



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 18 from Monday 30<sup>th</sup> of April to Sunday 6<sup>th</sup> of May Macrocycle VIII, week 6 (Training week 48)

Mon. 30<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
Tr. 181 - 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. 1<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 182

\* 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:  
> 8 sprints to the midline ( $\pm$  7.5")  
with 50" active recovery in between each and every sprint  
> Jogging 1 lap of the pitch, drinking & stretching ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  10'

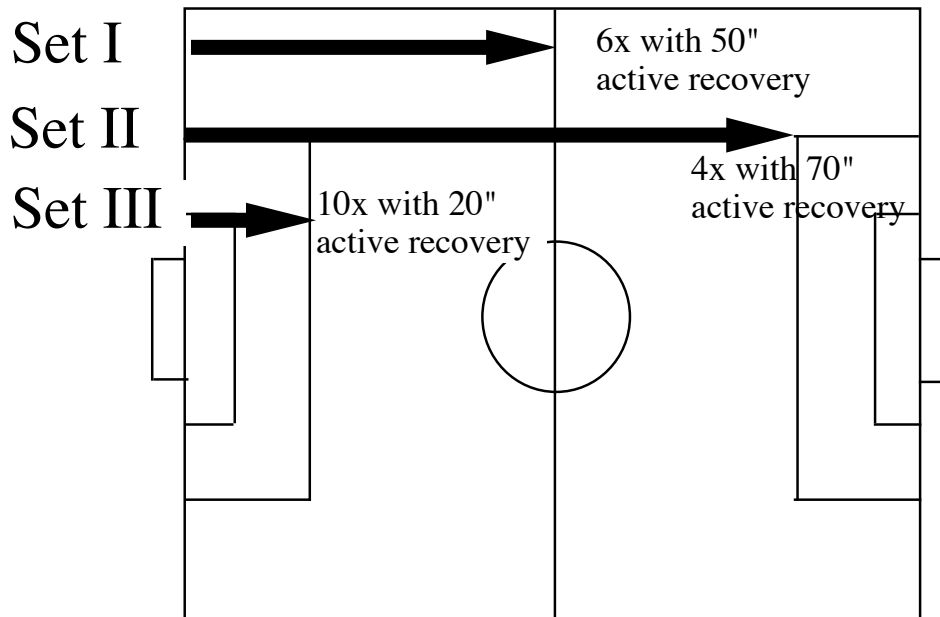
- Set 2:  
> 4 sprints to the opposite penalty box ( $\pm$  12")  
with 70" active recovery in between each and every sprint  
> Jogging 1 lap of the pitch, drinking & stretching ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  7.5'

- Set 3:  
> 10 sprints to the penalty box ( $\pm$  3")  
with 20" active recovery in between each and every sprint  
> Duration Set 1:  $\pm$  3.5'

All together, this extended speed session takes  $\pm$  20' including 5' active recovery.



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

Total duration: 70'

Wed. 2<sup>nd</sup>:

REST or PASSIVE RECOVERY

Thu. 3<sup>rd</sup>:  
Tr. 183

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
- \* 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
- \* Agility - Set 1: 'Referee Sprint' of 60 m, 1' rest, 5 repetitions. Sprint time should be less than 17".

The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50 m. Sprint time should be less than 17".

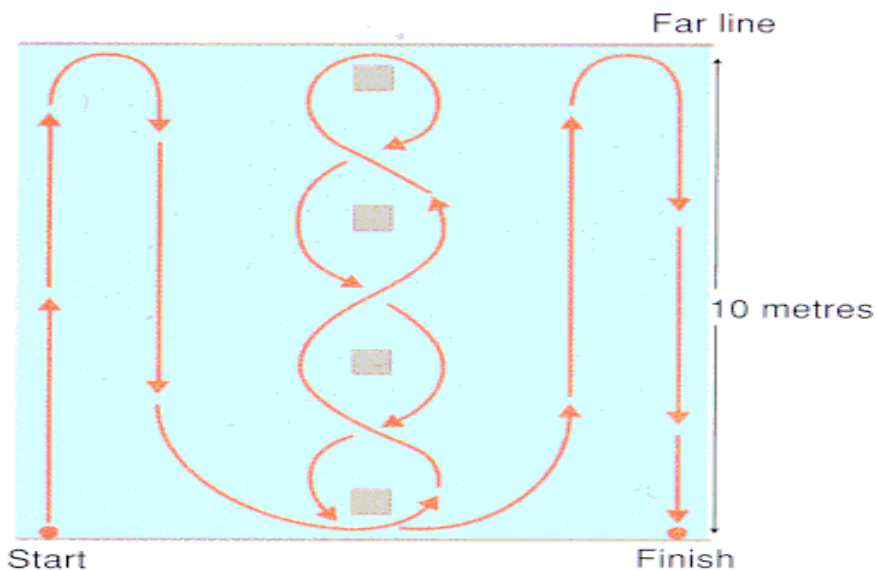
- 2' passive recovery (until bpm < 65% HR<sub>max</sub>)

- Set 2: 'Referee Sprint' of 60 m, 1' rest, 5 repetitions

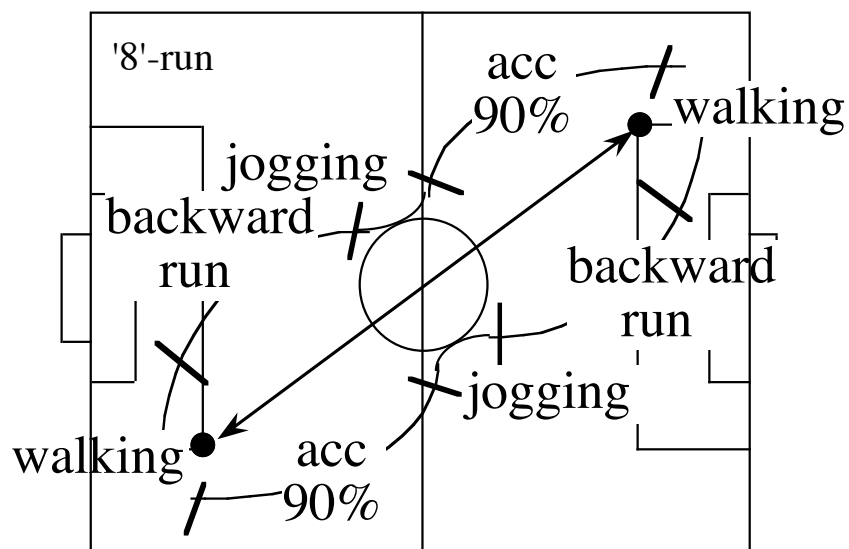
- 2' passive recovery (until bpm < 65% HR<sub>max</sub>)



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- \* Speed End. - '8'-run exercise for a total duration of 8'
- 2' passive recovery (until bpm < 65% HR<sub>max</sub>)
- In total, these agility and speed endurance exercises take 27' (6.5' Set 1, 2' recovery, 6.5' Set 2, 2' recovery, 8' Field, 2' recovery).





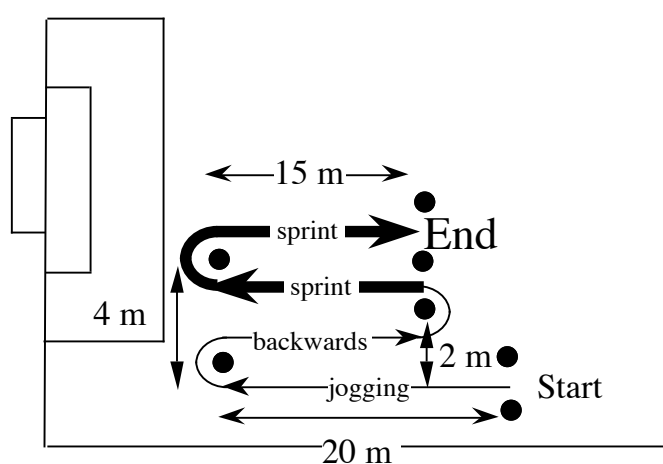
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- \* Match play
  - If referees have a group training session then a 10' regular football match can be played with the restriction that the ball can only be touched twice ('control & pass').
  - Alternatively, if it is not possible to play a match, 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: 87'

Fri. 4<sup>th</sup>: REST or PASSIVE RECOVERY

- Sat. 5<sup>th</sup>:  
Tr. 184
- \* Warm up
    - 20' extensive warming up, mobilisation and stretching
  - \* Speed
    - Set 1: 5 x a sprint of 30 m with a turn in between (2 x 15 m)
    - Restart for a new run every 60"
    - 5' passive recovery (until bpm < 65% HR<sub>max</sub>)
    - Set 2: 5 x a sprint of 30 m with a turn in between (2 x 15 m)
    - Restart again for a new run every 60"



- The total exercise time is 15', the total sprint distance is 300 m.

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

Total duration: 50'

Sun. 6<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.