



Performance Training in Football Refereeing Weekly Training Plan

WEEK 19 from Monday 5th to Sunday 11th of May Macrocycle IX, week 1 (Training week 49)

As it is important to build up progressively the fitness levels towards the beginning of the season, it is also important to decrease the training volume towards the end of the season. Therefore, this week, only 3 training sessions are scheduled: recovery training on Monday, a high-intensity training on Tuesday, and a speed endurance session on Thursday. Depending on your refereeing involvements, it is also possible to do these sessions on Monday, Wednesday, and Friday (e.g. in the case there is a match to referee on Sunday). Next week, a last training plan is provided for those referees who still have a match to referee on the one hand and the other referees who will then enter the off-season or active rest period.

Mon. 5th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 187

Tue. 6th: * Low Int. - Run-bike-run: for each pair of referees, there is 1 mountain bike.
Tr. 188

- Those referees who don't have a bike available may replace the biking part with active recovery, such as jogging/walking. Alternatively, they can also do it in a fitness centre on a treadmill and an exercise bike. In this case, it is important to check in advance the specific running speed that elicits 90% HR_{max}.

- Referee A starts jogging, while referee B is biking (5')

- Then referee B starts jogging, while referee A is biking (5')

- Again, referee A starts jogging, while referee B is biking (5')

- Then referee B starts jogging, while referee B is biking (5')

- Altogether, each referee runs 10' and bikes 10'.

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

* High Int. - The high intensity part will now be done running, while the recovery part will be done biking:

- Referee A runs 1' at 90% HR_{max}, while referee B is biking, then they change and referee B runs 1' at HI, while referee A is biking

- Referee A runs 2' at 90% HR_{max}, while referee B is biking, change!

- Referee A runs 3' at 90% HR_{max}, while referee B is biking, change!

- Referee A runs 3' at 90% HR_{max}, while referee B is biking, change!

- Referee A runs 2' at 90% HR_{max}, while referee B is biking, change!

- Referee A runs 1' at 90% HR_{max}, while referee B is biking, change!

Altogether, this run-bike-run takes 24'.



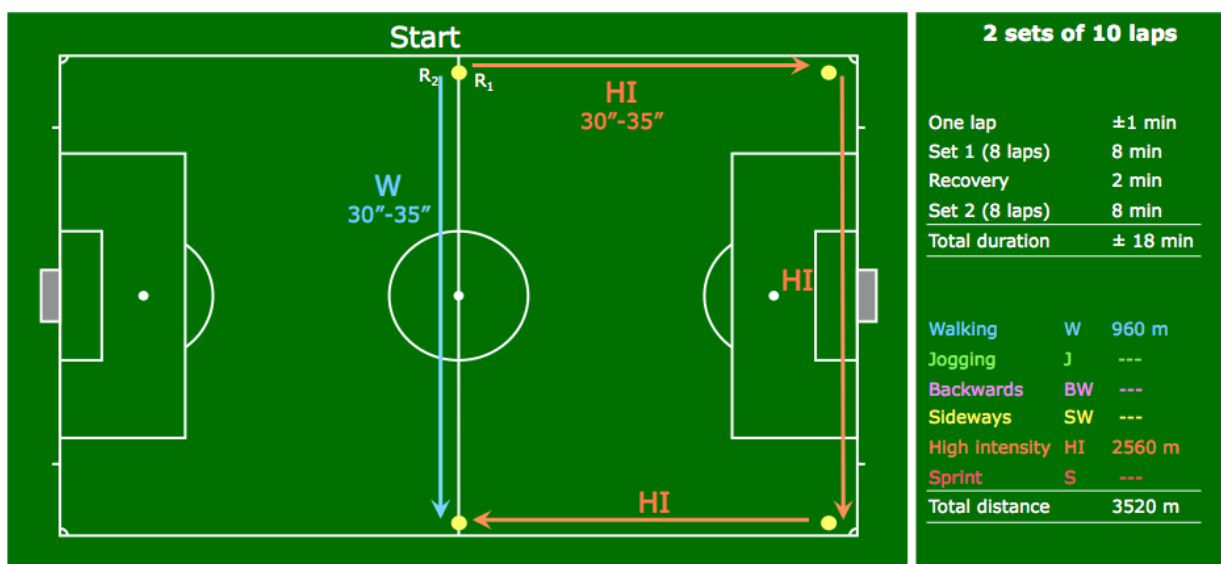
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* High Int.

- Alternatively, the following HI-session can be covered:

- Set 1: The referees work in pairs. From the start, R₁ runs around half of the pitch in 30 to 35 sec. At the same time, R₂ walks along the midline. R₁ and R₂ need to arrive at the same time at the sideline, and then R₂ runs around half of the pitch and R₁ walks back along the midline to the start. Repeat this 8 times.

- 4' recovery



- Set 2: Same as set 1, however, run in the opposite direction.

* Cool down

- the cool down is now also done in the same way.

- Referee A starts jogging, while referee B is biking (5')

- Then referee B starts jogging, while referee A is biking (5')

- Finally, referees finish with a 10' extensive stretching.

Total duration: 79'

Wed. 7th:

- Rest day / Complementary strength and/or injury prevention training

Thu. 8th:

* Low Int.

- 5' jogging slowly building up to 70% HR_{max} (± 1 km).

Tr. 189

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

- Strength, core stability and injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for different sets of 30''-30'' exercises), followed by individual injury prevention exercises.

- Alternatively, you can consider a Functional Training Session:

- 3 sets of 4 min each (1' rest between Sets)

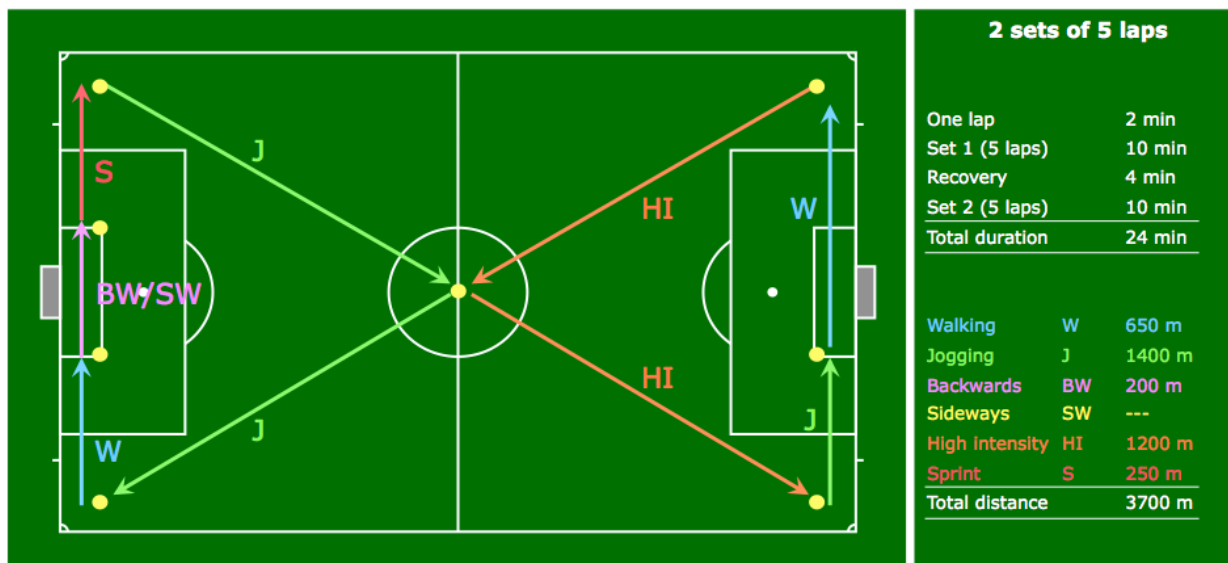
<https://www.youtube.com/watch?v=irvP0vuEMk4>

* Speed End.

- Set 1: Run 5 laps as indicated in the picture.



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- 4' recovery before starting Set 2.

- Set 2: same exercise as set 1.

* Match

- 10' match play.

* Cool down

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

Total duration: 84'

Fri. 9th:

- Rest day / Complementary strength and/or injury prevention training

Sat. 10th:

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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 20 from Monday 12th to Sunday 18th of May Macrocycle IX, week 2 (Training week 50)

For the last weekly plan of the actual season, the training load will again be decreased. Therefore, only 3 training sessions are scheduled with a recovery training on Monday, a high-intensity training on Tuesday, and a speed session on Thursday. Depending on your refereeing involvements, it is also possible to do these sessions on Monday, Wednesday, and Friday (e.g., in case there is a match to referee on Sunday). Those referees who don't have to referee another match, enter the off-season or active rest period.

<u>Mon. 12th:</u> Tr. 190	* Act. Rec.	- 50' recovery session in a fitness centre.
<u>Tue. 13th:</u> Tr. 191	* Low Int.	- 5' jogging slowly, building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* High Int.	- <u>Set 1:</u> - 60" HI-run at 90% HR _{max} , followed by 60" recovery jogging - 45" HI-run at 90% HR _{max} , followed by 45" recovery jogging - 30" HI-run at 90% HR _{max} , followed by 30" recovery jogging - 15" HI-run at 90% HR _{max} , followed by 15" recovery jogging - 15" HI-run at 90% HR _{max} , followed by 15" recovery jogging - 30" HI-run at 90% HR _{max} , followed by 30" recovery jogging - 45" HI-run at 90% HR _{max} , followed by 45" recovery jogging - 60" HI-run at 90% HR _{max} , followed by 60" recovery jogging - Followed immediately by a second set. - Altogether, this HI-run takes 17'. - 3' recovery
	* Football-golf	- If the weather and the facilities permit, the referees can play a football-golf tournament. From a central circle, they must try to pass the ball to several targets in as few touches as possible. It can be played individually, but also in a team of two referees that alternatively pass the ball until the goal is reached. Depending on the number of holes, it can take from 30 min to 1 h.
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching.
<u>Total duration: 70'</u>		
<u>Wed. 14th:</u>		- Rest day / Complementary strength and/or injury prevention training
<u>Thu. 15th:</u> Tr. 192	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' extensive warm up, mobilisation and stretching.
	* Strength	- Strength, core stability and injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL)



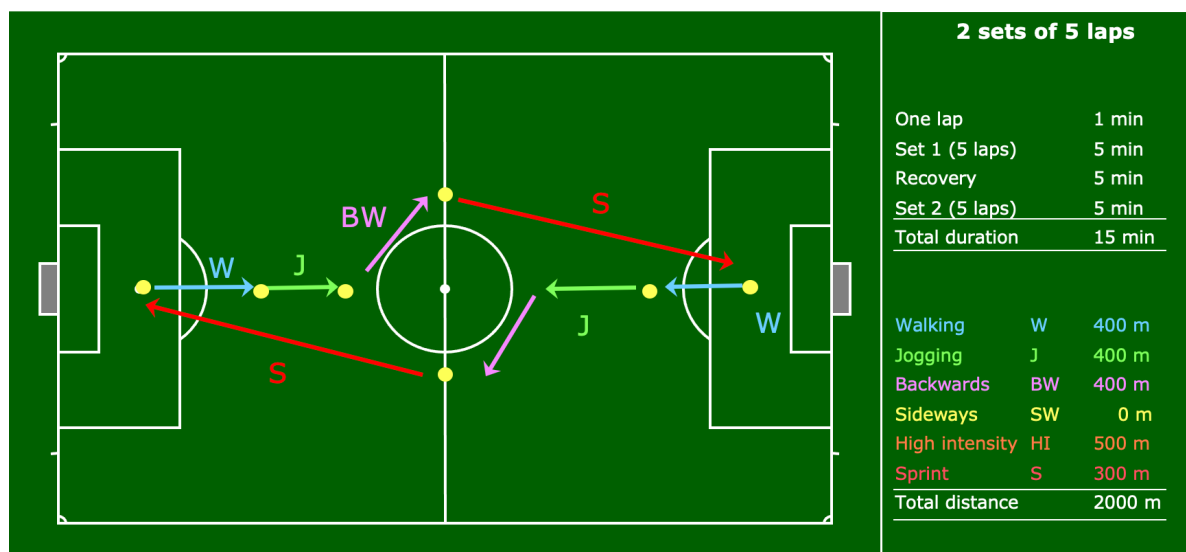
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for different sets of 30"-30" exercises), followed by individual injury prevention exercises.

- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 minutes

<https://www.youtube.com/watch?v=w6NuscjVacQ>

- * 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'.

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

Total duration: 75'

Fri. 16th: - Rest day / Complementary strength and/or injury prevention training

Sat. 17th: 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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.