20 m) - (2 x 10 m)



## Performance Training in Football Refereeing Weekly Training Plan

2 sets of 10 sprints		
Set 1 (8 sprints)		4 min
Recovery		5 min
Set 2 (8 sprints)		4 min
<b>Total duration</b>		<b>18 min</b>
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	200 m
<b>Total distance</b>		<b>500 m</b>

- In total, this exercise takes 15'. The total sprint distance is 300 m.

\* Cool down - 5' jogging and walking, followed by 10' static 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,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

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



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 45 from Monday 7<sup>th</sup> to Sunday 13<sup>th</sup> of November Macrocycle IV, week 5 (Training week 23)

Mon. 7<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.  
Tr. 86

Tue. 8<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 87

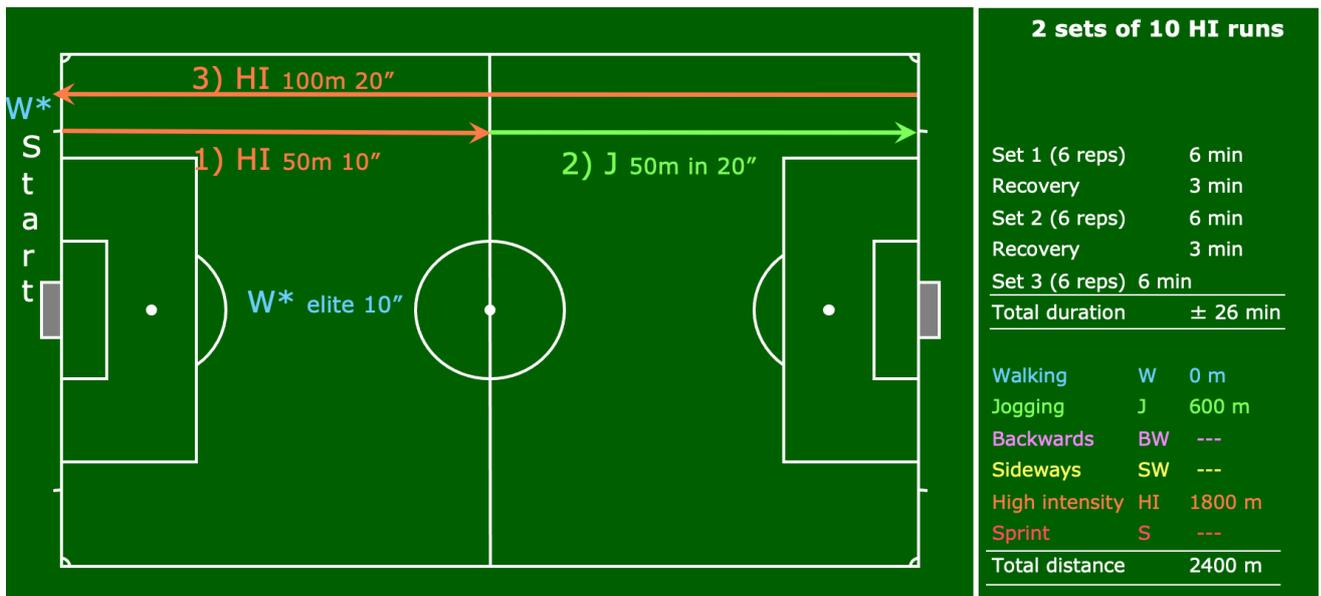
\* Warm up - 20' jogging, mobilisation and dynamic stretching.

\* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)  
[https://www.youtube.com/watch?v=P\\_l2utBObwU](https://www.youtube.com/watch?v=P_l2utBObwU)

\* High Int. - Set 1:  
- Run from goal line to midline at high intensity in 10".  
- Then, jog to the opposite goal line in 20".  
- Continue from goal line to the opposite goal line in 20".  
- Recovery time of only 10".  
- 6 reps.

- 3' recovery (according to level)

- Set 2: Again 6 reps.



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

Total duration: 81'

Wed. 9<sup>th</sup>: REST DAY

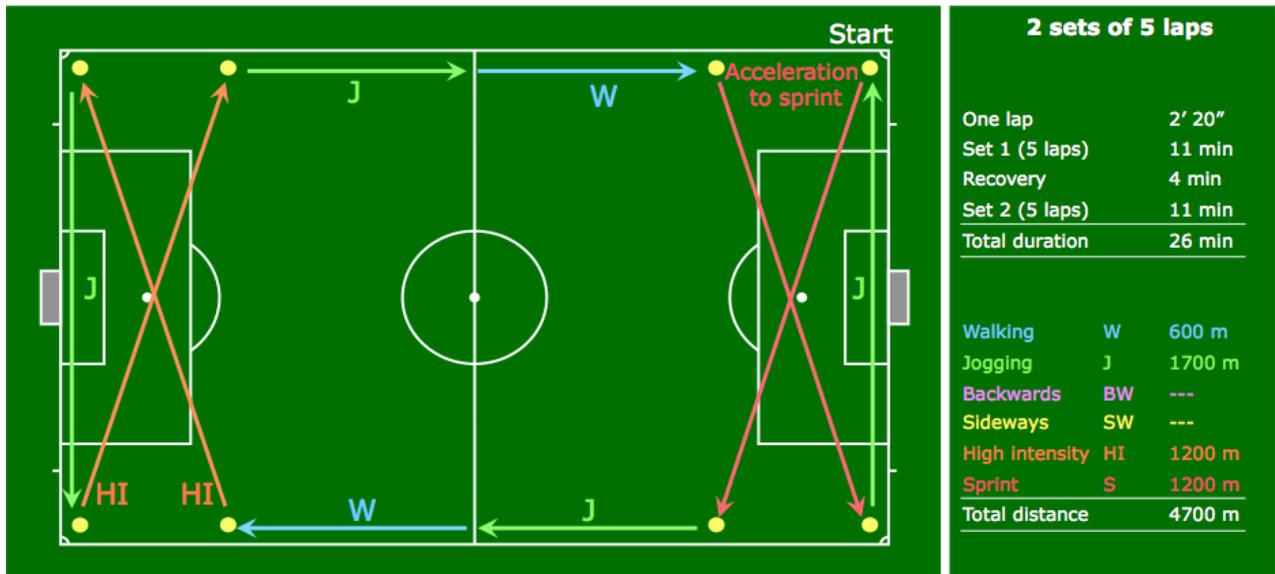
Thu. 10<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 88

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



# Performance Training in Football Refereeing Weekly Training Plan

- \* Strength - 15' strength, core stability and injury prevention exercises.
- \* Speed End.
  - Set 1: Field exercise, 5 laps or 10 high speed runs and 10 accelerations to minimum 95% SP<sub>max</sub>, starting at either one of the starting positions. This first run will take ± 11'.
  - 4' recovery
  - Set 2: Field exercise, again 5 laps or 20 high speed runs
  - Again, this second run will take ± 11'.



- All together, this exercise takes 11' + 4' recovery + 11' = 26'.
- The total distance covered in both HI and SE running is 1250 m.

- \* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

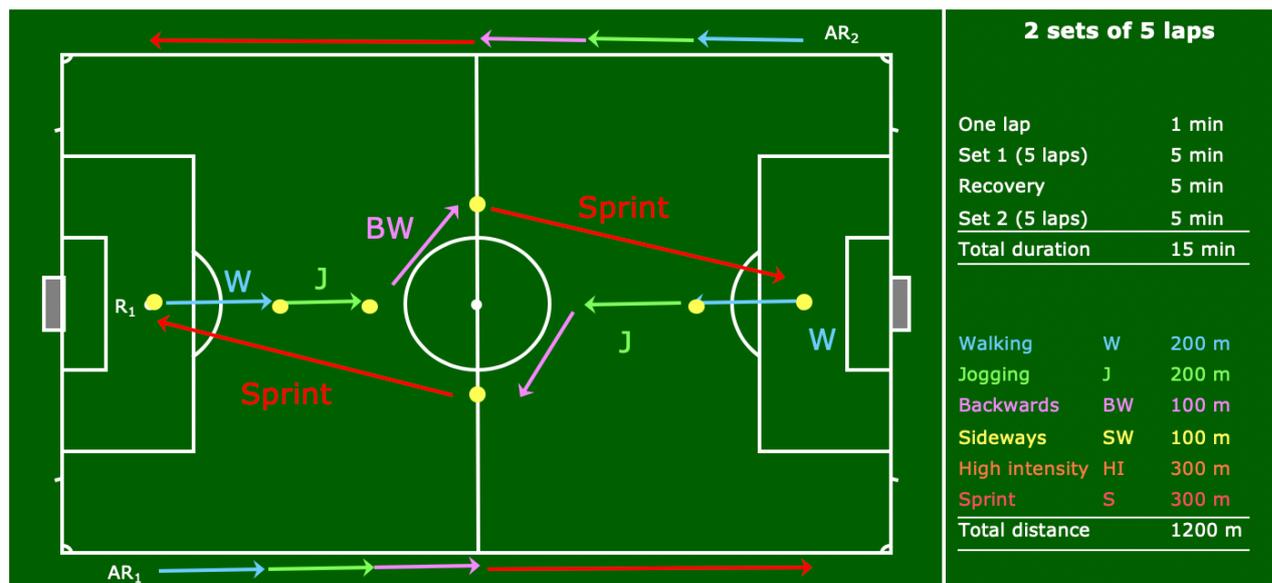
Total duration: 91'

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

- Sat. 12<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- Tr. 89 \* Speed - Set 1: Variation on centre circle sprint, 4 x from start to finish (5'). ARs use their flags and stay in line with the referee



## Performance Training in Football Refereeing Weekly Training Plan



- 5' recovery and stretching.

- Set 2: Centre circle sprint, 5 x from start to finish (5').

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

Total duration: 50'

Sun. 13<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,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

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



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 46 from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> of November Macrocycle IV, week 6 (Training week 24)

Mon. 14<sup>th</sup>: \* Act. Rec. - 5' recovery session in a fitness centre, including st. stretching.  
Tr. 90

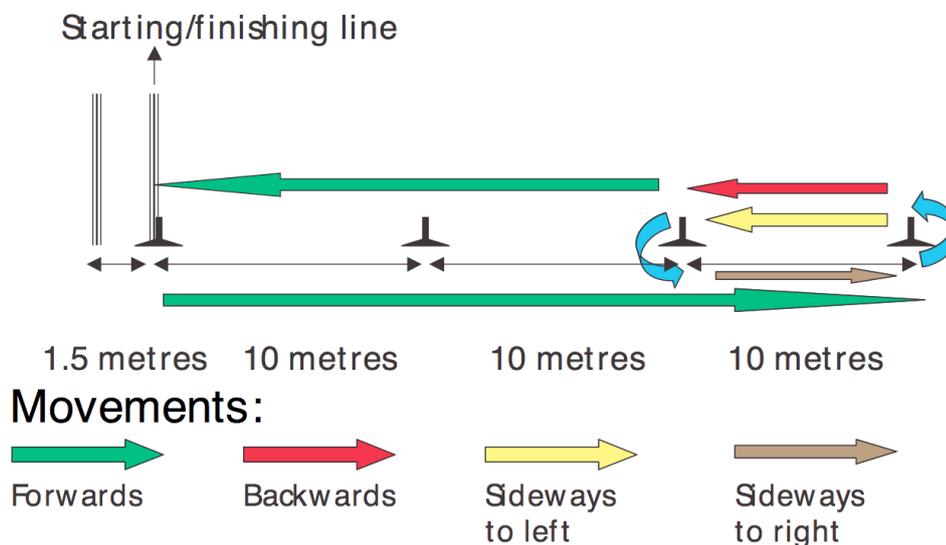
Tue. 15<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 91

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

\* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=1XSSek8RA8k>

\* Speed/Agility - Set 1: 80 m agility exercise, 1' rest, 4 reps.

- The exercise should be done at sprint pace, but with the correct variation in movements; forward, sideways (2 x), backwards, forwards.



- 2' recovery
- Perform a 2<sup>nd</sup> set of this exercise (4 reps).
- 2' recovery, stretching and drinking break.
- The total duration of this speed/agility session is  $\pm$  16' including 5' active recovery.





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In case of group sessions, 2 starting positions can be used (i.e. figure).

- 4' recovery

**6 SE runs**

Suicide run	9 min	
Recovery	3 min	
Total duration		± 12 min
Walking	W 0 m	
Jogging	J ---	
Backwards	BW ---	
Sideways	SW ---	
High intensity	HI 0 m	
Sprint	S 149 x 6	
Total distance		894 m

\* Speed End. - Just 1 Set of 5 laps: 'Referee run': 10'

**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 --- m	
Sprint	S 800 m	
Total distance		2300 m

- 3' recovery

- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.

\* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>).

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

Total duration: 87'

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

REST DAY



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## Weekly Training Plan

Sat. 19<sup>th</sup>. \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
Tr. 93

- \* Speed/Agility
- Set 1:
  - 5 x sprints as illustrated below
  - Slow walk back to the start after each sprint
  - Start each run on every 60"
  - 5' recovery and stretching

Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
<b>Total duration</b>	<b>15 min</b>

Walking	W	160 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	160 m
<b>Total distance</b>		<b>320 m</b>

- Set 2:
- Repeat Set 1

- The total duration is 15', with the total sprint distance being 320 m.

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

Total duration: 50'

Sun. 20<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,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

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