



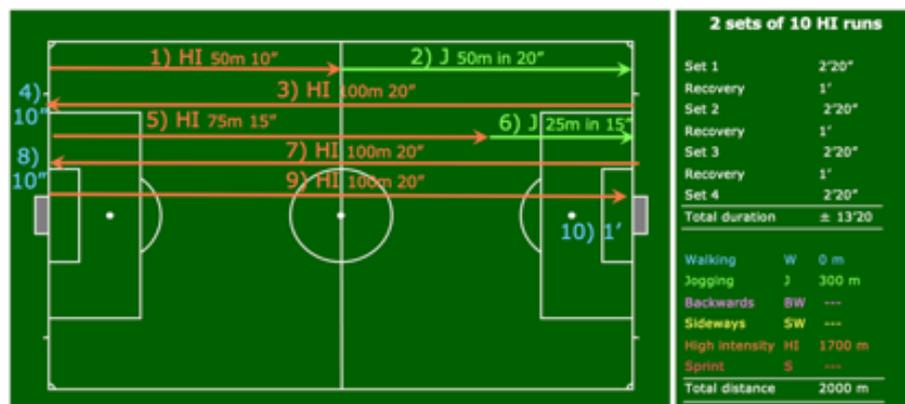
# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 1 from Monday 2<sup>nd</sup> to Sunday 8<sup>th</sup> of January Macrocycle VI, week 1 (Training week 31)

The training distances covered in High Intensity, Speed Endurance and Sprint, will decrease progressively, and become more intermittent over the next macro-cycle. Both training volume and intensity must be cycled throughout the competitive season in a proper way to make sure elite referees are fit and fresh after the winter break for both the European and domestic leagues.

Some new Referee SDS exercises for the Elite Referees and Yo-Yo based exercises for the New International Referees have been integrated that combine both internal and external loads, like the single-double-single HIT Monday 2<sup>nd</sup> (Tr. 117), Friday 6<sup>th</sup> (Tr. 119), Monday 11<sup>th</sup> (Tr. 120) and Tuesday 17<sup>th</sup> (Tr. 124). New functional training exercises have also been added.

- Mon. 2<sup>nd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).  
Tr. 117
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4 min each (1' rest between Sets)  
[https://www.youtube.com/watch?v=zWj\\_anABsRc](https://www.youtube.com/watch?v=zWj_anABsRc)
- \* High Int. Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)  
- Set 1: 1) Run from goal line to midline at high speed in 10". 2) jog to the opposite goal line in 20". 3) Run from goal line to goal line at high speed in 20". 4) 10" recovery. 5) Run from goal line to the opposite penalty arc in 15". 6) jog to the goal line in 25". 7) Run from goal line to goal line at high speed in 20". 8) 10" recovery. 9) Run from goal line to goal line at high speed in 20". 10) 1' recovery.  
- Set 2-3-4: same procedure
- Total distance: 1.700 m high-speed running.  
Total time: approximately 13 min.



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

Total duration: 79'

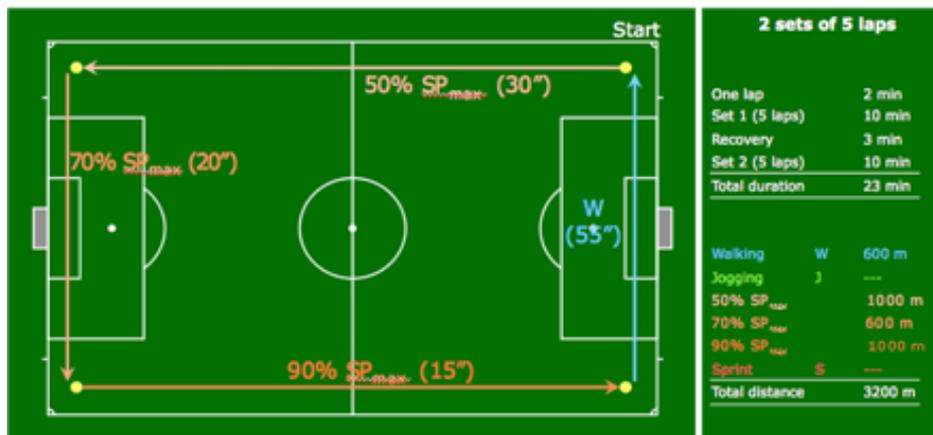
Tue. 3<sup>rd</sup>: REST DAY



# Performance Training in Football Refereeing

## Weekly Training Plan

- Wed. 4<sup>th</sup>:  
Tr. 118
- \* 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 & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4 min each (1' rest between Sets)  
[https://www.youtube.com/watch?v=zWj\\_anABsRc](https://www.youtube.com/watch?v=zWj_anABsRc)
  - \* Speed End. - Set 1:  
- Perform 5 laps ( $\pm$  2' per lap) of the following field exercise at the prescribed intensities.  
  
- 4' recovery  
  
- Set 2:  
- Perform another 5 laps.



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

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

Total duration: 79'

Thu. 5<sup>th</sup>: REST DAY

- Fri. 6<sup>th</sup>:  
Tr. 119
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Speed - Variations on the 80 m distance (see below) at 90% SPmax.  
- Set 1:  
- 20 m sprint up, 20 m walk down, 2 x  
- 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)  
- 1' 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)

- 2' recovery
- Set 2: Same exercise but in reversed order (80 > 60 > 40 > 20 m).
- The total exercise time is 14'.
- 3' recovery



- \* Cool down - 5' jogging and walking, followed by 10' static stretching.
- \* High Int. - In case you are not appointed for the next weekend you can consider doing one of the match simulation sessions (Ref Network)
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 61'

Sat. 7<sup>th</sup>: REST DAY

Sun. 8<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.

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 if you are used to these leisure activities.



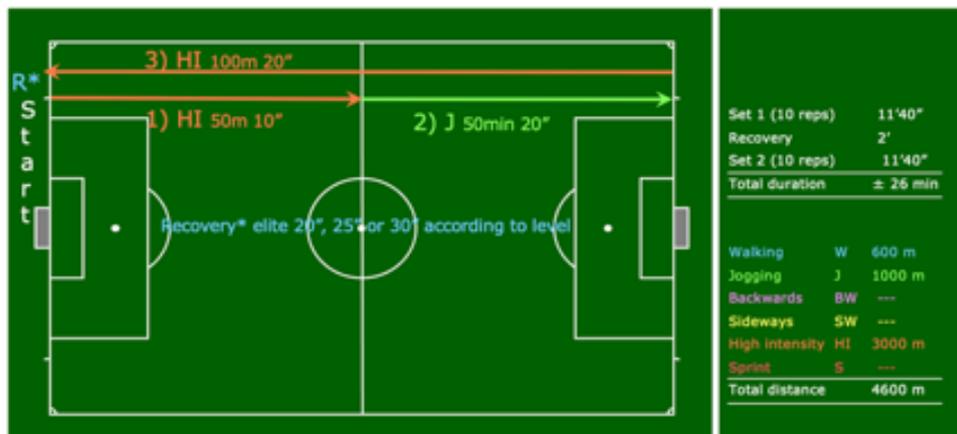
# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 2 from Monday 9<sup>th</sup> to Sunday 15<sup>th</sup> of January

#### Macrocycle VI, week 2 (Training week 32)

- Mon. 9<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 120
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=htvBzERVNiA&t=16s>
- \* High Int. - Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)  
- Set 1: Run from goal line to midline at high intensity in 10". Then, jog to the other goal line in 20". Continue from goal line to the opposite goal line in 20". Recovery time of 20", 10 reps.  
  
2' recovery  
- Set 2: Again 10 reps.  
  
Total distance: 4.600 m of which 3.000 m high-speed running  
Total time: approximately 26 min



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

Total duration: 79'

Tue. 10<sup>th</sup>: REST DAY

- Wed. 11<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 121
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=htvBzERVNiA&t=16s>



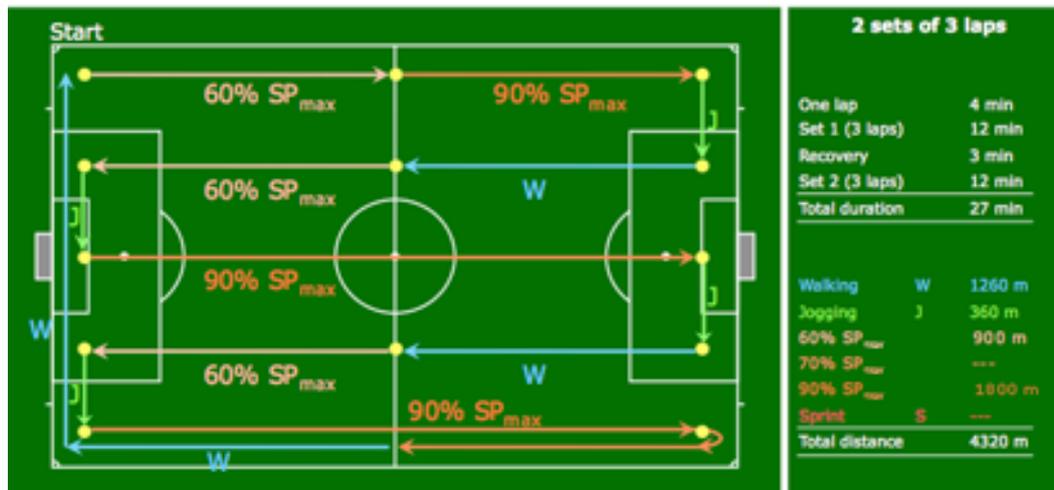
# Performance Training in Football Refereeing

## Weekly Training Plan

- \* Speed End. - Set 1: Field exercise, 3 laps.

One full lap takes  $\pm 4'$  before re-starting. The intensities or percentages are based on a % of maximal speed ( $SP_{max}$ ), not %  $HR_{max}$ . Therefore, 60%  $SP_{max}$  should be a jog and 90%  $SP_{max}$  should constitute a fast tempo run.

- 4' recovery



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

- All together this exercise takes 28'.

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

Total duration: 83'

Thu. 12<sup>th</sup>: REST DAY

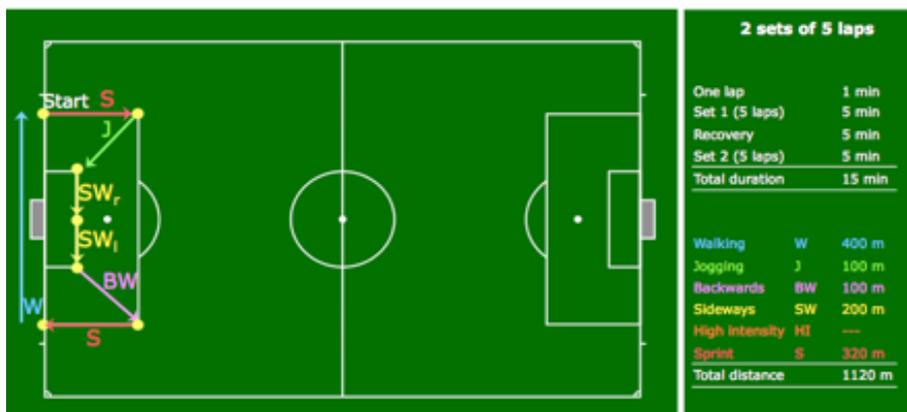
Fri. 13<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 122

\* Speed - 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.



- \* High Int. - If you don't have a match to referee in the weekend, Elite Referees can practice the next HI exercise to prepare for the tests that will be organised at the winter course.

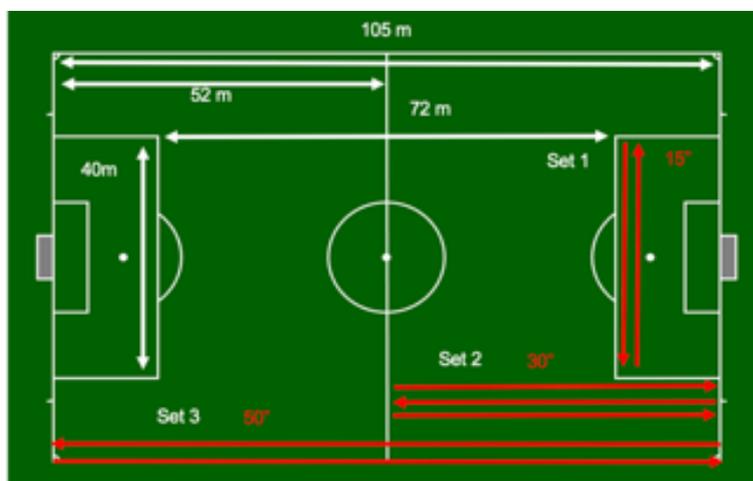
Each run to be performed at high speed / intensity (>88%HR<sub>max</sub>)

**3 sets of 6 min each:**

- Set 1: 12 x (2 x 40 m) in 15"-17", 15"-17" rest
- Set 2: 6 x (3 x 52 m) in 30"-33" max, 30"-33" rest
- Set 3: 4 x (2 x 105 m) in 42"-45", 42"-45" rest

2' recovery after each set

Total distance: 960 + 936 + 840 = 2.736 m high-speed running  
Total time: 24 min

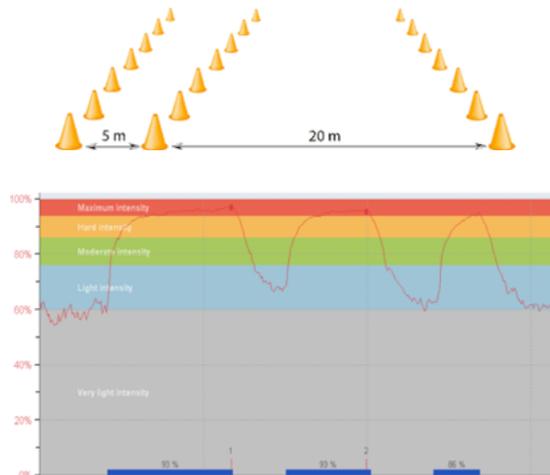


- \* High Int. - If you don't have a match to referee in the weekend, new International Referees can practice a variation of the Yo-Yo test to prepare for the tests that will be organised after the winter course.
- Set 1: start with levels 15, 16 and 17 (takes 7:30), 2 min rest
- Just start the mp3 file of the beep test at 6'45"
- Set 2: repeat levels 16 and 17 (takes 5 minutes), 2 min rest
- Just start the mp3 file of the beep test at 9'22"



## Performance Training in Football Refereeing Weekly Training Plan

- **Set 3:** repeat level 16 (takes 2:30), 2 min rest
- Just start the mp3 file of the beep test at 9'22"
- Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!
- Do this exercise by preference on natural grass rather than indoor.
- This exercise takes 21 min in total.



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

Total duration: 76'

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

Sun. 15<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.

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 if you are used to these leisure activities.



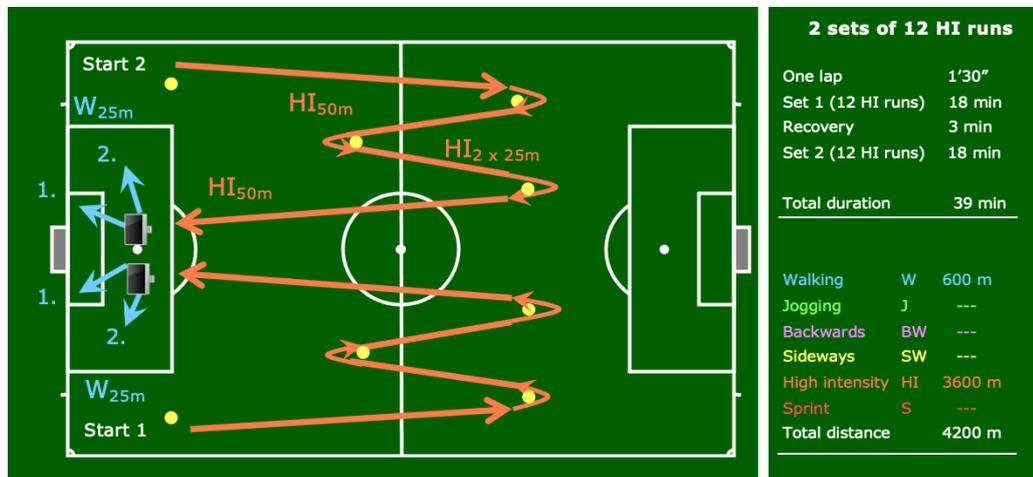
# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 3 from Monday 16<sup>th</sup> to Sunday 22<sup>nd</sup> of January

#### Macrocycle VI, week 3 (Training week 33)

- Mon. 16<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 123
- Tue. 17<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 124
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=3ELbsd5tJjE>
- \* 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 with 3 turns in 35 sec) as indicated in the picture, afterwards walk back to the start (50 m in 35 sec) and repeat 10 to 12 times.
- 2' recovery
- Set 2: Same as set 1, however, run in the other direction.
- Decision making: At the end of each HI run, referees run 150 m (2 x 75 m) have to take a technical and disciplinary decision using video clips.



- All together, this exercise takes 26'.

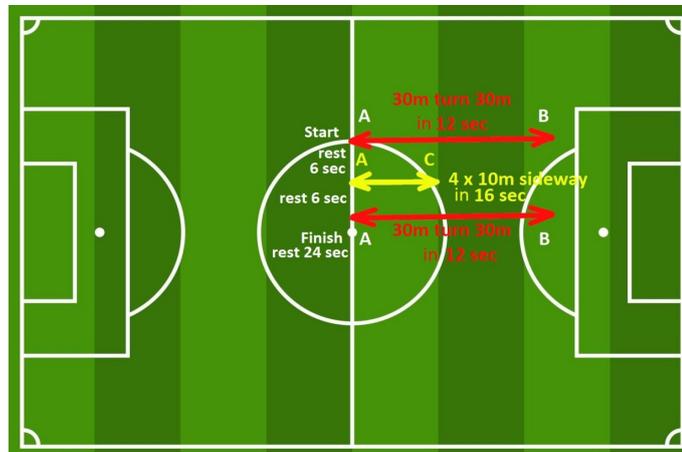
- \* High Int. - For ARs, there is a new **Double - Quadruple - Double** exercise:
- 1 Rep: ABA (12sec) Rest 6sec + AC - CA - AC - CA (16sec) Rest 6sec + ABA (12sec) Rest 24sec
  - 30m-turn-30m (ABA) + **4x 10m sideways (left, right, left, right) (AC-CA-AC-CA)** + 30m turn 30m (ABA)
  - 5 reps in one Set, 24" recovery between Reps



# Performance Training in Football Refereeing Weekly Training Plan

- 3 Sets of 5 reps, 72" recovery between Sets
- In total, it takes 20 min 12" to complete the DQD exercise for Ars

Timetable						
Lap	Recovery	A - B - A	Rest	AC - CA AC - CA	Rest	A - B - A
		Double		Quadruple		Double
1	00:00	00:12	00:18	00:34	00:40	00:52
2	01:16	01:28	01:34	01:50	01:56	02:08
3	02:32	02:44	02:50	03:06	03:12	03:24
4	03:48	04:00	04:06	04:22	04:28	04:40
5	05:04	05:16	05:22	05:38	05:44	05:56
<b>72" rest</b>						



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

Total duration: 84'

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

REST DAY

Thu. 19<sup>th</sup>:  
Tr. 125

- \* 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 & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4 min each (1' rest between Sets)  
<https://www.youtube.com/watch?v=3ELbsd5tJjE>

- \* Rep. Spr. Ab. - Set 1 at 90-95% SPmax:  
Altogether, 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:

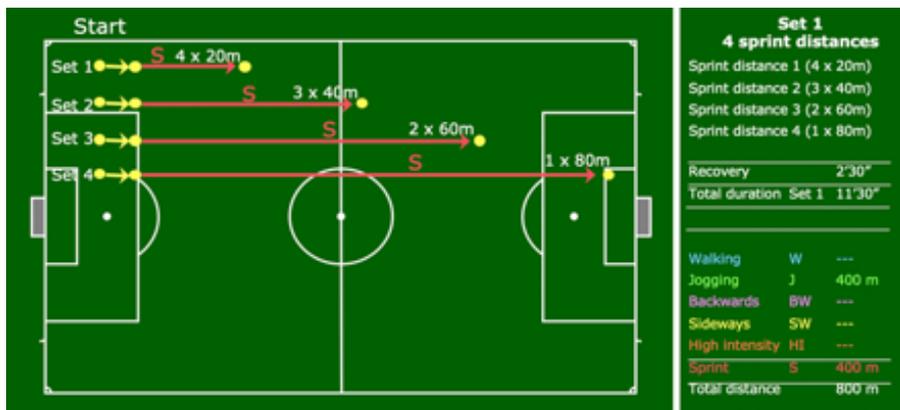
### TOP

- Set 1 every 20"
- Set 2 every 40"
- Set 3 every 50"
- Set 4 every 60"

### INTERMEDIATE

- Set 1 every 25"
- Set 2 every 45"
- Set 3 every 55"
- Set 4 every 65"

- 2' recovery between each set



- The total duration of this RSA session is ± 25'.

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

Total duration: 82'

Fri. 20<sup>th</sup>:

REST DAY

Sat. 21<sup>st</sup>:  
Tr. 126

- \* Warm up
- \* Speed

- 20' jogging, mobilisation and dynamic stretching.

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

- 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total.  
- 2' recovery and stretching

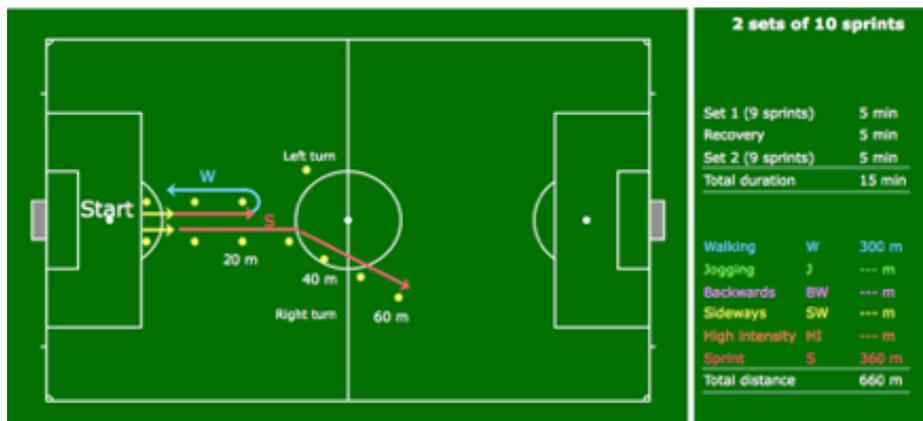
- 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total.  
(2 x with a change in direction to the left, 2 x to the right)  
- 3' recovery and stretching

- 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



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

Total duration: 65'

Sun. 22<sup>nd</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.

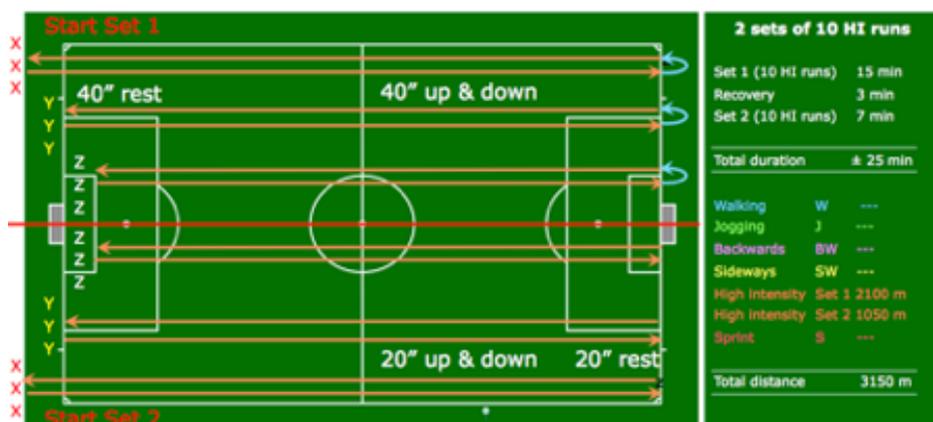
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 4 from Monday 23<sup>rd</sup> to Sunday 29<sup>th</sup> of January Macrocycle VI, week 4 (Training week 34)

- Mon. 23<sup>rd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 127
- Tue. 24<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 128
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=m2Fi0v-grG0>
- \* High Int. - Set 1: Two lines are marked approx. 5 meters away from each side of one of the goal lines. The referees are divided into 3 groups based on their fitness level. The referees in the group with the best fitness (x) have to run the longest distance ( $\pm$  210 m), while the group with the weakest runners (z) covers a shorter distance (about 190 m), and the intermediate referees (y) start on the goal line and cover an intermediate distance (about 200 m).
- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediately back to the starting position (40" max). After a given rest that equals the running time (40" max), they start the second run. A signal may be used to indicate when the referees have to reach the opposite line and the home position.
- Referees do this first exercise 10 x (15' max).
- 2' recovery



- Set 2: All referees start again at the end with the 3 lines and run at a given speed to the opposite goal-line (20"). After a given rest that equals the running time (20"), they run back to the starting position (repetition 2).



## Performance Training in Football Refereeing Weekly Training Plan

- Referees do this second exercise 10 x (7').

- All together, this high intensity exercise takes  $\pm 24'$ .  
(15' Set 1 + 2' recovery + 7' Set 2).

\* Tip - Differentiating the whole group into 3 teams should guarantee that the relative exercise intensity for each referee does not vary too much. If there is an extreme difference in fitness level between referees, the distances between the goal line and the 2 other lines can even be further extended (e.g. 10 meters). Another possibility is to divide the referees in even more groups (and use even more than just 3 starting positions).

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

Total duration: 79'

Wed. 25<sup>th</sup>: REST DAY

Thu. 26<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km).  
Tr. 129

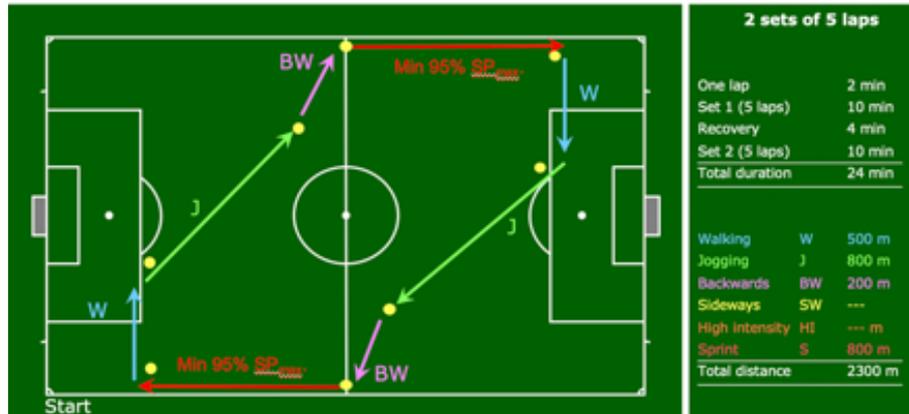
\* Warm up - 20' jogging, mobilisation and dynamic stretching.

\* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=m2Fi0v-grG0>

\* Speed End. - Run for 10m at 90% max speed, walk to the end (40m)  
- Turn and run 20m at 90% SPmax, walk to the end (30m)  
- Turn and run 30m at 90% SPmax, walk to the end (20m)  
- Turn and run 40m at 90% SPmax, walk to the end (10m)  
- Turn and run 50m at 90% SPmax, turn and run again 50m (100m)  
- Your heart rate should peak at  $>90\%$  HR<sub>max</sub> at the end of each rep  
  
- Rest for 90'' then repeat 5 x. Total time is 15'.  
- 4' passive recovery (until bpm  $< 65\%$  HR<sub>max</sub>)



\* Speed End. - 1 set of the following Field exercise for a total of 10'.



- 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



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

Total duration: 87'

Fri. 27<sup>th</sup>: REST DAY

- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Speed
  - Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.
  - 2' recovery
  - Set 2: Now start first with 40m and then work down to 10m.
  - 2' recovery
  - Set 3: Repeat set 1

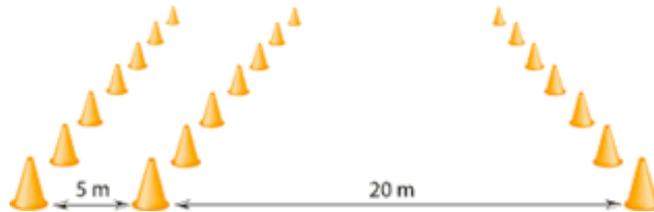




## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 5 from Monday 30<sup>th</sup> to Sunday 5<sup>th</sup> of February Macrocycle VI, week 5 (Training week 35)

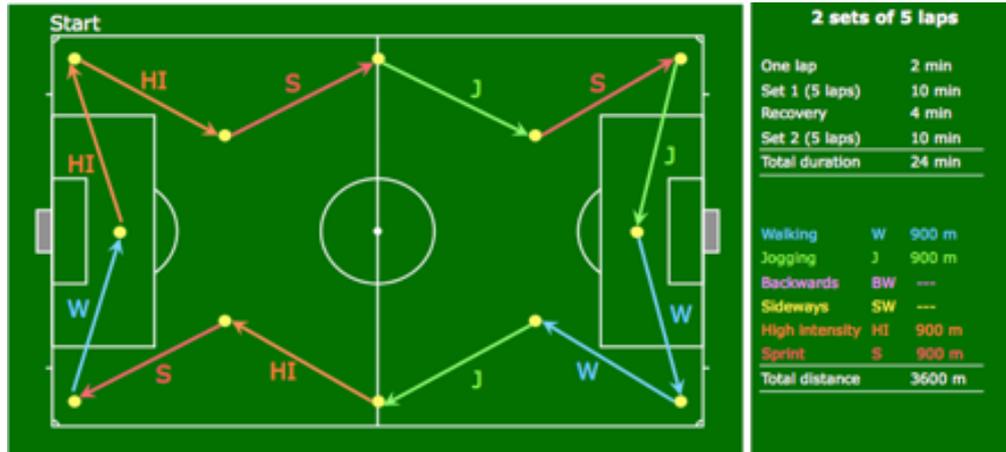
- Mon. 30<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 131
- Tue. 31<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 132
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4 min each (1' rest between Sets)  
[https://www.youtube.com/watch?v=5Yq6\\_TmhVLI](https://www.youtube.com/watch?v=5Yq6_TmhVLI)
- \* High Int. - Elite Referees: 3 sets of the Referee SDS  
- New International Referees: Yo-Yo intermittent recovery run, level 1



- New International referees should aim for 18:2 or more. This corresponds to 1.800 m and takes 14'42".  
- National elite referees should aim for 17:6 or more. This corresponds to 1.640 m and takes 13'26".
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.
- Total duration: 70'

Wed. 1<sup>st</sup>: REST DAY

- Thu. 2<sup>nd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 133
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4 min each (1' rest between Sets)  
[https://www.youtube.com/watch?v=5Yq6\\_TmhVLI](https://www.youtube.com/watch?v=5Yq6_TmhVLI)
- \* 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' jogging and walking, followed by 10' static stretching.

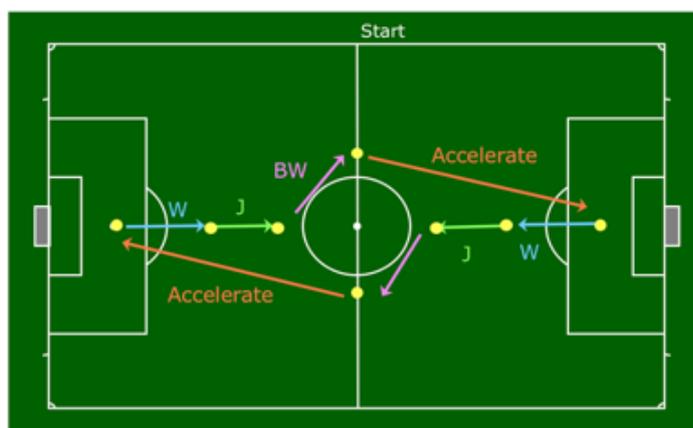
Total duration: 89'

Fri. 3<sup>rd</sup>: REST DAY

Sat. 4<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 134

- \* Speed - Variations on the centre circle sprint:
  - Set 1: 4 laps in total (8 accelerations).
  - 3' recovery
  - Set 2: 4 laps in total (8 accelerations).



- The total exercise time is 15'.

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

Total duration: 50'



## Performance Training in Football Refereeing Weekly Training Plan

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### Sun. 5<sup>th</sup>:

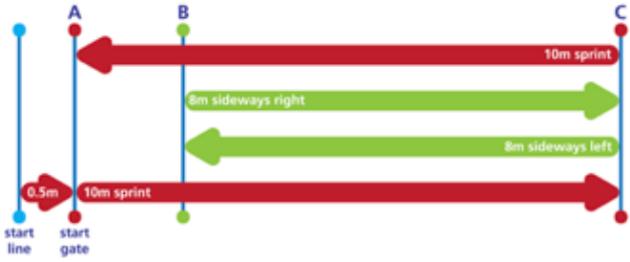
If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4<sup>th</sup> Official.

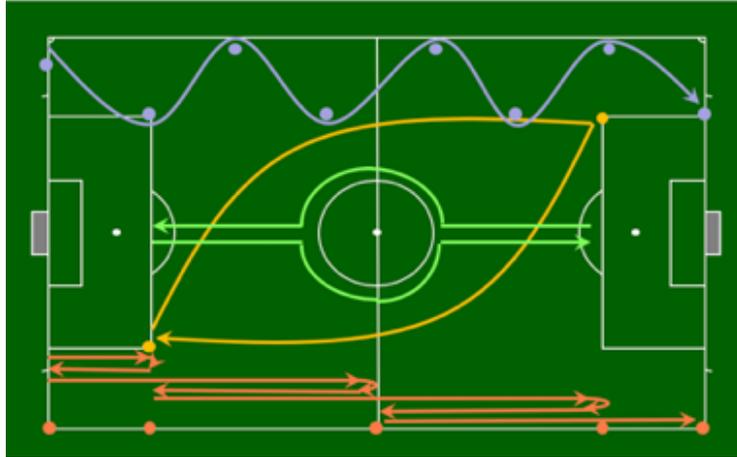
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 6 from Monday 6<sup>th</sup> to Sunday 12<sup>th</sup> of February Macrocycle VI, week 6 (Training week 36)

- Mon. 6<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 135
- Tue. 7<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 136
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=VVSzp4woA0k>
- \* Sp. & Ag. - Referees: 5 x 30 m, 30" recovery.
- Assistant Referees: 4 reps of the CODA agility drill (with flag)  
- Sprint 10 m (one foot lined up 0.5 m in front of cone A) from cone A to B, then sideways left 8 m from cone B to C, the sideways right 8 m from cone C to D, sprint back to the finish line.  
- The reference time is 9.8": 4 reps in total  
(2 x starting sideways running with the L leg & 2 x starting R leg)
- 
- 3' recovery
- \* High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery  
- 2 min recovery between each of the 4 sets  
- The swerv (6x 30"-30")  
- The across the halfway line (10x 15"-15")  
- The diagonal (4x 45"-45")  
- The suicide (3x 60"-60")



- All together this exercise takes 4 x 6 min with 2 min rec  $\pm$  30'.

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

Total duration: 95'

Wed. 8<sup>th</sup>:

REST DAY

Thu. 9<sup>th</sup>:

Tr. 137

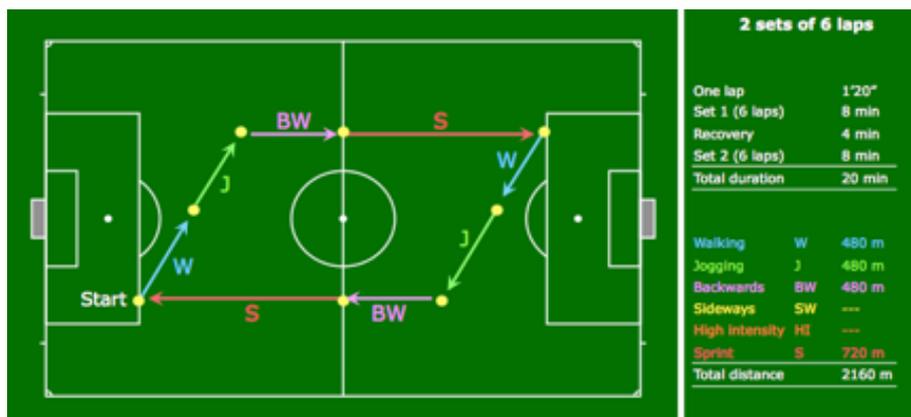
\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

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

\* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:

<https://www.youtube.com/watch?v=VVSzp4woA0k>

\* Speed End. - Field exercise (below) for a total of 8' or 6 laps.



- 4' recovery.

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

One lap	2 min
Set 1 (10 HI runs)	10 min
Recovery	4 min
Set 2 (10 HI runs)	10 min
<b>Total duration</b>	<b>24 min</b>

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

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

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

Total duration: 87'

Fri. 10<sup>th</sup>: REST DAY

- Sat. 11<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
 Tr. 138 \* Speed - 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.

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	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High Intensity	HI	---
Sprint	S	320 m
<b>Total distance</b>		<b>1120 m</b>

- The total exercise time is 15'.

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

Total duration: 50'



## Performance Training in Football Refereeing Weekly Training Plan

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Sun. 12<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.

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 if you are used to these leisure activities.