



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 41 from Monday 9<sup>th</sup> to Sunday 15<sup>th</sup> of October Macrocycle IV, week 1 (Training week 19)

Mon. 9<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, incl. static stretching.  
Tr. 70

Tue. 10<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' 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)

- 5' recovery

- 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
<b>Total duration</b>		<b>15 min</b>
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High Intensity	HI	--- m
Sprint	S	300 m
<b>Total distance</b>		<b>600 m</b>

- 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



# Performance Training in Football Refereeing Weekly Training Plan

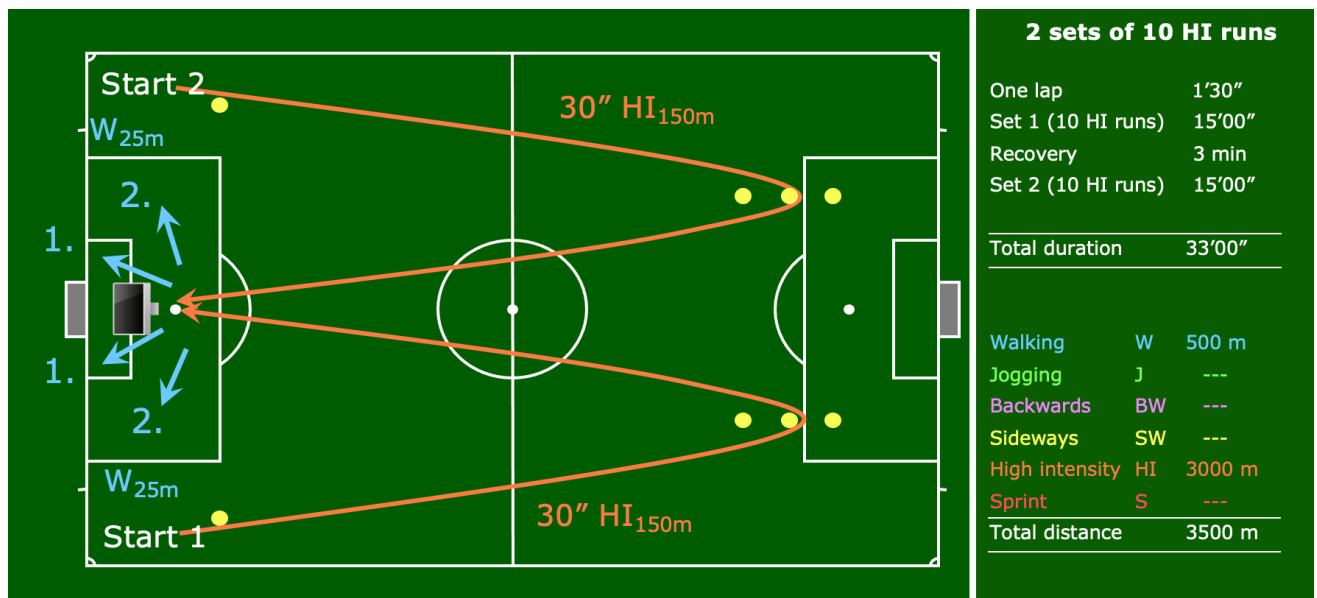
the technical and disciplinary decision. Finally, walk back to the starting position and repeat these 10 to 12 times. No talking allowed with partner.

- 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.

- Depending of the fitness level, referees can run towards the shortest or longest distance.



\* 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 21"

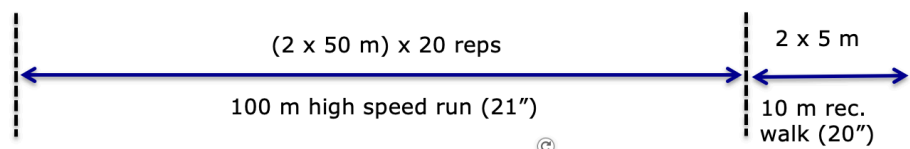
- 21" recovery walk (10 m)

- 10 reps in total

- 3' recovery

Turning line

Start/Finish line



- Set 2:

- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20"

- 20" recovery walk (10 m)



# Performance Training in Football Refereeing

## Weekly Training Plan

- 10 reps in total

- All together, this exercise takes 15'20"
- 2000 m of high-intensity running, 200 m walking, 20 turns in total
- 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.

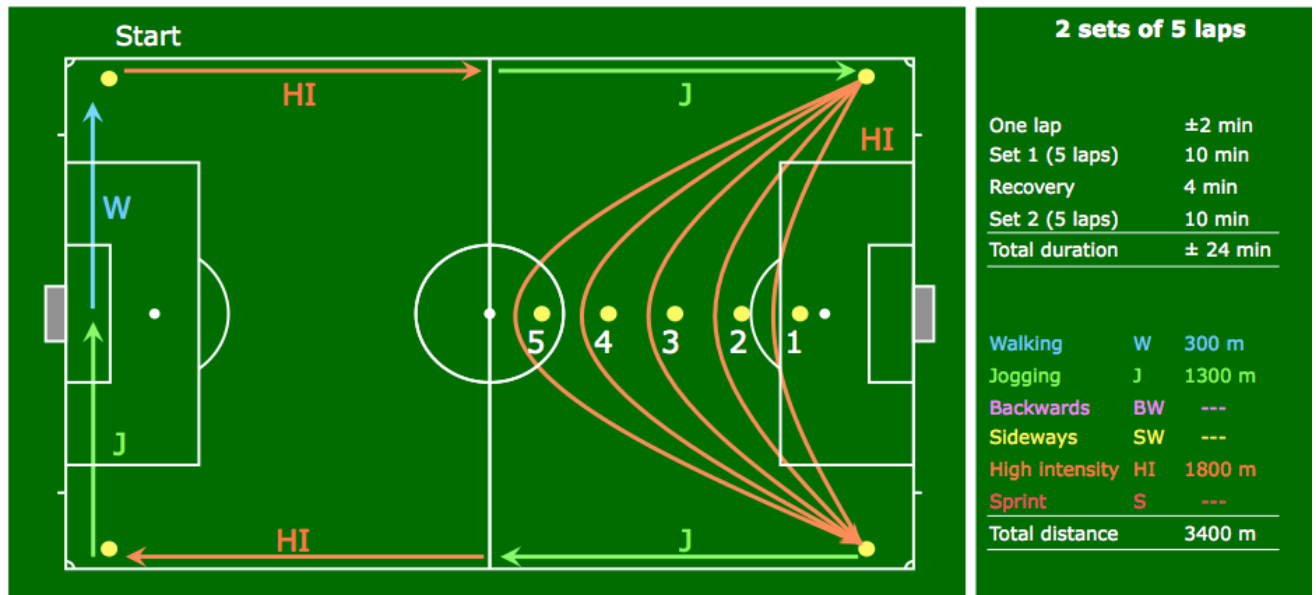
Total duration: 91' & 85'

Wed. 11<sup>th</sup>:

Rest day / Complementary strength and/or injury prevention training

Thu. 12<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.
  - 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.

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



# Performance Training in Football Refereeing Weekly Training Plan

- \* 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.
- Set 1: Run 5 laps as indicated
- 4' recovery
- Set 2: Run again 5 laps as indicated

2 sets of 5 laps	
One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
Speed End.	SE	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3200 m</b>

- \* 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. 13<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training

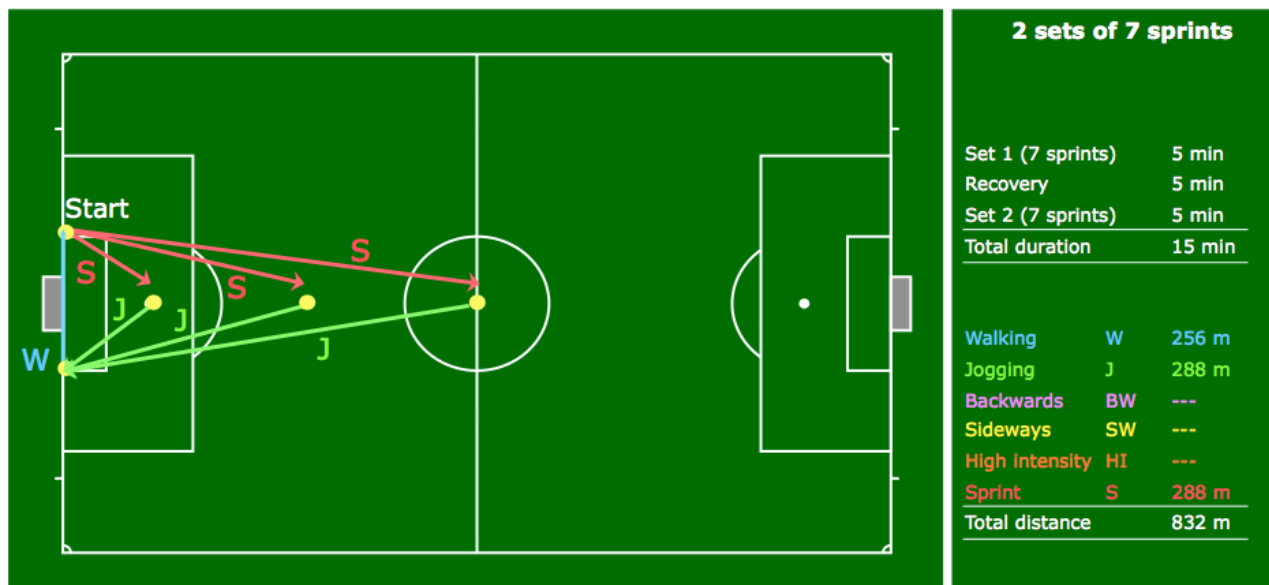
Sat. 14<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

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. 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.

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis, if you are used to these leisure activities.



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 42 from Monday 16<sup>th</sup> to Sunday 22<sup>nd</sup> of October Macrocycle IV, week 2 (Training week 20)

Mon. 16<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, incl. static stretching..  
Tr. 74

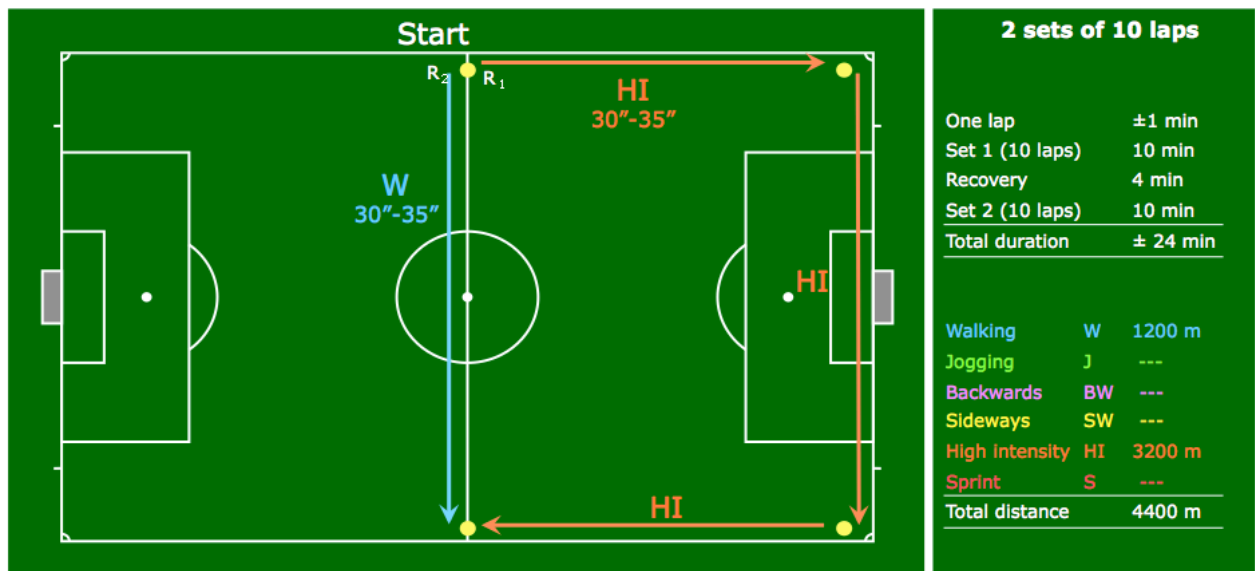
Tue. 17<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 75

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

\* Functional Tr. - 3 sets of 4' 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.

Altogether, 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).

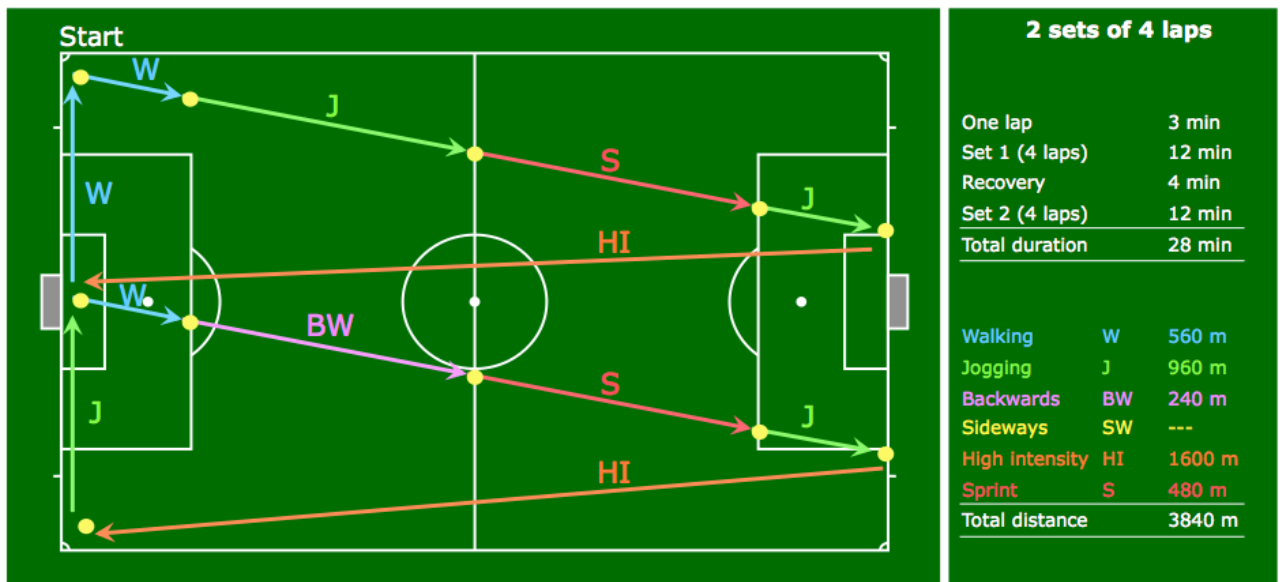
- All together this exercise takes  $\pm$  22'.  
(10' Set 1 + 2' recovery + 10' Set 2)

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

Total duration: 77'

Wed. 18<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training

- Thu. 19<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. 20<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training

Sat. 21<sup>st</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.





## Performance Training in Football Refereeing Weekly Training Plan

---

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

Total duration: 50'

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.

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 23<sup>rd</sup> to Sunday 29<sup>th</sup> of October Macrocycle IV, week 3 (Training week 21)

Mon. 23<sup>rd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, incl. static stretching.  
Tr. 78

Tue. 24<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' 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. 25<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training

- Thu. 26<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 80
- \* 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>.

2 sets of 5 laps		
One lap		2 min
Set 1 (5 laps)		10 min
Recovery		4 min
Set 2 (5 laps)		10 min
<b>Total duration</b>		<b>24 min</b>

Walking	W	650 m
Jogging	J	1400 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	1450 m
<b>Total distance</b>		<b>3700 m</b>

- 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.

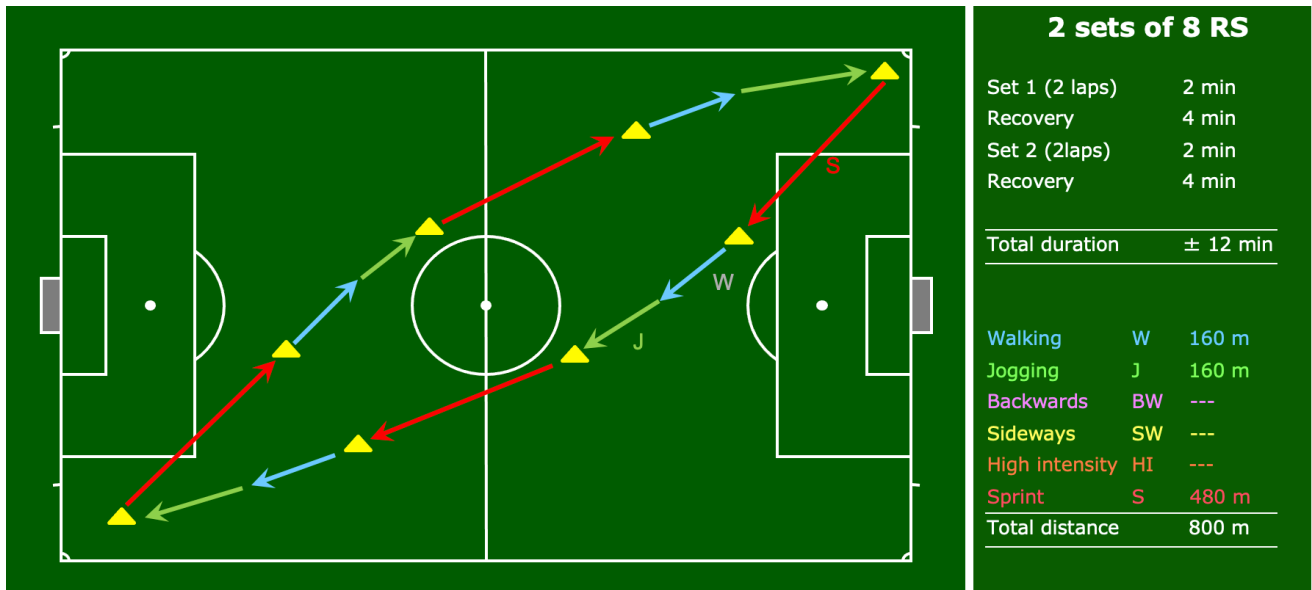
Total duration: 89'

Fri. 27<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training



## Performance Training in Football Refereeing Weekly Training Plan

- Sat. 28<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
Tr. 81
- \* Speed
- Set 1: 2 laps that consist of 8 repeated sprints
  - From the start, sprint 30m (4.5"), jog 10m and then walk 10m in 20".
  - 4' recovery
  - Set 2: again 2 laps of 8 repeated sprints



- The total exercise time is 12'. The total sprint distance is 480 m.

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

Total duration: 50'

Sun. 29<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

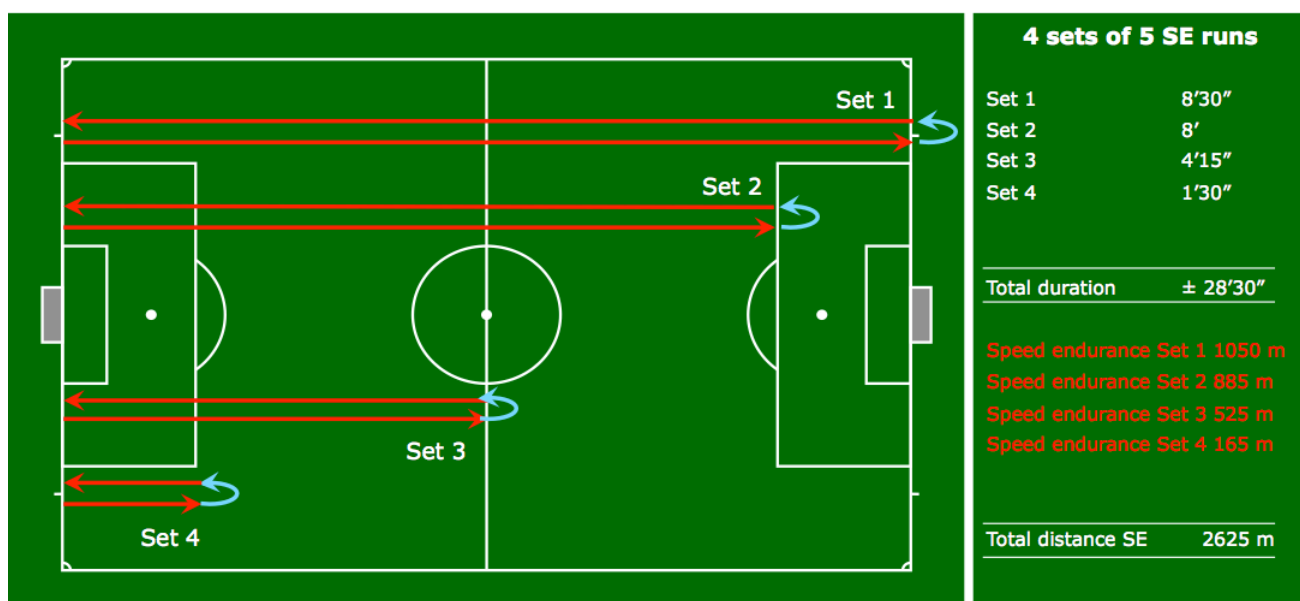
## WEEK 44 from Monday 30<sup>th</sup> of October to Sunday 5<sup>th</sup> of November Macrocycle IV, week 4 (Training week 22)

<u>Mon. 30<sup>th</sup>:</u> Tr. 82	* Act. Rec.	- 50' recovery session in a fitness centre, incl. static stretching..
<u>Tue. 31<sup>st</sup>:</u> Tr. 83	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Functional Tr.	- 3 sets of 4' each (1' rest between Sets) <a href="https://www.youtube.com/watch?v=G8ZaToDUXBM">https://www.youtube.com/watch?v=G8ZaToDUXBM</a>
	* High Int.	- <u>Set 1</u> : 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  - <u>Set 2</u> : 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.
		<u>Total duration: 81'</u>
<u>Wed. 1<sup>st</sup>:</u>		Rest day / Complementary strength and/or injury prevention training
<u>Thu. 2<sup>nd</sup>:</u> Tr. 84	* 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.	- 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 midline 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)

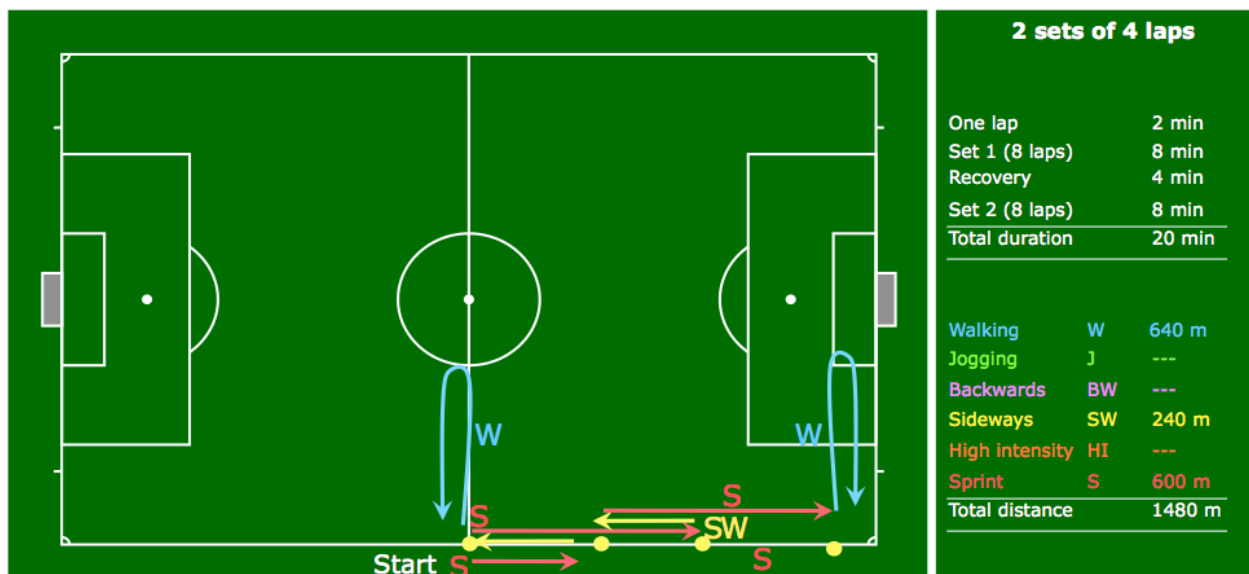
- All together, this exercise consists of 20 speed endurance runs and the duration of the total exercise is  $\pm 28'30''$ .

\* 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. 3<sup>rd</sup>: Rest day / Complementary strength and/or injury prevention training

- Sat. 4<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- Tr. 85
- \* 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. 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.

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 6<sup>th</sup> to Sunday 12<sup>th</sup> of November Macrocycle IV, week 5 (Training week 23)

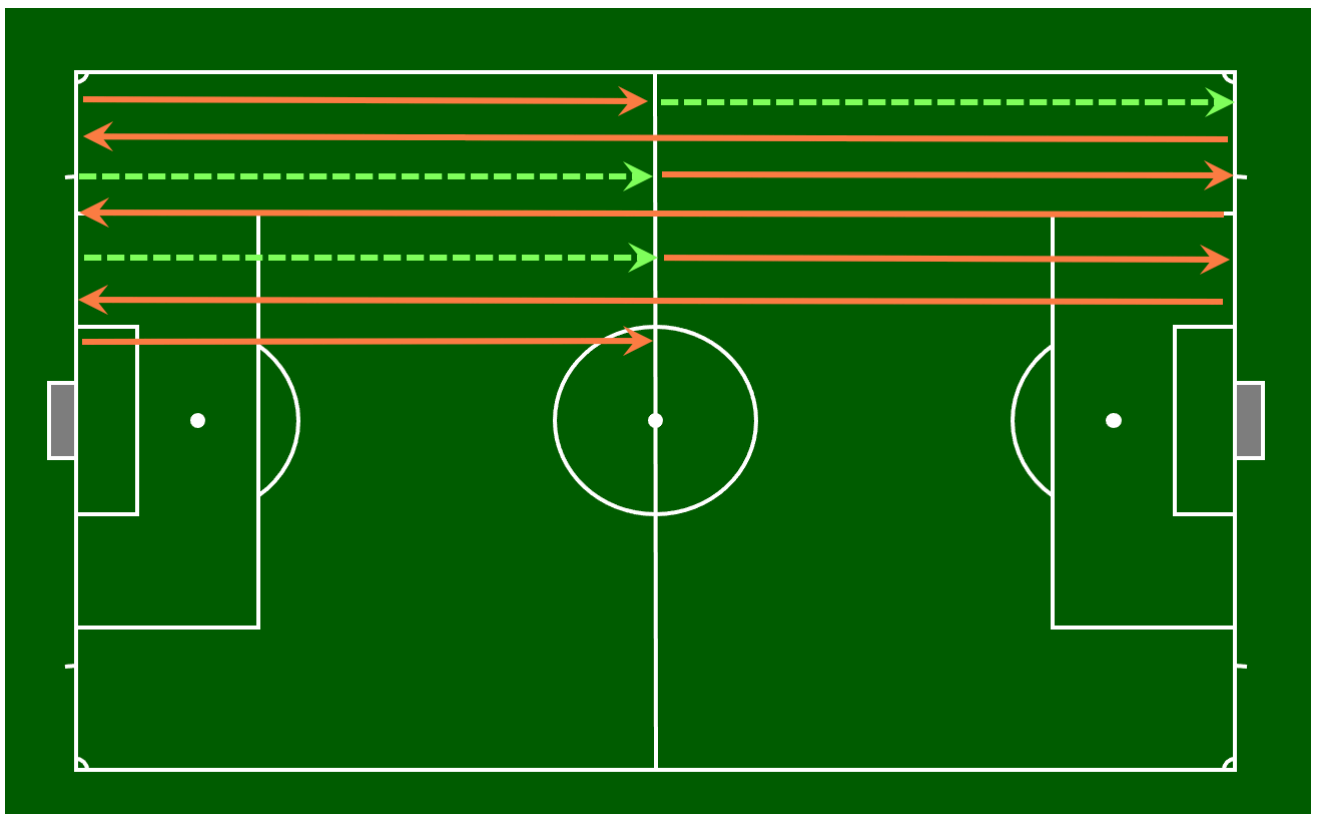
Mon. 6<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, incl. static stretching..  
Tr. 86

Tue. 7<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' each (1' rest between Sets)  
[https://www.youtube.com/watch?v=P\\_I2utBObwU](https://www.youtube.com/watch?v=P_I2utBObwU)

\* High Int. - High-intensity pyramid  
- Complete 4 sets in ascending and descending order  
- 4' recovery  
- Total distance is 4 x 500m = 2000m of HI running



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

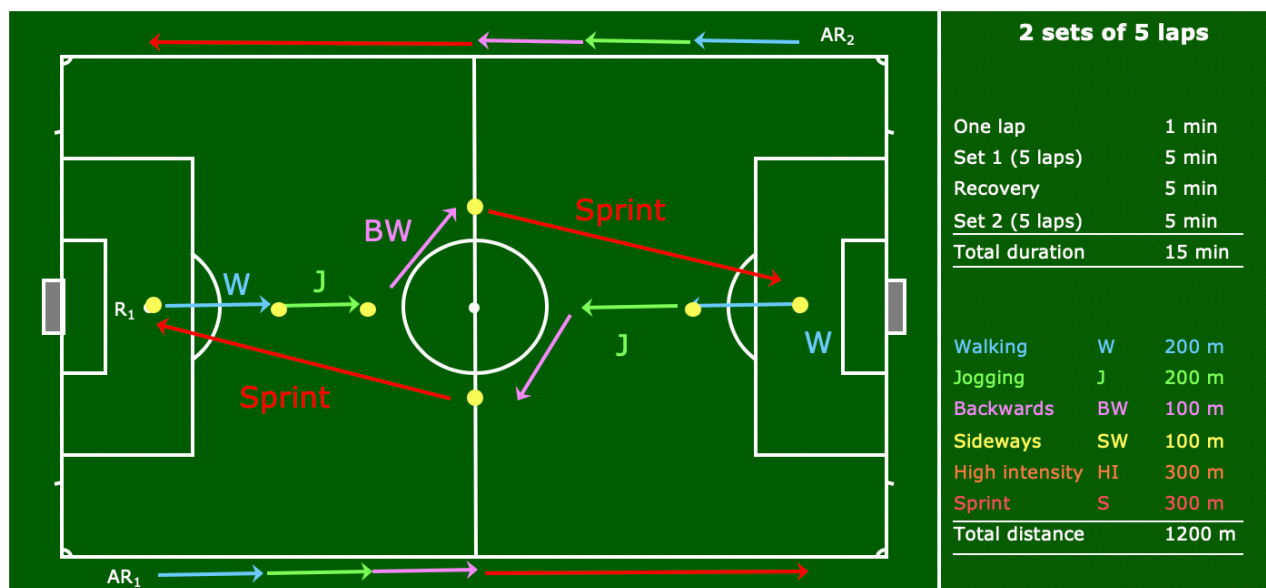
Total duration: 81'

Wed. 8<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training





## 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. 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.

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 13<sup>th</sup> to Sunday 19<sup>th</sup> of November Macrocycle IV, week 6 (Training week 24)

Mon. 13<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, incl. static stretching..  
Tr. 90

Tue. 14<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 91

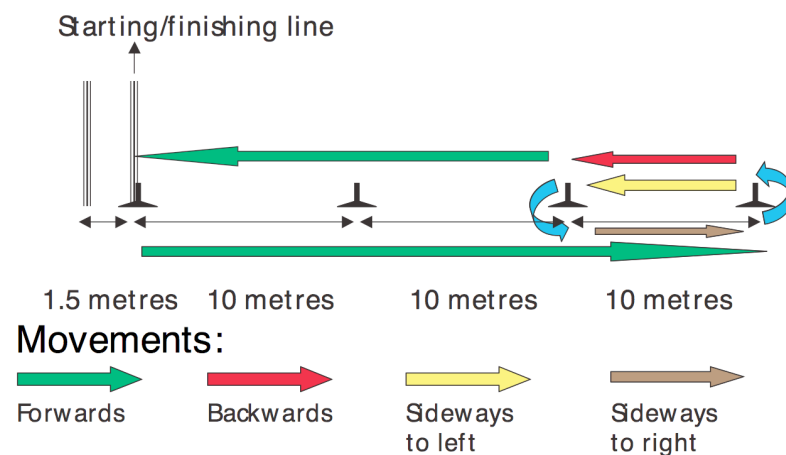
\* Warm up - 20' jogging, mobilisation and dynamic stretching.

\* Functional Tr. - 3 sets of 4' 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.

\* High intensity - Each run to be performed at high speed / intensity ( $>88\%HR_{max}$ )

- Set 1: 9 x single 75 m runs with 15" rest

- Set 2: 6 x double 75 m runs with 30" rest

- Set 3: 6 x triple 75 m runs with 45" rest

- Set 4: 6 x double 75 m runs with 30" rest

- Set 5: 9 x single 75 m runs with 15" rest

- The total time is 30' and total distance 4500m.



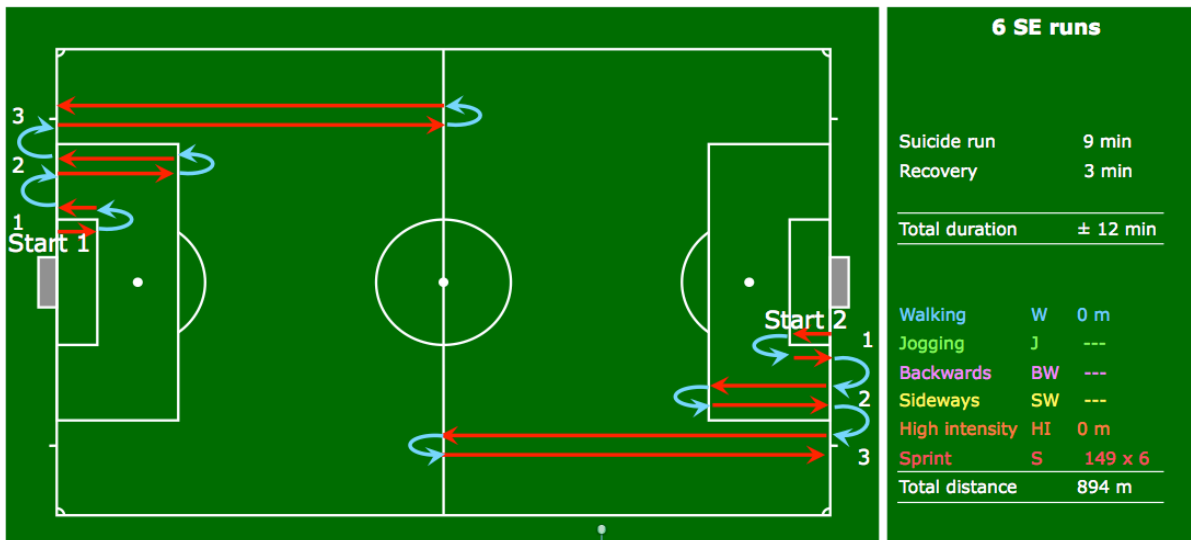


# Performance Training in Football Refereeing Weekly Training Plan

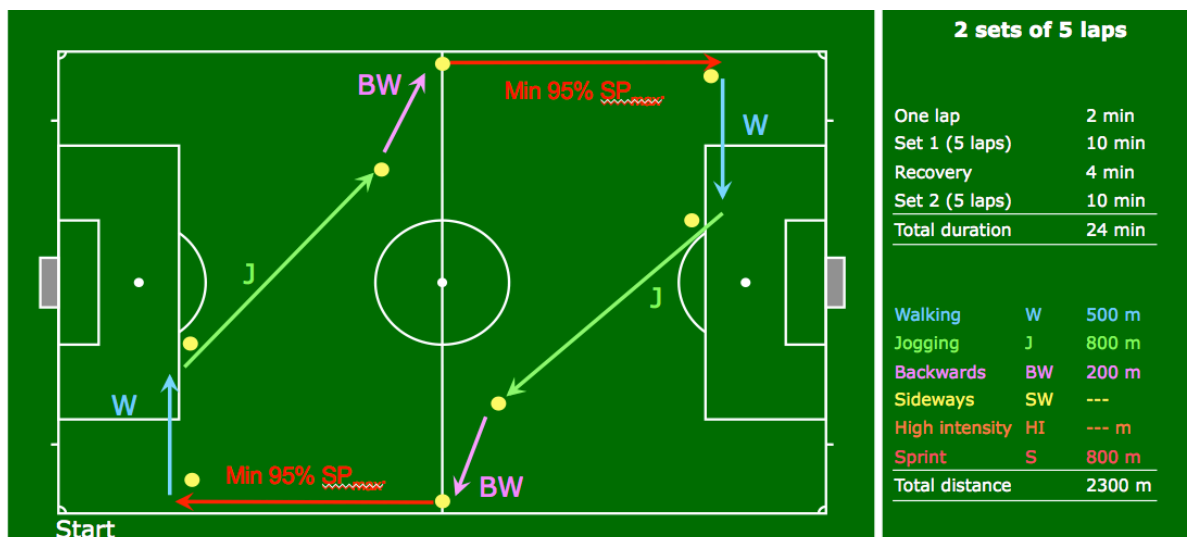
- \* Speed End.
- 'Suicide run':
  - Sprint from the goal line to goal area line and back.
  - Then immediately sprint from the goal line to the edge of the penalty area and back.
  - Finally, sprint to the halfway line and back.
  - 1' recovery.
  - Repeat 6 x.
  - For each run, the reference time is < 25" (very good), < 30" (good).

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

- 4' recovery



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



- 3' recovery



# Performance Training in Football Refereeing Weekly Training Plan

- 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. 17<sup>th</sup>: Rest day / Complementary strength and/or injury prevention training

Sat. 18<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

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





## Performance Training in Football Refereeing Weekly Training Plan

---

Sun. 19<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.