



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 15 from Monday 9<sup>th</sup> to Sunday 15<sup>th</sup> of April Macrocycle VIII, week 3 (Training week 45)

Mon. 9<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
Tr. 169 - 10' warm up (walking & jogging on a treadmill between  
6 & 13 km/hr, followed by mobilisation exercises)  
- 30' non-weight bearing exercises (70% HR<sub>max</sub>), such as:  
- 10-12' cycling (80-90 cycles/min)  
- 8-12' rowing (25-30 cycles/min)  
- 10-12' gliding / stepping (60-70 cycles/min)  
- 10' stretching followed by sauna, jacuzzi, massage

Total duration: 50'

Tue. 10<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 170

\* Warm up - 20' extensive warm up, mobilisation and stretching

\* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to  
the regular set of strength and injury prevention exercises

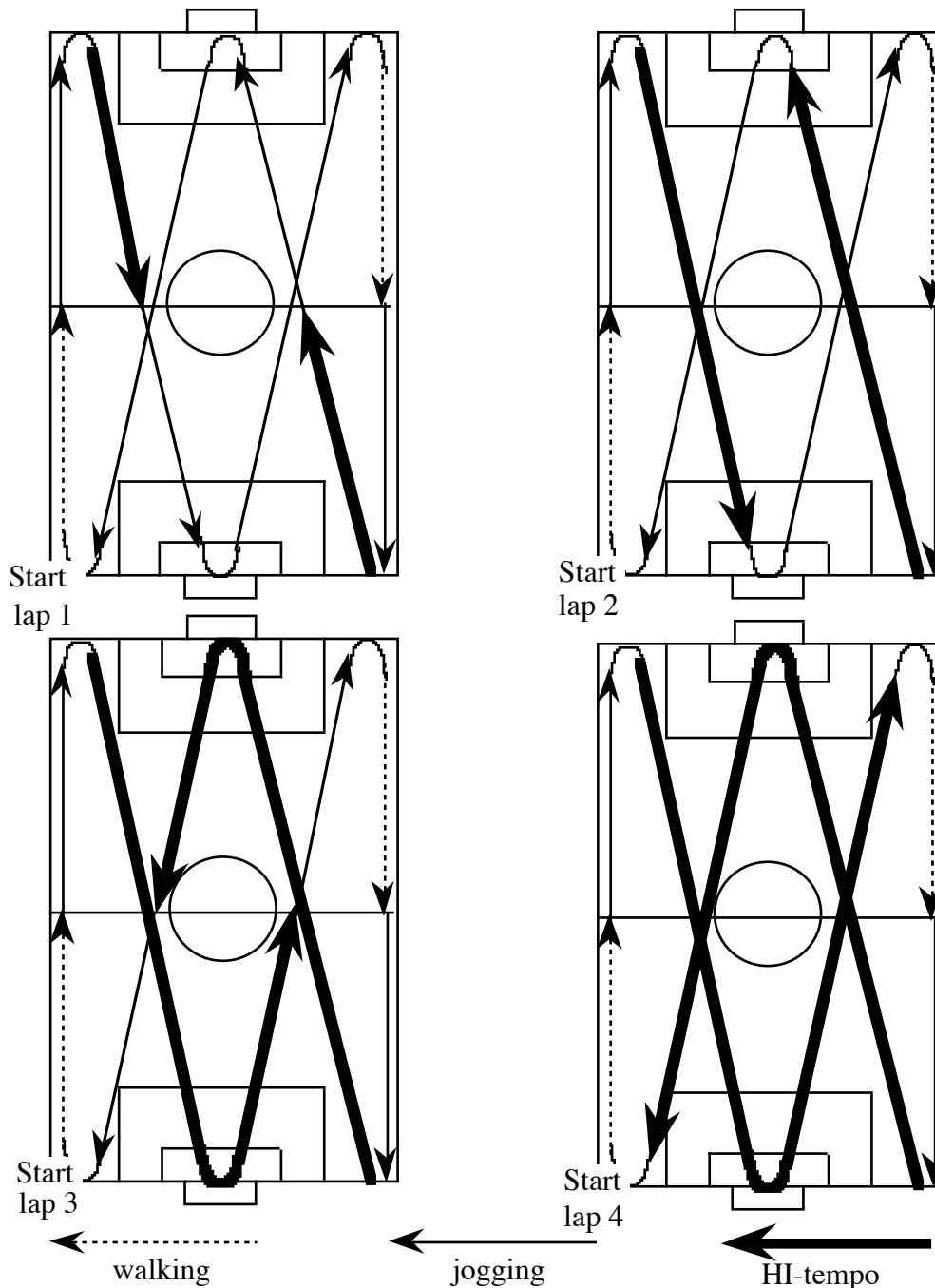
\* High Int. - Set 1:  
- LAP 1  
- 50 m walking, followed by 50 m jogging along the side line  
- 60 m HI run along the diagonal line up to the midline,  
- 60 m jogging to the goal, then 120 m jogging to the opposite  
corner  
- 50 m walking, followed by 50 m jogging along the side line  
- 60 m HI run along the diagonal line up to the midline,  
- 60 m jogging to the goal, then 120 m jogging to the opposite  
corner

- LAP 2  
- 50 m walking, followed by 50 m jogging along the side line  
- 120 m HI run along the diagonal line up to the opposite goal,  
- 120 m jogging to the opposite corner  
- 50 m walking, followed by 50 m jogging along the side line  
- 120 m HI run along the diagonal line up to the opposite goal,  
- 120 m jogging to the opposite corner

- LAP 3  
- 50 m walking, followed by 50 m jogging along the side line  
- 180 m HI run along the diagonal line up to the opposite goal,  
and back to the midline  
- 60 m jogging to the opposite corner  
- 50 m walking, followed by 50 m jogging along the side line  
- 180 m HI run along the diagonal line up to the opposite goal,  
and back to the midline  
- 60 m jogging to the opposite corner



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- LAP 4
- 50 m walking, followed by 50 m jogging along the side line
- 240 m HI run along the diagonal line up to the opposite goal, and back to the opposite corner
- 50 m walking, followed by 50 m jogging along the side line
- 240 m HI run along the diagonal line up to the opposite goal, and back to the opposite corner



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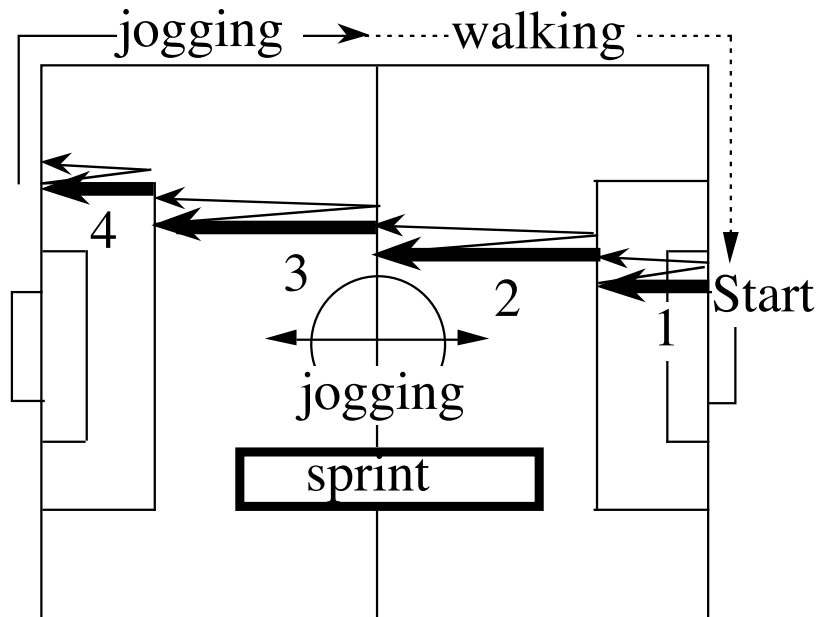
- As referees progress from cone 1 to cone 5, they progressively increase the amount of HI running (distance per lap = 680 m).  
(18% lap 1; 35% lap 2; 53% lap 3; 70% lap 4)
  - All together, this first run takes  $\pm 12.5'$ .
  - 2' passive recovery (until bpm < 65% HR<sub>max</sub>)
  - \* High Int. - Set 2: same number of laps, but referees now they start in reversed order: first lap 4, then lap 3, lap 2, and finally lap 1
  - In total, this exercise takes  $12.5' + 2' \text{ recovery} + 12.5' = \pm 27'$
  - \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 77'

Wed. 11<sup>th</sup>: REST or PASSIVE RECOVERY

- Thu. 12<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)  
Tr. 171
- \* Warm up - 20' extensive warm up, mobilisation and stretching
  - \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
  - \* Ext. Speed - Set 1: 4 laps of the next exercise in the length of the pitch:
    - Referees start on the goal line from a dynamic position (e.g., knee lifts). Then they sprint to the 16 m box, return to the goal line jogging backward and then they continue jogging forward to the 16 m box (1)
    - From the 16 m box, referees sprint to the midline, then they return jogging to the 16 m box and continue jogging to the midline (2)
    - From the midline, referees sprint to the opposite penalty box, then they return jogging to the midline and continue jogging to the penalty box (3)
    - From the 16 m box, referees sprint to the goal line, then they return jogging backward to the 16 m box and continue jogging forward to the goal line (4)
    - They continue jogging to the midline and then walk back to the start position. This constitutes 1 lap. For each lap of 320 m, referees accelerate to sprint approximately 110 m (duration 1 lap  $\pm 2'30''$ )



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- 4' passive recovery (until bpm < 65% HR<sub>max</sub>)

- Set 2: again 4 laps of 2'30" each

- All together, this exercise takes 10' + 4' rec + 10' = 24'

- \* Match play - If referees have a group training session then a 10' regular football match can be played with the restriction that the ball can only be touched twice ('control & pass').
- Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

Fri. 13<sup>th</sup>:

REST or PASSIVE RECOVERY

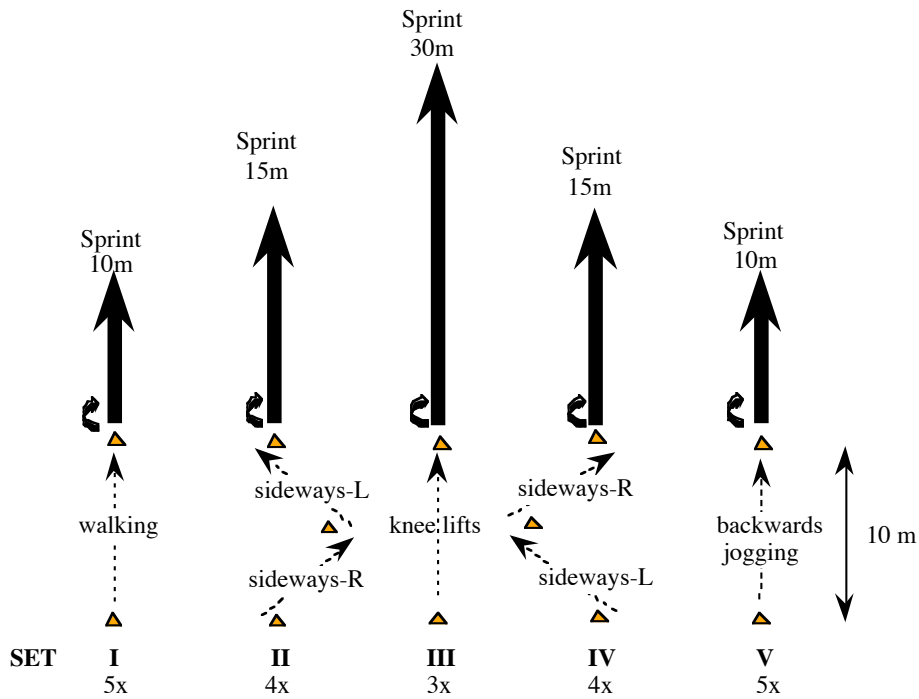
Sat. 14<sup>th</sup>:  
Tr. 172

- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Speed - Straight forward sprints from dynamic starting position:
- Set 1: 5 x 10 m, starting from 10 m walking
  - Set 2: 4 x 15 m, starting from 10 m sideways running
  - Set 3: 3 x 30 m, starting from 10 m knee lifts
  - Set 4: 4 x 15 m, starting from 10 m sideways running
  - Set 5: 5 x 10 m, starting from 10 m backwards running



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- After every sprint, a slow walk back to the start position is a good way of determining the recovery time (e.g., 20" for 10 m, 30" for 15 m, 40" for 30 m)



- Between the various sets, there is a 1' passive recovery
- The total exercise time is 15'.

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

Total duration: 50'

Sun. 15<sup>th</sup>: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.