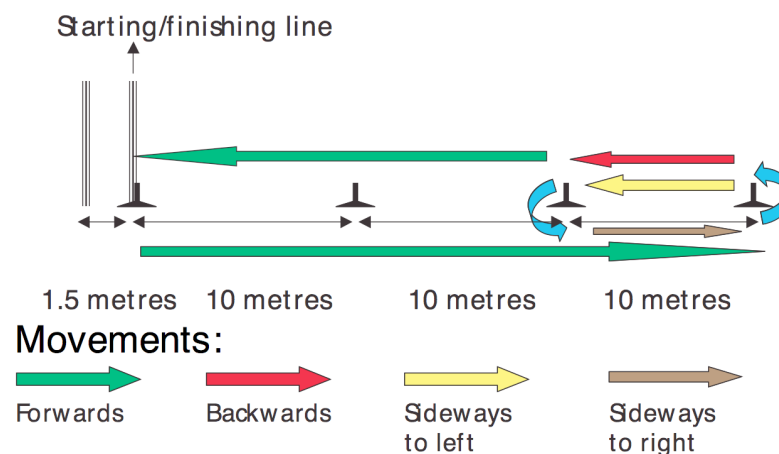




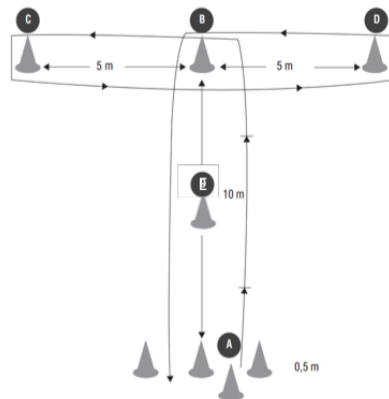
Performance Training in Football Refereeing Weekly Training Plan

WEEK 35 from Monday 25th of August to Sunday 31st of August Macrocycle III, week 1 (Training week 13)

- Mon. 25th. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 46
- Tue. 26th. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 47
- * 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=rk_PPAYX21w
- * Agility - '80 m agility drill' for referees:
- Set 1: The 80 m should be done at a sprint pace, but with correct variation in movements; forward, sideways (2 x), backwards, forwards. 1' rest, 2 reps starting on the right side.
 - 2' recovery, stretching and drinking break.
 - Perform a 2nd set of this exercise (2 reps starting left side).



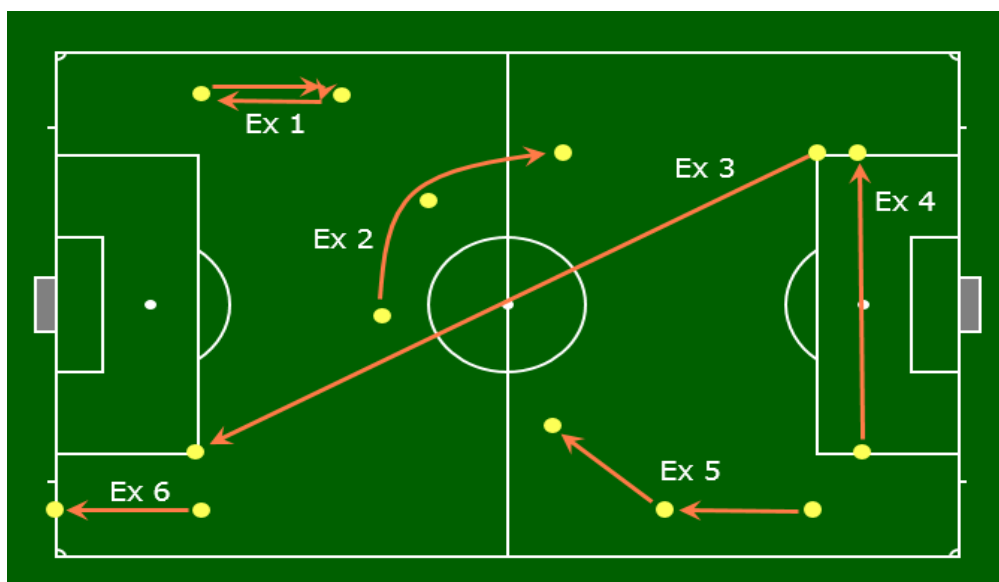
- '40 m T-drill' for assistant referees (ARs):
- Set 1: ARs sprint forwards as indicated in the figure: 10 m straight forwards from cone A to cone B, turn around cone B, continue sideways to cone C (facing start position), turn around cone C, continue sprinting forwards to cone D, turn around cone D, continue sideways to cone B (facing opposite side), turn around cone B, and continue sprinting through the finish. The reference time is 11.4" (11.2" int. ARs), with 2' recovery between each rep.
- 2' recovery, 2 reps.



- **Set 2:** Again 2 reps with 2' recovery in between, but ARs now start on the left side and turn over the right shoulder.

* Speed End.

- 6 exercises of 3' each, 1:2 recovery.
- Referees to work in groups of 3 (similar fitness levels).
- Referees 1 and 3 on the start cone and referee 2 on the finish cone.
- Going in sequence, this gives a work:rest ratio of 1:2 (a 'relay' run).
- 3' on each run with a 1-2' rest in between.
- Each group starts at a different point and rotates accordingly.
- Set 1 (15+15 m): 6-7" per run: 20" per group: x 10 = 300 m (3'05")
- Set 2 (25 m): 5-6" per run: 18" per group: x 12 = 300 m (3')
- Set 3 (75 m): 13-14" per run: 40" per group: x 4.5 = 337.5 m (3')
- Set 4 (40 m): 7-8" per run: 24" per group: x 7.5 = 300 m (3'20")
- Set 5 (10+10 m): 4-5" per run: 12" per group: x 20 = 400 m (3'40")
- Set 6 (16.5 m): 3-4" per run: 9" per group: x 20 = 330 m (3'25")



- 4' recovery.
- Altogether, this exercise takes $(6 \times 3' + 2' \text{ recovery}) = \pm 30'$

* Cool down

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

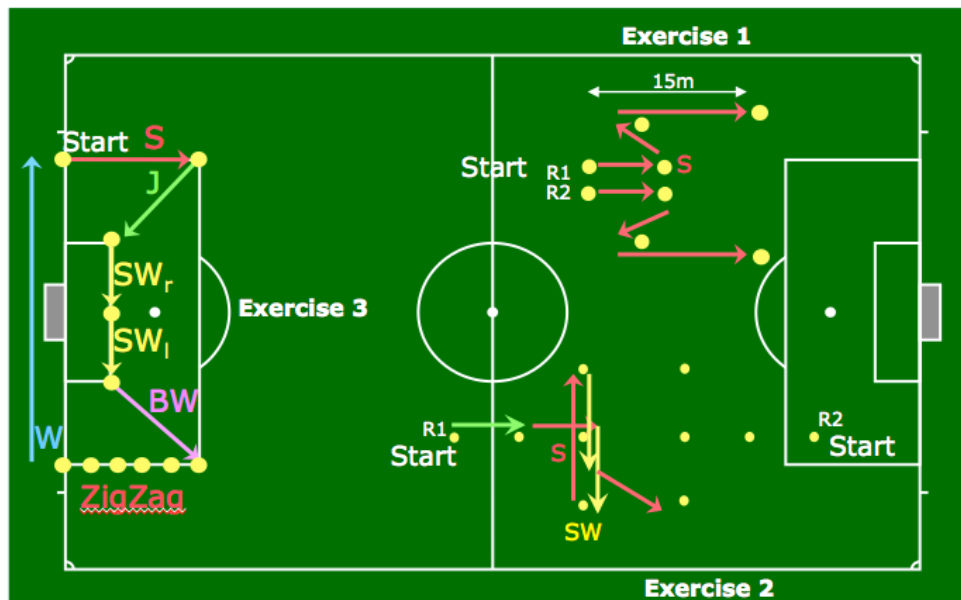
Total duration: 95'

Wed. 27th.

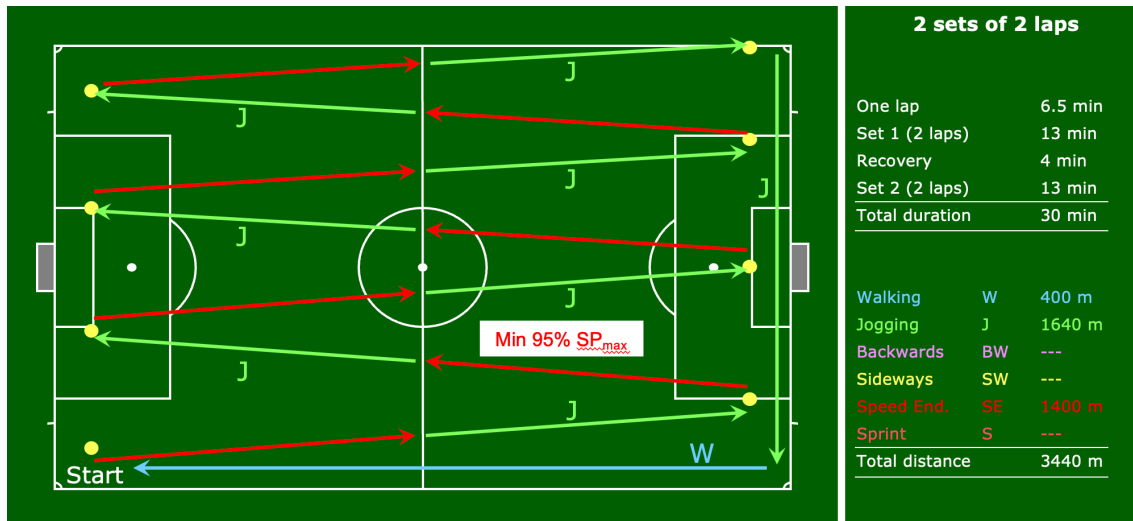
Rest day/Complementary strength and/or injury prevention training

Thu. 28th.
Tr. 48

- * Low Int. - 5' jogging slowly building up to 80% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
- * Speed/Agility
 - Exercise 1: Sprint forward 5 m, cut back diagonally L/R, then turn and accelerate forwards 12 m, 2 x left, 2 x right.
 - Exercise 2: 5 m jogging, 5 m forward sprint, sidestep left 5 m, sprint forwards 10m, sidestep right 5 m, sprint forward 10 m, 2 x L, 2 x R.
 - Exercise 3: Sprint and agility exercises in the penalty area, 4 laps.



- * Speed End.
 - Field exercise Set 1, 2 laps:
One lap consists of 7 sub-maximal sprints followed by 7 recovery jogs. The tempo running should consist of 90-95% of the maximal speed. The jogging should take 3 times longer than the duration of the tempo run. After finishing, referees jog along the goal line until the next corner and then walk to the starting position. It takes \pm 13' to do 2 full laps. Excellent exercise for ARs, too!
 - 4' recovery
 - Field exercise Set 2, again 2 laps of 7 maximal sprints each.
 - In total, the exercise takes \pm 30'.
(13' Set 1 + 4' recovery + 13' Set 2)



- * Match - 10' of match play or 10' of medium-intensity jogging (80% HR_{max}).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

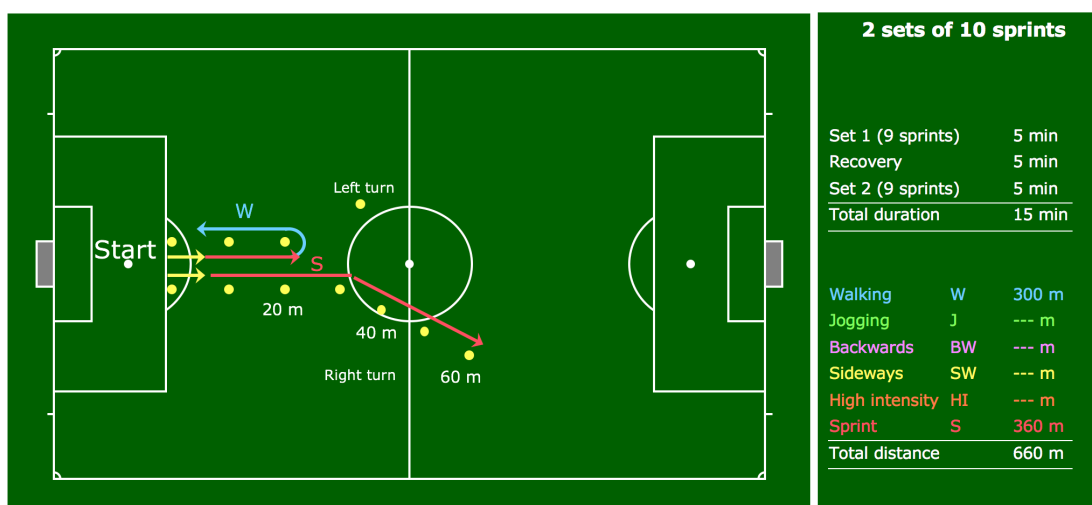
Total duration: 105'

Fri. 29th:

Rest day/Complementary strength and/or injury prevention training

Sat. 30th:
Tr. 49

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed
 - Variations on the 60 m distance are as follows:
 - 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)





Performance Training in Football Refereeing Weekly Training Plan

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 31st:

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 in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, padel, squash, or tennis to benefit from complementary mental and physical stimulation if you are familiar with these leisure activities.



Mon. 1st. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 50

Tue. 2nd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 51

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

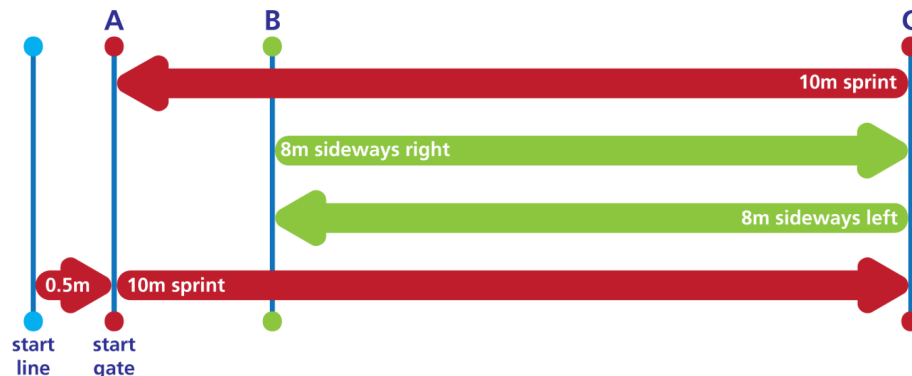
* Functional Tr. - 3 sets of 4' each (1' rest between Sets)

<https://www.youtube.com/watch?v=h-FP6WNWzIU>

* Speed/Agility - 'Repeated sprint'- drill for referees:

-
- 3 sets of 1 lap**
- | | |
|----------------|--------|
| Set 1 (1 lap) | 2 min |
| Recovery | 2 min |
| Set 2 (1 lap) | 2 min |
| Recovery | 2 min |
| Set 3 (1 lap) | 2 min |
| Total duration | 10 min |
-
- | | | |
|----------------|----|-------|
| Walking | W | 420 m |
| Jogging | J | --- |
| Backwards | BW | --- |
| Sideways | SW | --- |
| High intensity | HI | --- |
| Sprint | S | 300 m |
| Total distance | | 720 m |

- Assistant Referees: 4 to 6 reps of the CODA agility drill:
- 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 < 9.6": 4 reps in total **with flag!**



- * On-field Int. Ex. - Set 1: From start 1, a Ref pair runs 5 meters BW and 65m HI in 15". They continue walking to the Start-2 in 15". On the next beep, they run 5 meters BW, 2 x 10m HI zigzag, 10m BW, and continue at HI to the screen (15") to watch an incident from the referee's angle.

The ARs start at the same time of the Referees. They run 25m HI, 2x5m SW, and again 25m HI in 15". They continue walking to the Start-2 in 15". On the next beep, they run 24m HI, 2x5m SW, and again 30m HI in 15" to arrive in time in front of the screen.

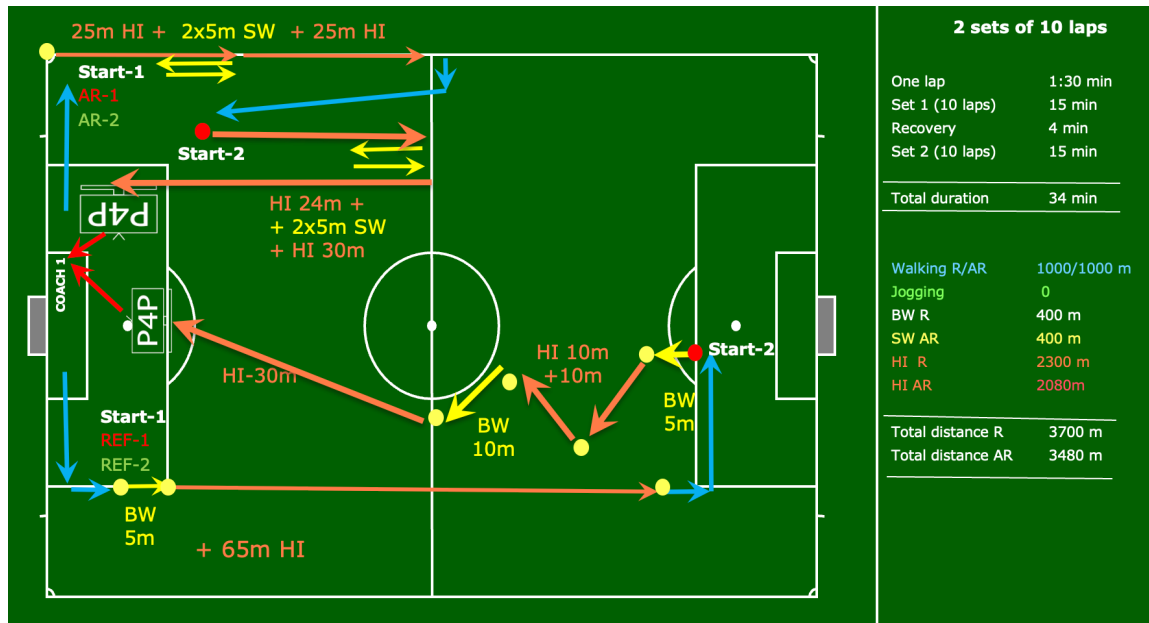
The ARs are exposed to the same match incident as the referee but from their viewing angle. Now the Referee and the AR wearing a red bib, come together with Coach 1 and report their team decision. The Coach provides feedback about the outcome and the decision-making process during the same 15" interval (**Teamwork**).

The Referee and AR wearing a green bib meet with Coach 2 to report their decision and receive feedback (**Teamwork**).

On the next beep, the Referee and AR pairs walk back to their starting position, respectively.

They start the second lap after 1:30".

Every 15" a new pair of Referees and ARs start from starting position 1, respectively.



- 4' recovery

- Set 2: Referees and ARs perform again 5 laps (15')

- Altogether this exercise takes \pm 34'.

* Cool down

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

Total duration: 94'

Wed. 3rd:

Rest day/Complementary strength and/or injury prevention training

Thu. 4th:
Tr. 52

* Low Int.

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

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

- 15' strength, core stability & injury prevention exercises.

* High Int.

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

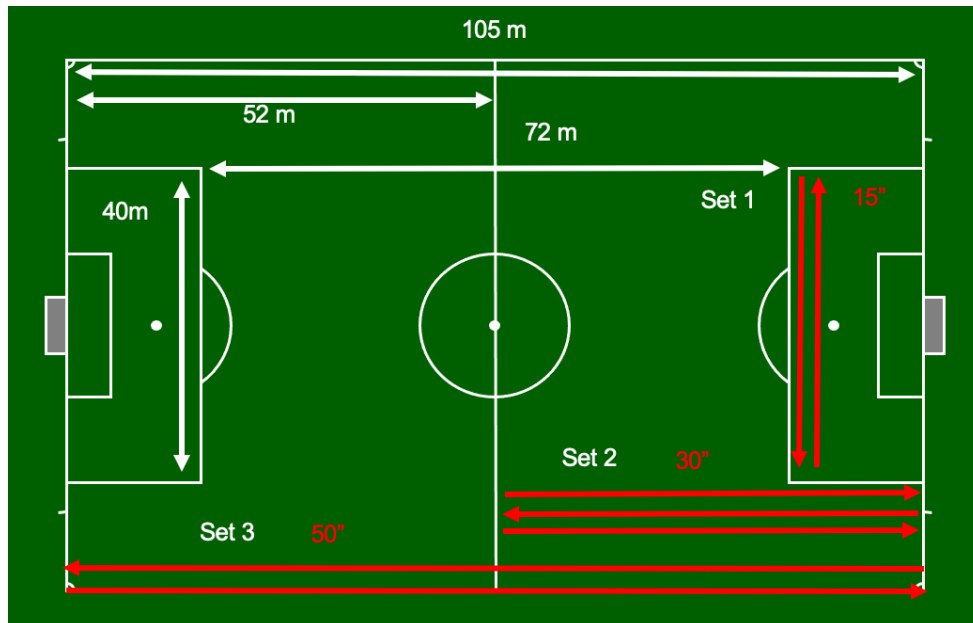
- 3 sets of 6' each:

- 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

- The total exercise time is 24'

* Cool down

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

Total duration: 85'

Fri. 5th:

Rest day/Complementary strength and/or injury prevention training

Sat. 6th:

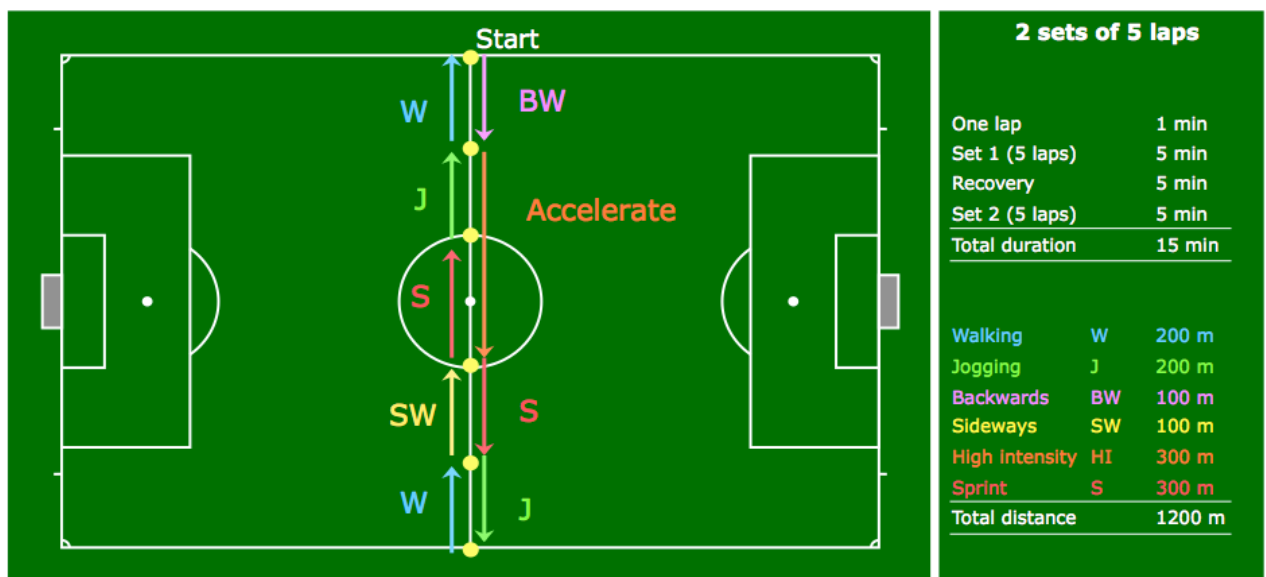
* Warm up

- 20' jogging, mobilisation and dynamic stretching.

Tr. 53

* Speed

- Set 1: 5 reps of the following centre-circle exercise:



- 5' recovery and stretching break after Set 1.



Performance Training in Football Refereeing Weekly Training Plan

- Set 2: again 5 reps of the centre-circle exercise.

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 7th:

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 in case you are VAR or 4th official to compensate for not being physically involved in the game.

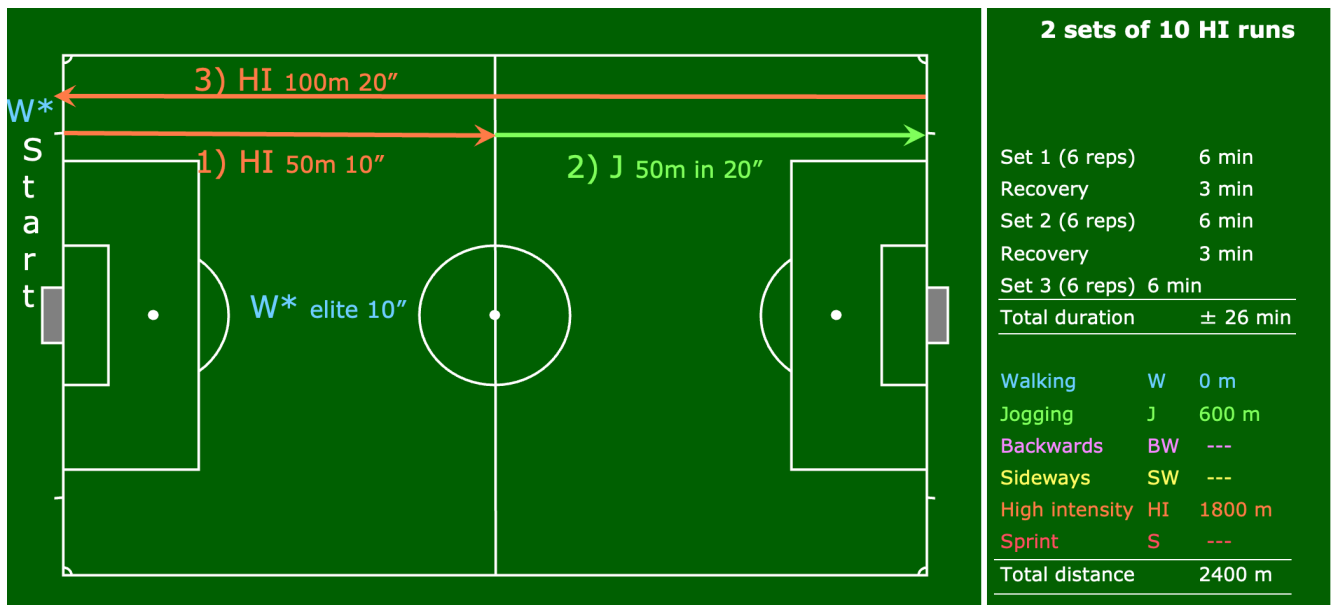
Alternatively, you may also consider other intermittent activities such as badminton, football, padel, squash, or tennis to benefit from complementary mental and physical stimulation if you are familiar with these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 37 from Monday 8th to Sunday 14th of September Macrocycle III, week 3 (Training week 15)

- Mon. 8th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 54
- Tue. 9th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 55
- * 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=gavgdS6HUq8>
- * High Int. - Each run is to be performed at high speed/intensity ($>88\%$ HR_{max})
- Set 1: Run from the goal line to the midline at high intensity in 10". Then, jog to the other goal line in 20". Continue from the goal line to the opposite goal line in 20". Recovery time of 20", 10 reps.
- 2' recovery
- Set 2: Again 10 reps.
- Total distance is 4.600 m of which 3.000 m high-speed running



- Altogether, this HI exercise takes 26'

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

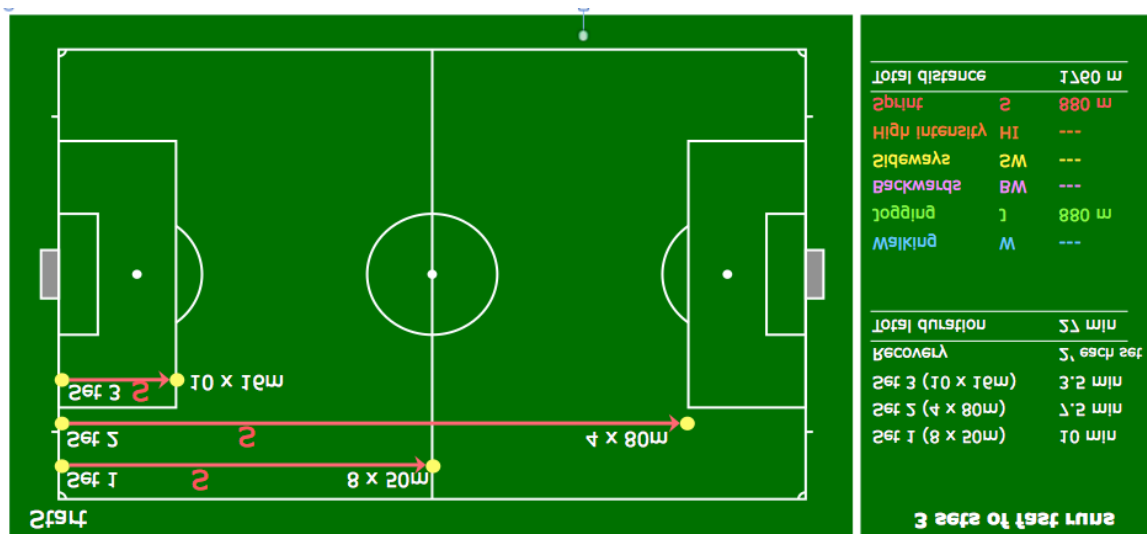
Total duration: 74'

Wed. 10th: Rest day/Complementary strength and/or injury prevention training



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 11th.
Tr. 56
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
 - * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability & injury prevention exercises.
 - * Rep. Spr. Ab. - All sprints to start on the goal line.
- Set 1 (using a dynamic start):
- > 8 repeated sprints to the midline ($\pm 7''$) with 50'' recovery jogging between each sprint (90% SPmax)
 - > Jog 1 lap of the pitch ($\pm 2'30''$)
 - > Duration: $\pm 10'$



- Set 2 (using a dynamic start):
- > 4 repeated sprints to the opposite penalty area ($\pm 11''$) with 70'' recovery jogging between each sprint (90% SPmax)
 - > Jog 1 lap of the pitch ($\pm 2'30''$)
 - > Duration: $\pm 7.5'$
- Set 3 (using a dynamic start):
- > 10 repeated sprints to the penalty area ($\pm 3''$) with 20'' recovery jogging between each sprint (90% SPmax)
 - > Duration: $\pm 3.5'$
- Altogether, 22 sprints (90% SPmax) from a dynamic start position. Decelerate smoothly, turn and jog back to the start.
- The total duration of this RSA session is $\pm 21'$.
- * Match - 10' of match play or 10' of medium-intensity jogging (80% HR_{max}).
 - * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 84'

Fri. 12th:

Rest day/Complementary strength and/or injury prevention training

Sat. 13th:

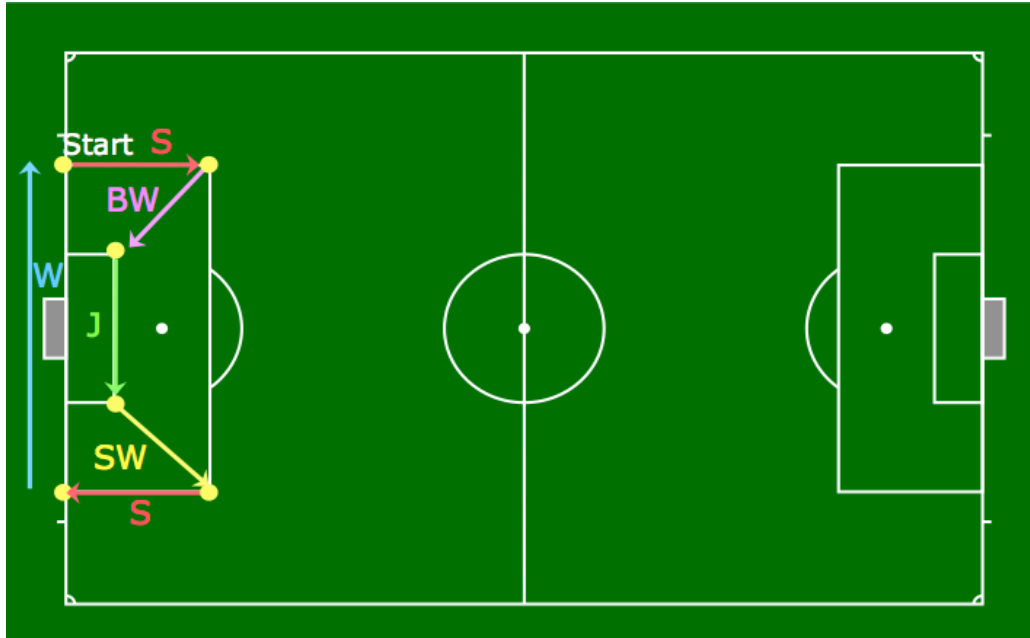
* Warm up

- 20' jogging, mobilisation and dynamic stretching.

Tr. 57

* Speed

- Set 1: Referees perform 5 laps in the penalty area as follows:



- Once the 5 laps (or 10 sprints of 16m) have been completed, take a 5' recovery, stretching and drinking break.

- Then perform another 5 laps.

- The total exercise time is 15'. The total sprint distance is 320m.

* Cool down

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

Total duration: 50'

Sun. 14th:

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 in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, padel, squash, or tennis to benefit from complementary mental and physical stimulation if you are familiar with these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 38 from Monday 15th to Sunday 21st of September Macrocycle III, week 4 (Training week 16)

Mon. 15th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 58

Tue. 16th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 59

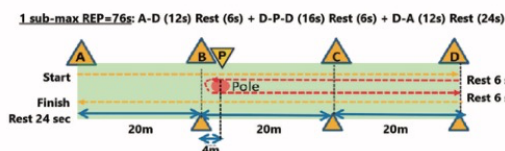
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Functional Tr. - 3 sets of 4' each (1' rest between Sets)

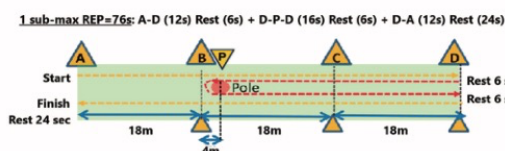
<https://www.youtube.com/watch?v=TP3Obt8KZvQ>

* High Int. - Updated Referee SDS. The details are given below while the new audio file is also available both in FAME and TSL.

Men Referees: Single – Double – Single High Intensity Interval Test



Women Referees: Single – Double – Single High Intensity Interval Test



Timetable						
Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
		Single		Double		Single
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
72" rest						
6	07:08	07:20	07:26	07:42	07:48	08:00
7	08:24	08:36	08:42	08:58	09:04	09:16
8	09:40	09:52	09:58	10:14	10:20	10:32
9	10:56	11:08	11:14	11:30	11:36	11:48
10	12:12	12:24	12:30	12:46	12:52	13:04
72" rest						
11	14:16	14:28	14:34	14:50	14:56	15:08
12	15:32	15:44	15:50	16:06	16:12	16:24
13	16:48	17:00	17:06	17:22	17:28	17:40
14	18:04	18:16	18:22	18:38	18:44	18:56
15	19:20	19:32	19:38	19:54	20:00	20:12

- In total, it takes 20'12" to complete this version of the Referee SDS.

- For women referees, the distance is 3 x 18m.

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

Total duration: 95'

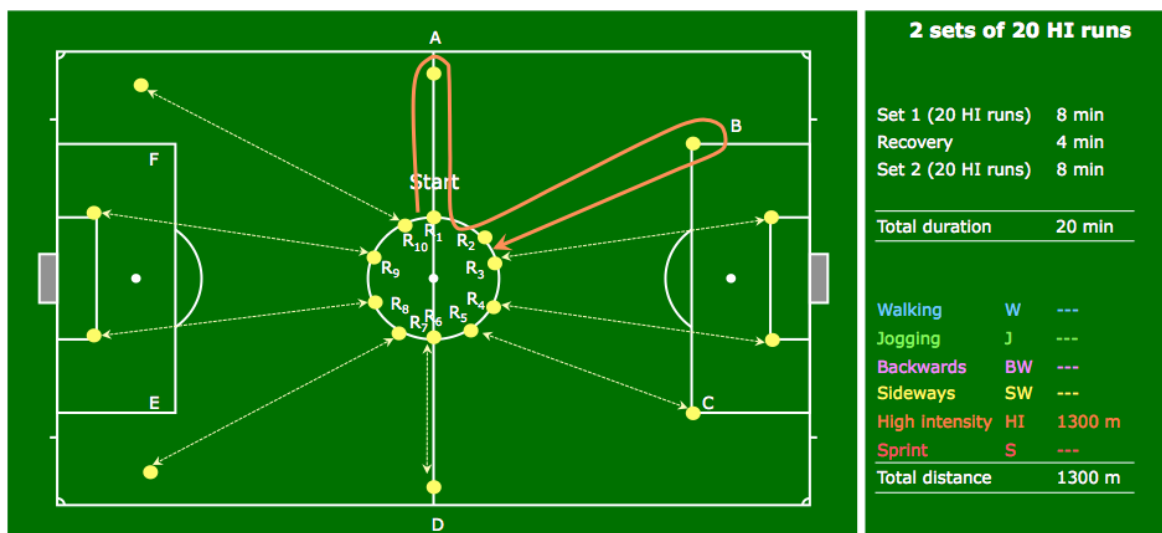
Wed. 17th: Rest day/Complementary strength and/or injury prevention training

Thu. 18th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 60

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

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

- * High Int.
- **Set 1:** Referees work in pairs. The start for each pair is always in the centre circle. R_1 carries a bib and runs at high speed outwards, turns around cone A and gives the bib to R_2 who covers the same run. Then, R_1 runs around the next cone (B) in clockwise order, and they go on until both Referees have completed 2 full laps of 10 HI runs each (20 high-intensity runs).
 - 2' recovery
 - **Set 2:** Again 2 full laps, both now counterclockwise
 - The total exercise time is 20'. The total HI distance is 1300 m.
 - Tip: to differentiate between different levels, make pairs of referees that run at different speeds while the timing remains the same!



- * Tip
- Assistant referees can perform the same exercise, covering the second set the shorter distances marked by the 'white' cones in the middle of the distance of the first set.
- * Match
- 10' of match play or 10' of medium-intensity jogging (80% HR_{max}).
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

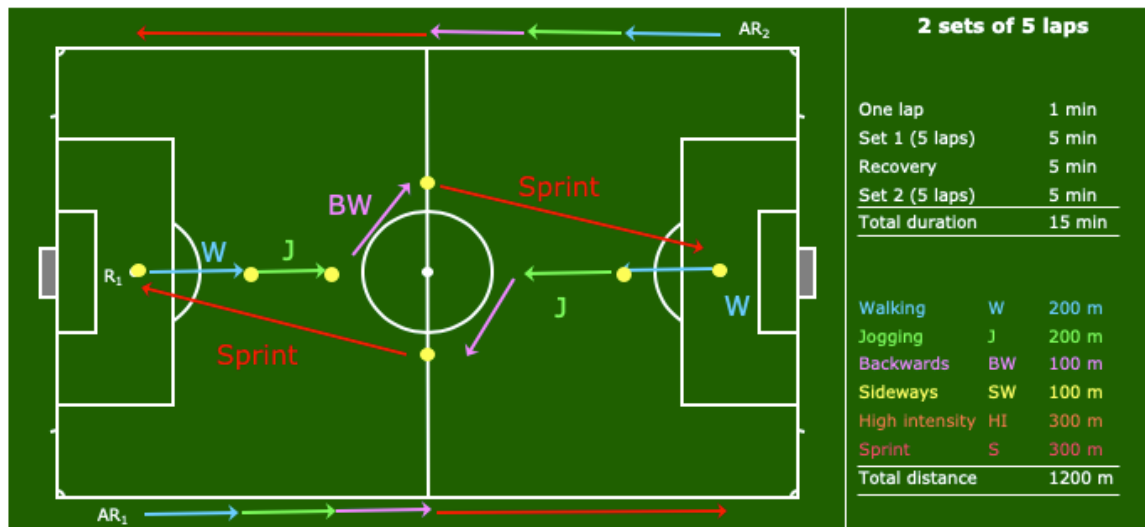
Total duration: 85'

Fri. 19th:

Rest day/Complementary strength and/or injury prevention training

Sat. 20th:
Tr. 61

- * Warm up
- 20' jogging, mobilisation and dynamic stretching.
- * Speed
- **Set 1:** 5 reps of the following centre-circle exercise:



- 5' recovery and stretching break after Set 1.

- Set 2: again 5 reps of the centre-circle exercise.

- The total sprint distance is 270 m. The total exercise time is 15'.

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

Total duration: 50'

Sun. 21st:

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 in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, padel, squash, or tennis to benefit from complementary mental and physical stimulation if you are familiar with these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 39 from Monday 22nd to Sunday 28th of September Macrocycle III, week 5 (Training week 17)

Mon. 22nd: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 62

Tue. 23rd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 63

* 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=bn2j_qmKDwY

* Agility - '80 m agility drill' for refs and '40 m T- drill' for ARs (cfr. Tr. 47 p. 1).

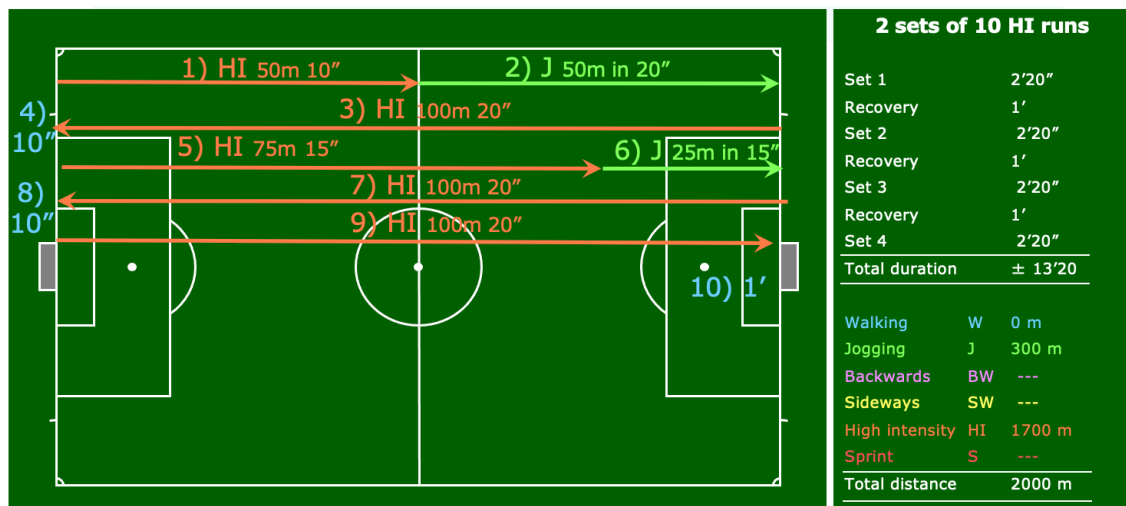
* High Int. - Each run is to be performed at high speed/intensity (>88%HR_{max}).

- Set 1:

- 1) Run from the goal line to the 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 the goal line to the opposite penalty arc in 15"
- 6) jog to the 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

- Overall: 1.700 m high-speed running and total time of about 13'.



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

Total duration: 80'



Performance Training in Football Refereeing Weekly Training Plan

Wed. 24th.

Rest day/Complementary strength and/or injury prevention training

Thu. 25th.
Tr. 64

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
- * Speed End.
 - Run for 10m at 90% max speed, walk to the end (40m)
 - Turn and run 20m at 90% of max speed, walk to the end (30m)
 - Turn and run 30m at 90% of max speed, walk to the end (20m)
 - Turn and run 40m at 90% of max speed, walk to the end (10m)
 - Turn and run 50m at 90% of max speed, then turn and run another 50m (100m)
 - Rest for 90" then repeat 5 x
 - Your heart rate should peak at >90% HR_{max} at the end of each rep

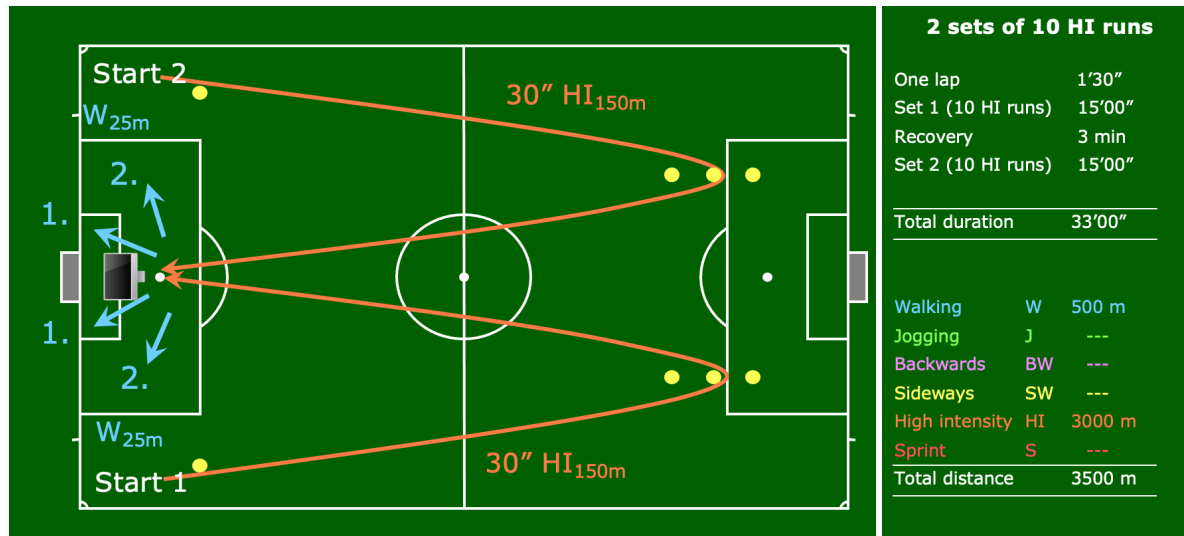


- This exercise takes (90" + 90" rec.) x 5 = 15 min

- * High Int.
 - Set 1: Field exercise, 10 to 12 x with video clips at the finish
 - From the start, run at high intensity to the other side of the field, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture. They report their decision and then walk back to the start (50 m in 35 sec) and continue for 5 to 6 laps or 10 to 12 reps. Ideally, it's done with 6 pairs on each side.
 - 4' recovery
 - Set 2: Same as set 1, however, switch starting position to turn over the other shoulder.
 - Altogether, this exercise takes 33' including 3' recovery.
 - For the technical decision, match incidents can be shown around the penalty area on a TV screen or laptop to allow the Referee and ARs to take a team decision.



Performance Training in Football Refereeing Weekly Training Plan



- * Match - 10' of match play or 10' of medium-intensity jogging (80% HR_{max}).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 105'

Fri. 26th:

Rest day/Complementary strength and/or injury prevention training

Sat. 27th:

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

Tr. 65

* Speed

- Set 1:

- 10 m sprint up, 10 m walk down, 3 x

- 20 m sprint up, 20 m walk down, 3 x

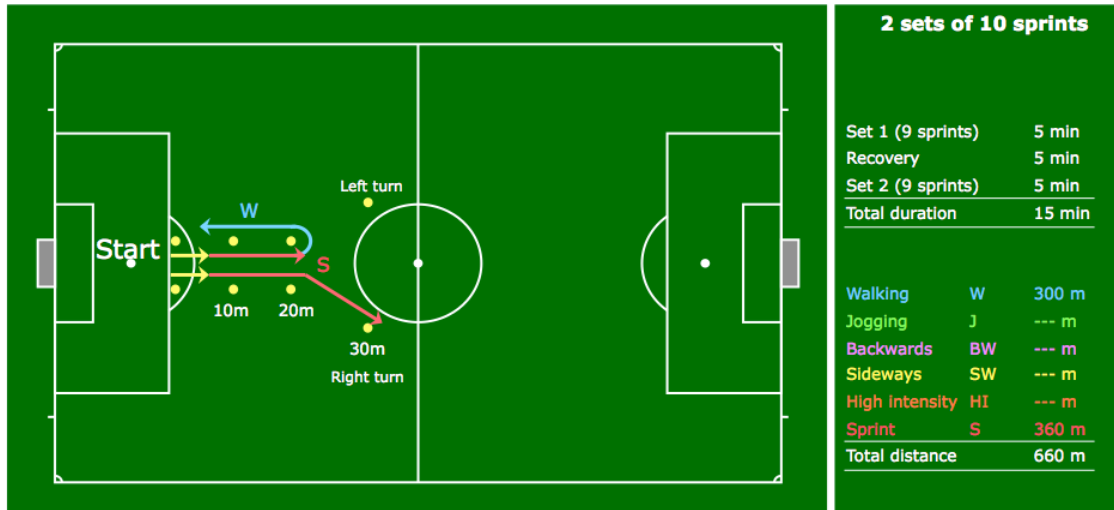
- 30 m sprint up, 30 m walk down, 3 x

(with a change in direction to the left or to the right)

- Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.

- Set 2:

- In reversed order, from 30 m to 10 m, each distance 3 x for a further 9 sprints.



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

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

Total duration: 50'

Sun. 28th:

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 in case you are VAR or 4th official to compensate for not being physically involved in the game.

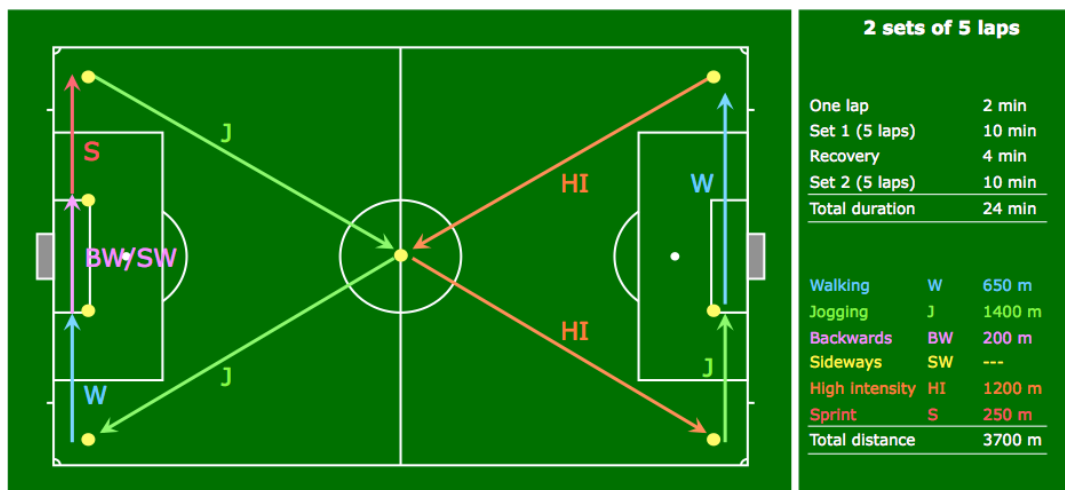
Alternatively, you may also consider other intermittent activities such as badminton, football, padel, squash, or tennis to benefit from complementary mental and physical stimulation if you are familiar with these leisure activities.



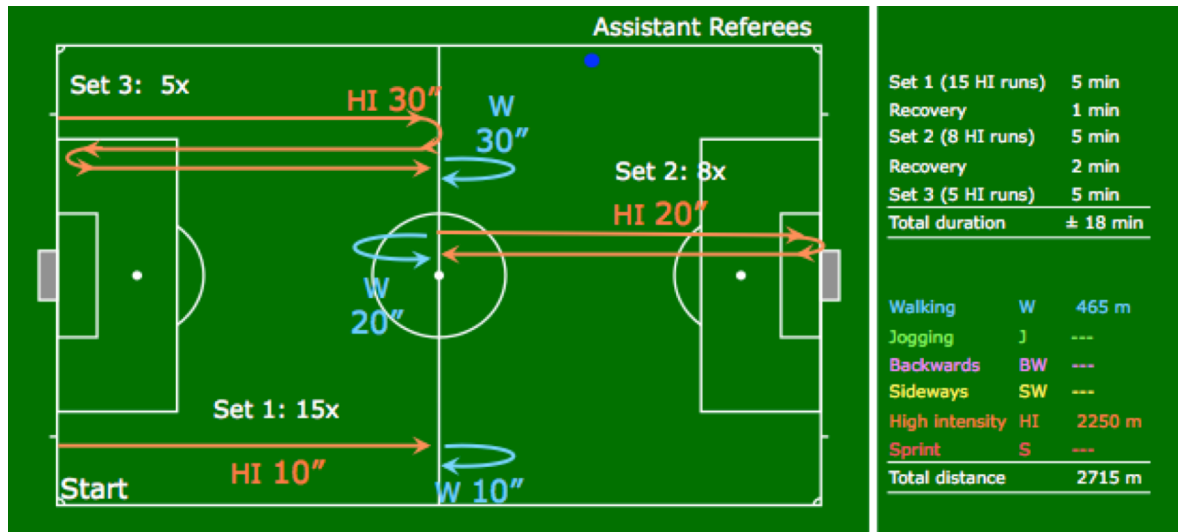
Performance Training in Football Refereeing Weekly Training Plan

WEEK 40 from Monday 29th of September to Sunday 5th of October Macrocycle III, week 6 (Training week 18)

- Mon. 29th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 66
- Tue. 30th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 67
- * 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=KfAS7AA1qsk>
- * High Int. Refs - Set 1: 5 laps of \pm 2' each.
- 4' recovery
- Set 2: again 5 laps of \pm 2' each.
- In total, this exercise takes 24' (10' Set 1 + 4' recovery + 10' Set 2).



- * High Int. ARs - Each run is to be performed at high speed/ intensity ($>88\%$ HR_{max})
- Set 1: 10" run at 90% HR_{max}, 10" walking, 15 x, 5' run at 90% HR_{max},
- 1' recovery
- Set 2: 20" run at 90% HR_{max}, 20" walking, 8 x, 5' run at 90% HR_{max},
- 2' recovery
- Set 3: 30" run at 90% HR_{max}, 30" walking, 5 x, 5' run at 90% HR_{max},



- Altogether, this exercise takes 18'

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

Total duration: 97'

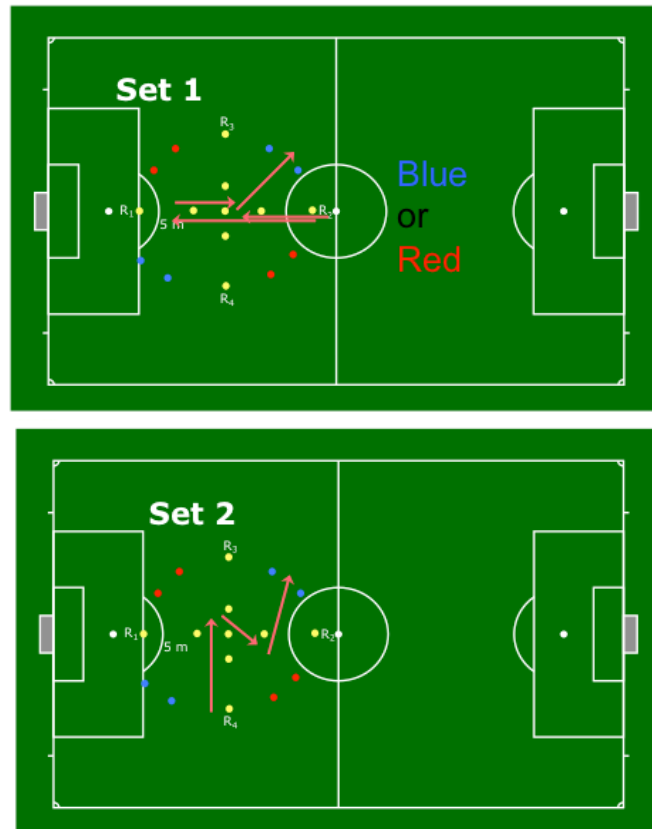
Wed. 1st:

Rest day/Complementary strength and/or injury prevention training

Thu. 2nd:

Tr. 68

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
- * Speed/Agility - Visual concentration exercises including speed and agility.
- Set 1: Referees work in 2 x 2 pairs, 8'
- 4' recovery
- Set 2: Referees work in 2 x 2 pairs, 8'

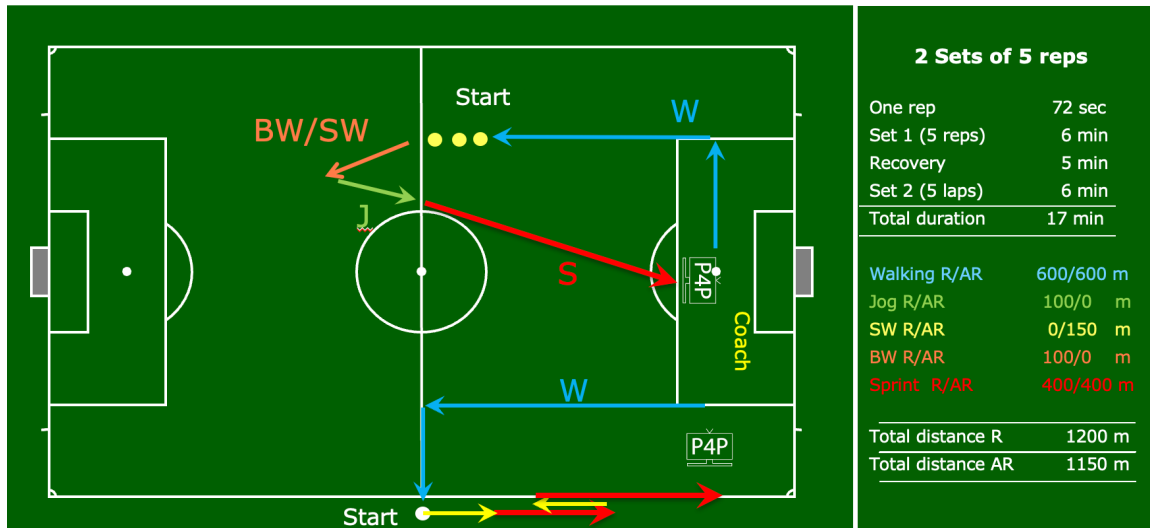


- * On-field Int. Ex. - **Set 1:** The Referee starts with an agility drill in the cones, runs backwards/sideways for 10m, then 10m jogging, and finally sprints 40m to the TV screen. He watches the incident only once. Then the Referee walks to the technical coach.

For the ARs, the running drill is as follows: 5 meters SW + 20m sprint + 5m SW + 20m sprint and then go to the TV screen. They watch each incident only once and from their typical viewing angle. Then, the ARs walk to the technical coach and make a team decision with the Referee. The Coach provides feedback about the outcome and the decision-making process during the same 15" interval (**Teamwork**).

After reporting the decision, the Referee and ARs walk to the start position.

- They start the second lap after 1:30". One Set consists of 5 reps
- Every Referee and AR should complete 2 Sets of 5 reps, and take 20 team decisions (10 technical and disciplinary decisions).



- * Match - 10' of match play or 10' of medium-intensity jogging (80% HR_{max}).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 100'

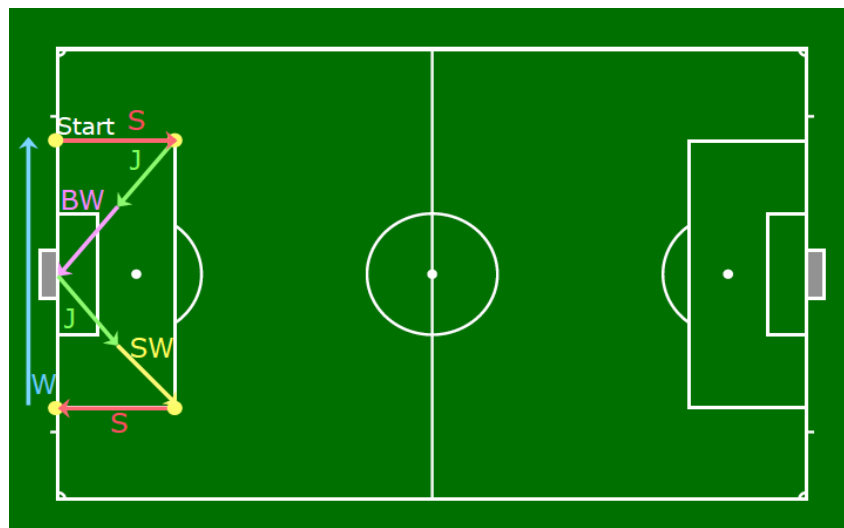
Fri. 3rd:

Rest day/Complementary strength and/or injury prevention training

Sat. 4th:

Tr. 69

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed - Set 1: short sprints in the penalty area, 5 laps.



- 5' recovery and stretching
- Perform a 2nd Set of the above exercise (5 sprints).
- The total exercise time is ±15'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 50'



Performance Training in Football Refereeing Weekly Training Plan

Sun. 5th:

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 in case you are VAR or 4th official to compensate for not being physically involved in the game.

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