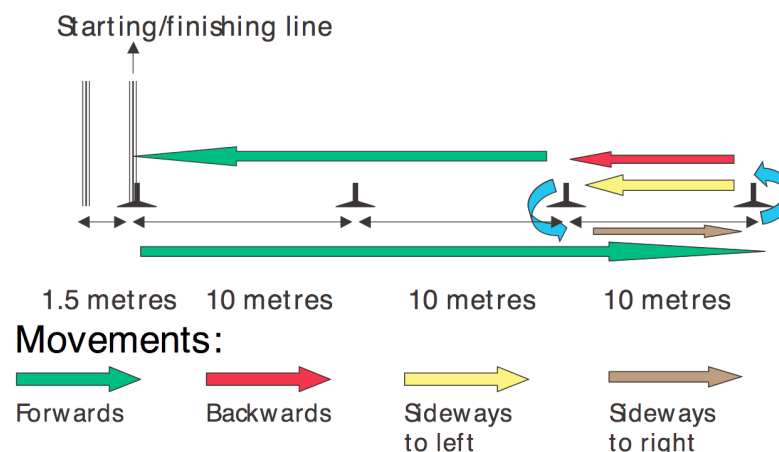




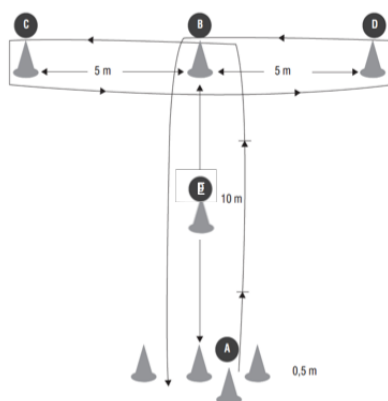
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 35 from Monday 24<sup>th</sup> to Sunday 30<sup>th</sup> of August Macrocycle III, week 1 (Training week 13)

- Mon. 24<sup>th</sup>. \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 46
- Tue. 25<sup>th</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 47
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Agility - '80 m agility drill' for referees:
- Set 1: The 80 m should be done at sprint pace, but with the 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 2<sup>nd</sup> 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. Reference time is 11.4" (11.2" int. ARs), with 2' recovery between each rep.
  - 2' recovery, 2 reps.

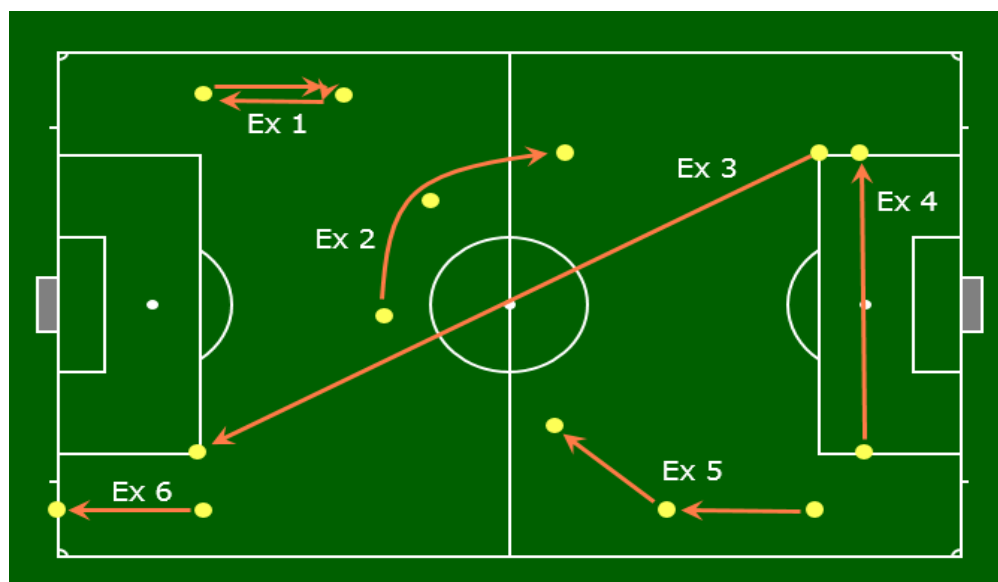


- **Set 2:** Again 2 reps with 2' recovery in between, but ARs now start on the left side and turn over the right shoulder.

\* 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.
- 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: x10 = 300 m (3'05")
- Set 2 (25 m): 5-6" per run: 18" per group: x12 = 300 m (3')
- Set 3 (75 m): 13-14" per run: 40" per group: x4.5 = 337.5 m (3')
- Set 4 (40 m): 7-8" per run: 24" per group: x7.5 = 300 m (3'20")
- Set 5 (10+10 m): 4-5" per run: 12" per group: x20 = 400 m (3'40")
- Set 6 (16.5 m): 3-4" per run: 9" per group: x20 = 330 m (3'25")



- 4' recovery.

\* Cool down

- All together, this exercise takes (6 x 3' + 2' recovery) = ± 30'
- 5' jogging and walking, followed by 10' of static stretching.

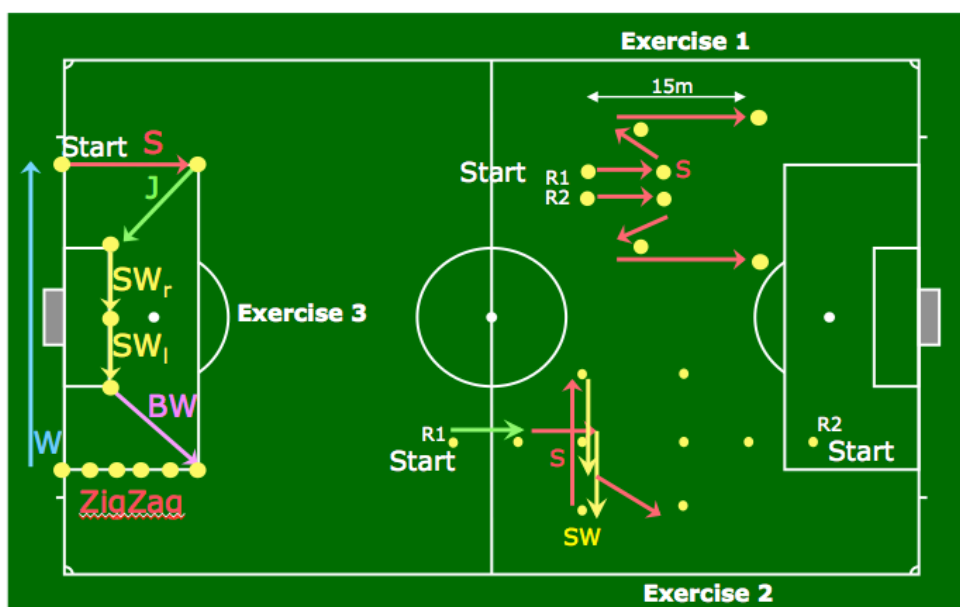
**Total duration: 95'**

Wed. 26<sup>th</sup>.

REST DAY

Thu. 27<sup>th</sup>.  
Tr. 48

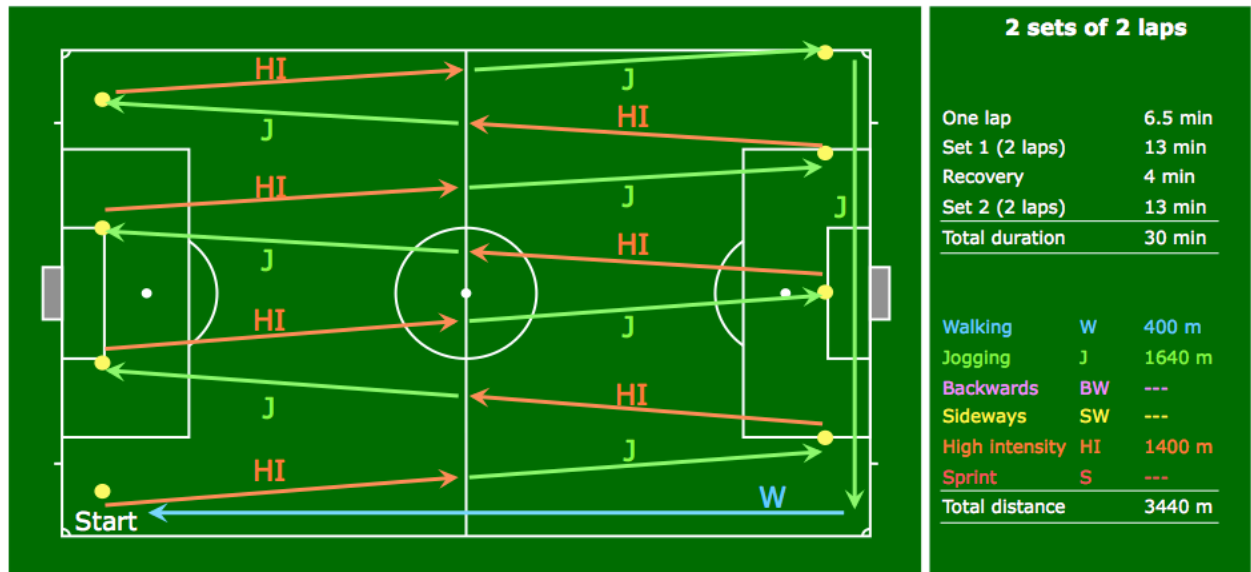
- \* Low Int. - 5' jogging slowly building up to 80% HR<sub>max</sub> ( $\pm$  1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Speed/Agility
  - Exercise 1: Sprint forward 5 m, cut 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 maximal sprints followed by 7 recovery jogs. The maximum sprint should consist of 95% of maximal speed. The jogging should take 3 x longer than the duration of the sprint. After reaching the finish, referees jog all along the goal line until the next corner and then walk back to the start 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)



## 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' of static stretching.

Total duration: 105'

Fri. 28<sup>th</sup>:

REST DAY

Sat. 29<sup>th</sup>:

Tr. 49

- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Speed
  - Variations on the 60 m distance 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

Start

20 m

40 m

60 m

Left turn

Right turn

W

S

**2 sets of 10 sprints**

Set 1 (9 sprints)	5 min
Recovery	5 min
Set 2 (9 sprints)	5 min
Total duration	15 min

Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	360 m
Total distance		660 m

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 30<sup>th</sup>:

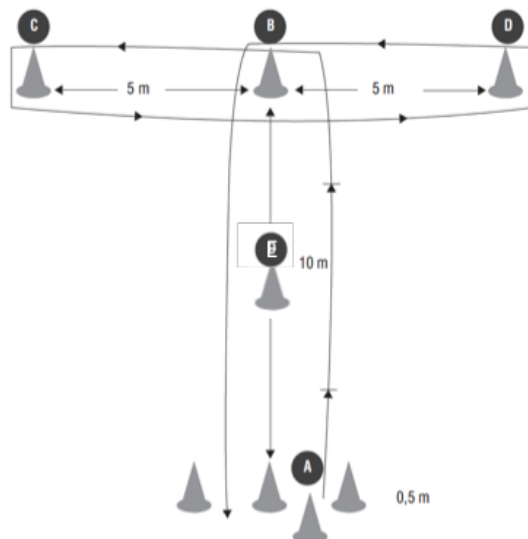
If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate 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.

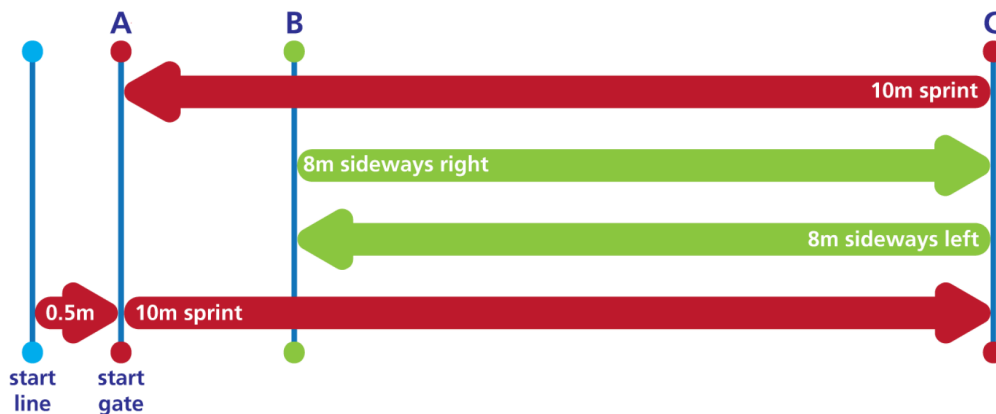
### WEEK 36 from Monday 31<sup>st</sup> of August to Sunday 6<sup>th</sup> of September

#### Macrocycle III, week 2 (Training week 14)

- Mon. 31<sup>st</sup>. \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 50
- Tue. 1<sup>st</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 51
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* High Int. - ARs: Yo-Yo ARIET submax. to 14:8, 2' break, then until 16:3 (15')  
- Refs: Yo-Yo submax to 15:8, 2' break, then from 16:1 tot 16:8 (15')
- \* Speed/Agility - 'T'- drill for referees: 2 reps turning over left shoulder
- Set 1: Referees sprint forwards as indicated in the figure: 10 m straight forwards from cone A to cone B, turn around cone B, continue sprinting forwards to cone C, turn around cone C, continue sprinting forwards to cone D, turn around cone D, continue sprinting forwards to cone B, turn around cone B and continue sprinting through the finish. Reference time is 10.2" (10.0" int. Referees). with 2' recovery between 2 reps.
- 4' recovery
- Set 2: Again 2 reps with 2' recovery in between, but referees now start on the left side instead and turn over the right shoulder.



- ARs do 4 reps of the CODA exercise:
- 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" (9.4" int. ARs), 4 reps in total (2 x starting sideways running with the L leg & 2 x starting R leg)

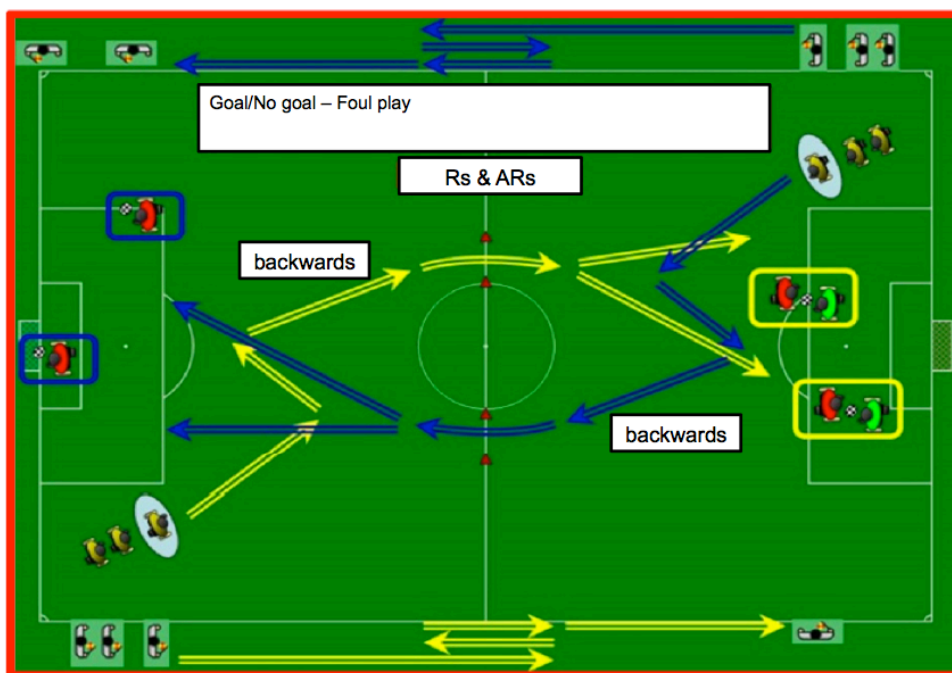


\* Speed End.

- Set 1: Referees perform 5 laps (10')

- From the start, run at the appropriate intensity around the diagonal line.

- The ARs follow the movements of the referee until the midline. When the referee starts running backwards, the ARs continue their coordination exercise and then sprint to the penalty area to assist the referee taking a technical decision based on where the coach bounces the ball. This position indicates a foul for the attacking team (foul in- or outside penalty area). Alternatively, the coach can also bounce the ball in front of or ahead of the goal line (goal or no-goal).



- 4' recovery
- Set 2: Referees perform 5 laps (10')
- All together this exercise takes  $\pm 24'$ .

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

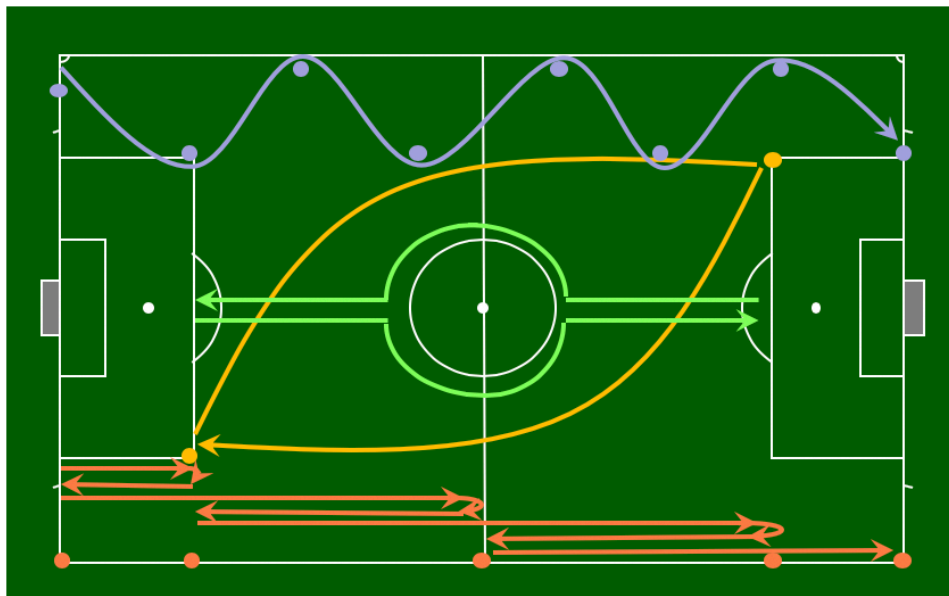
Total duration: 100'

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

REST DAY

Thu. 3<sup>rd</sup>.  
Tr. 52

- \* 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' individualised strength, core stability & injury prevention exercises.
- \* High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery
  - 2 min recovery between each of the 4 sets
  - The swerv (6x 30"-30")
  - The centre circle (10x 15"-15")
  - The diagonal (4x 45"-45")
  - The suicide (3x 60"-60")



- All together this exercise takes 4 times 6 min with 2 min rec  $\pm 30'$ .

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

Total duration: 85'

Fri. 4<sup>th</sup>.

REST DAY





## Performance Training in Football Refereeing Weekly Training Plan

- Sat. 5<sup>th</sup>. \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
Tr. 53  
\* Speed - Set 1: 5 reps of the following centre-circle exercise:

2 sets of 5 laps		
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	200 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High Intensity	HI	300 m
Sprint	S	300 m
Total distance		1200 m

- 5' recovery and stretching break after Set 1.
- 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' of static stretching.

Total duration: 50'

Sun. 6<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 37 from Monday 7<sup>th</sup> to Sunday 13<sup>th</sup> of September Macrocycle III, week 3 (Training week 15)

- Mon. 7<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 54
- Tue. 8<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 55
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* High Int. - Set 1:  
- 20" run at 90% HR<sub>max</sub> (approx. 100 m), then 10" recovery jogging  
- 40" run at 90% HR<sub>max</sub> (approx. 200 m), 20" jogging  
- 60" run at 90% HR<sub>max</sub> (approx. 300 m), 30" jogging  
- 80" run at 90% HR<sub>max</sub> (approx. 400 m), 40" jogging  
- 20" run at 90% HR<sub>max</sub> (approx. 100 m), 10" jogging  
- 40" run at 90% HR<sub>max</sub> (approx. 200 m), 20" jogging  
- 60" run at 90% HR<sub>max</sub> (approx. 300 m), 30" jogging  
- 80" run at 90% HR<sub>max</sub> (approx. 400 m), 40" jogging  
  
- 2' recovery  
  
- From a coaching point of view, the easiest way to run this intermittent exercise, is to whistle each time the referees have to change from activity. For Set 1 and 2, the time line is:  
  
0 (20" HI tempo) - 20" (J) - 30" (HI) - 1'10" (J) - 1'30" (HI) - 2'30" (J) - 3' (HI) - 4'20" (J) - 5' (HI) - 5'20" (J) - 5'30" (HI) - 6'10" (J) - 6'30" (HI) - 7'30" (J) - 8' (HI) - 9'20" (J) - 10' (Stop)  
  
- For the next set, the same time table can be used:  
  
- Set 2:  
- 20" run at 90% HR<sub>max</sub> (approx. 100 m), 10" jogging  
- 40" run at 90% HR<sub>max</sub> (approx. 200 m), 20" jogging  
- 60" run at 90% HR<sub>max</sub> (approx. 300 m), 30" jogging  
- 80" run at 90% HR<sub>max</sub> (approx. 400 m), 40" jogging  
- 20" run at 90% HR<sub>max</sub> (approx. 100 m), 10" jogging  
- 40" run at 90% HR<sub>max</sub> (approx. 200 m), 20" jogging  
- 60" run at 90% HR<sub>max</sub> (approx. 300 m), 30" jogging  
- 80" run at 90% HR<sub>max</sub> (approx. 400 m), 40" jogging  
  
- All together, this HI exercise takes 10' for Set 1 and 10' for Set 2. Therefore, 24' in total including 2' rec. after both sets  
  
- If it is not possible to perform this exercise on a field of play then the run can easily performed on a track, in the forest or on a treadmill.
- \* Cool down - 5' jogging and walking, followed by 10' of static stretching.



## Performance Training in Football Refereeing Weekly Training Plan

Total duration: 74'

Wed. 9<sup>th</sup>:

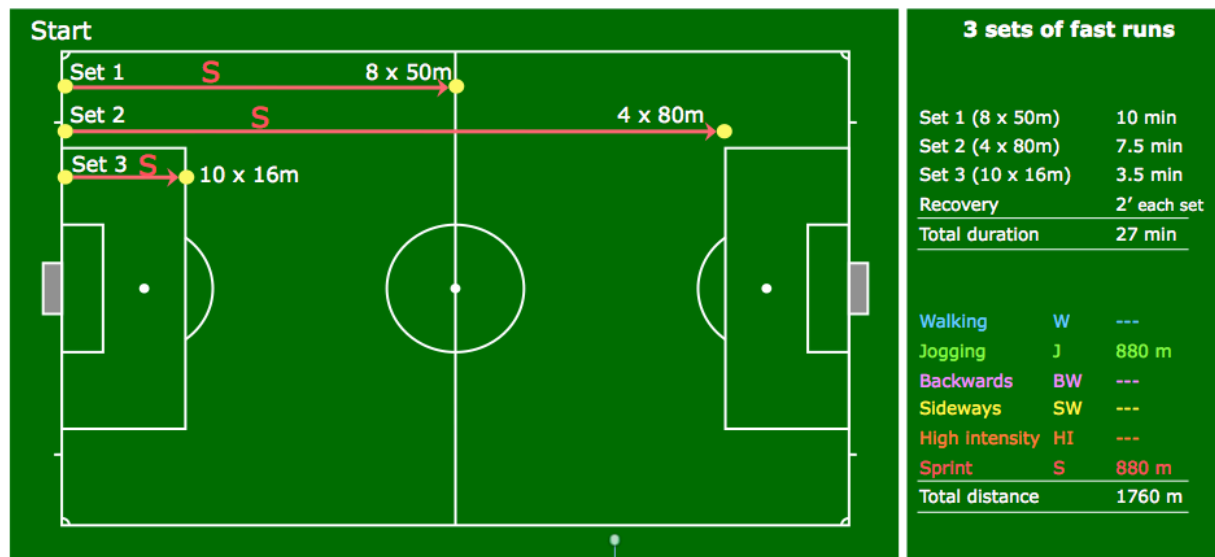
REST DAY

Thu. 10<sup>th</sup>:  
Tr. 56

- \* 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' individualised strength, core stability & injury prevention exercises.
- \* Rep. Spr. Ab. - All sprints to start on the goal-line.

- Set 1 (using a dynamic start):

- > 8 maximal sprints to the midline ( $\pm$  7")
- with 50" recovery jogging between each sprint
- > Jog 1 lap of the pitch ( $\pm$  2'30")
- > Duration:  $\pm$  10'



- Set 2 (using a dynamic start):

- > 4 sprints to the opposite penalty area ( $\pm$  11")
- with 70" recovery jogging between each sprint
- > Jog 1 lap of the pitch ( $\pm$  2'30")
- > Duration:  $\pm$  7.5'

- Set 3 (using a dynamic start):

- > 10 sprints to the penalty area ( $\pm$  3")
- with 20" recovery jogging between each sprint
- > Duration:  $\pm$  3.5'

- All together, 22 sprints (90% SP<sub>max</sub>) are prescribed 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<sub>max</sub>).

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

Total duration: 84'

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

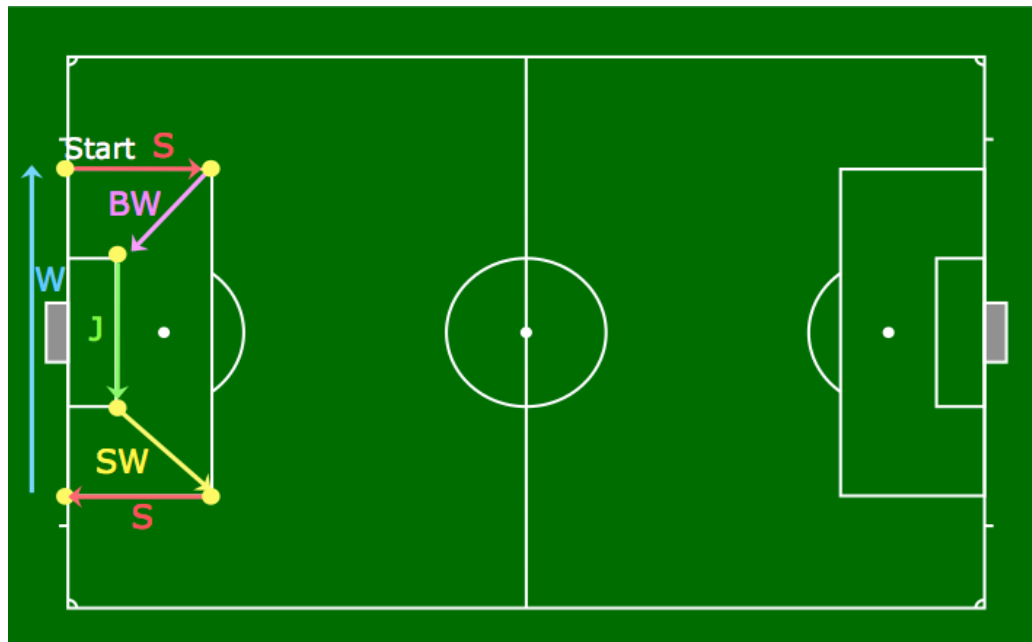
REST DAY

Sat. 12<sup>th</sup>:

- \* 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' of static stretching.

Total duration: 50'

Sun. 13<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.



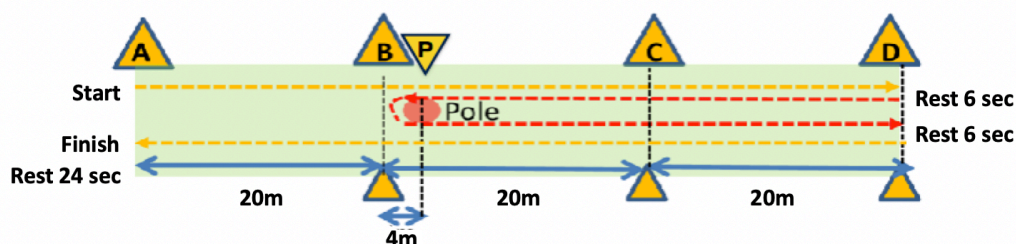
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 38 from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> of September Macrocycle III, week 4 (Training week 16)

- Mon. 14<sup>th</sup>. \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 58
- Tue. 15<sup>th</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 59
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* High Int. - Referee Single-Double-Single exercise. The details are given below while the audio file is available both in FAME and TSL
- Women Refs can do exactly the same exercises with 3 x 18m)

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

**1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)**



	Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
Timetable by set	1	0:00	0:12	0:18	0:34	0:40	0:52
	2	1:16	1:28	1:34	1:50	1:56	2:08
	3	2:32	2:44	2:50	3:06	3:12	3:24
	4	3:48	4:00	4:06	4:22	4:28	4:40
	5	5:04	5:16	5:22	5:38	5:44	5:56






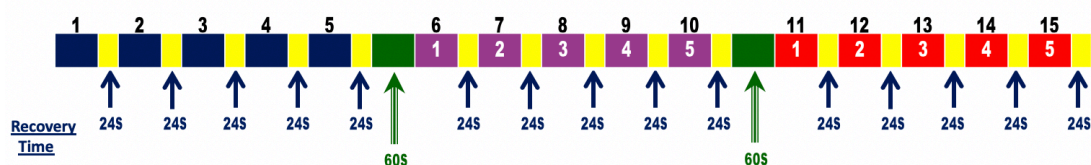
# Performance Training in Football Refereeing

## Weekly Training Plan

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

The test can be divided in III Parts

- Part I :  Warm-UP 5 reps (first 3 progressively faster)
- Part II :  5 repetitions
- Part III :  5 repetitions



- In total, it takes 21' to complete this Referee SDS exercise.

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

Total duration: 95'

Wed. 16<sup>th</sup>:

REST DAY

Thu. 17<sup>th</sup>:  
Tr. 60

- \* 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' individualised strength, core stability & injury prevention exercises.
- \* High Int.
  - Set 1: Referees work in pairs. The start for each pair is always in the center circle. R<sub>1</sub> carries a bib and runs in high speed outwards, turns around cone A and give the bib to R<sub>2</sub> who covers the same run. Then, R<sub>1</sub> runs around the next cone (B) in a 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, it is possible to make pairs of referees that run at different speeds while timing is the same!

**2 sets of 20 HI runs**

Set 1 (20 HI runs)	8 min
Recovery	4 min
Set 2 (20 HI runs)	8 min
<b>Total duration</b>	<b>20 min</b>

Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	1300 m
Sprint	S	---
<b>Total distance</b>		<b>1300 m</b>

- \* 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<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' of static stretching.

Total duration: 85'

Fri. 18<sup>th</sup>:

REST DAY

Sat. 19<sup>th</sup>:  
Tr. 61

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

**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	200 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	300 m
Sprint	S	300 m
<b>Total distance</b>		<b>1200 m</b>



## Performance Training in Football Refereeing Weekly Training Plan

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- 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' of static stretching.

Total duration: 50'

Sun. 20<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.

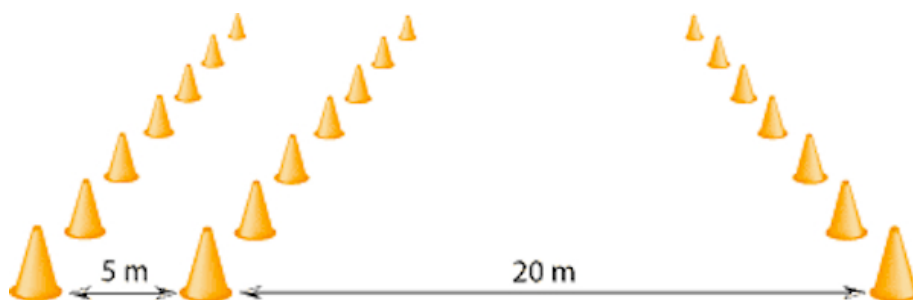
You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



### WEEK 39 from Monday 21<sup>st</sup> to Sunday 27<sup>th</sup> of September

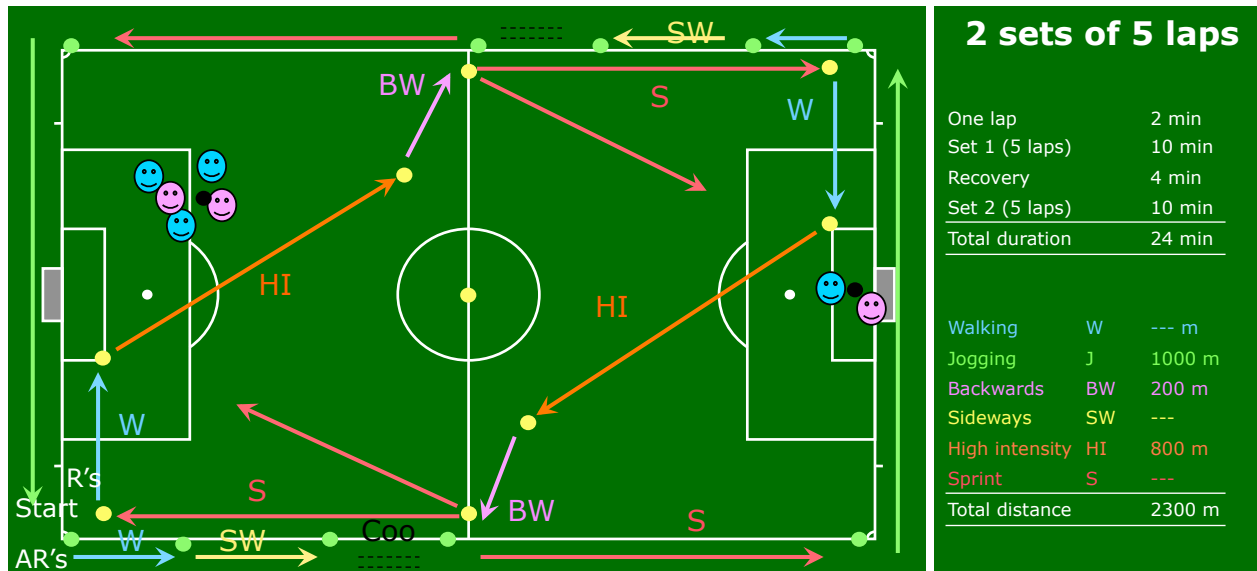
#### Macrocycle III, week 5 (Training week 17)

- Mon. 21<sup>st</sup>. \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 62
- Tue. 22<sup>nd</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 63
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Agility - '80 m agility drill' for refs and '40 m T- drill' for ARs (cfr. Tr. 47 p. 1).
- \* High Int. - Variations on the Yo-Yo intermittent recovery run, level 1 as follows:
- Set 1: start with levels 15, 16 and 17 (takes 7:30), 2 min rest
  - Just start the mp3 file of the beep test at 6'45"
  - Set 2: repeat levels 16 and 17 (takes 5 minutes), 2 min rest
  - Just start the mp3 file of the beep test at 9'22"
  - Set 3: repeat level 16 (takes 2:30), 2 min rest
  - Just start the mp3 file of the beep test at 9'22"
  - Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!
  - This exercise takes 21 min in total.



- \* High Int. ARs - Yo-Yo ARIET from the start until 15:5-5 for ARs & futsal referees
- \* Speed End. - Set 1: Referees perform 5 laps (10')
- From the start, run at the appropriate intensity around the diagonal line.
  - The ARs follow the movements of the referee until the midline. When the referee starts running backwards, the ARs continue their

coordination exercise and then sprint to the penalty area to assist the referee taking a technical decision based on where the coach bounces the ball. This position indicates a foul for the attacking team (foul in- or outside penalty area). Alternatively, the coach can also bounce the ball in front of or ahead of the goal line (goal or no-goal).



- 4' recovery

- Set 2: Referees perform 5 laps (10')

- All together this exercise takes  $\pm$  24'.

\* Cool down

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

Total duration: 95'

Wed. 23<sup>rd</sup>:

REST DAY

Thu. 24<sup>th</sup>:  
Tr. 64

\* 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' individualised 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



## Performance Training in Football Refereeing Weekly Training Plan

- Your heart rate should peak at  $>90\%$   $HR_{\max}$  at the end of each rep



- This exercise takes  $(90'' + 90'' \text{ rec.}) \times 5 = 15 \text{ min}$

\* High Int.

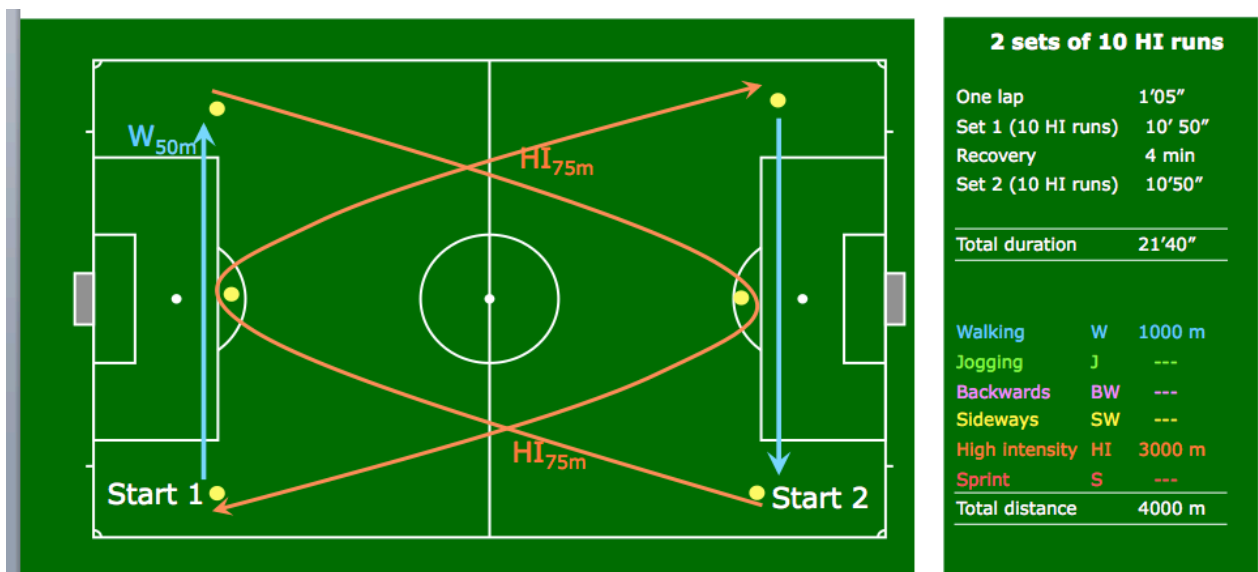
- Set 1: Field exercise, 10 to 12 x with video clips at the finish

- 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, afterwards walk back to the start (50 m in 35 sec) and repeat this 5 to 6 laps or 10 to 12 reps

- 4' recovery

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

- All together, this exercise takes 25' 40'', including 4' rec.



\* Match

- 10' of match play or 10' of medium intensity jogging ( $80\%$   $HR_{\max}$ ).

\* Cool down

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

Total duration: 105'

Fri. 25<sup>th</sup>:

REST DAY



## Performance Training in Football Refereeing Weekly Training Plan

Sat. 26<sup>th</sup>.  
Tr. 65

\* Warm up

- 20' jogging, mobilisation and dynamic stretching.

\* Speed

- Set 1:

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

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

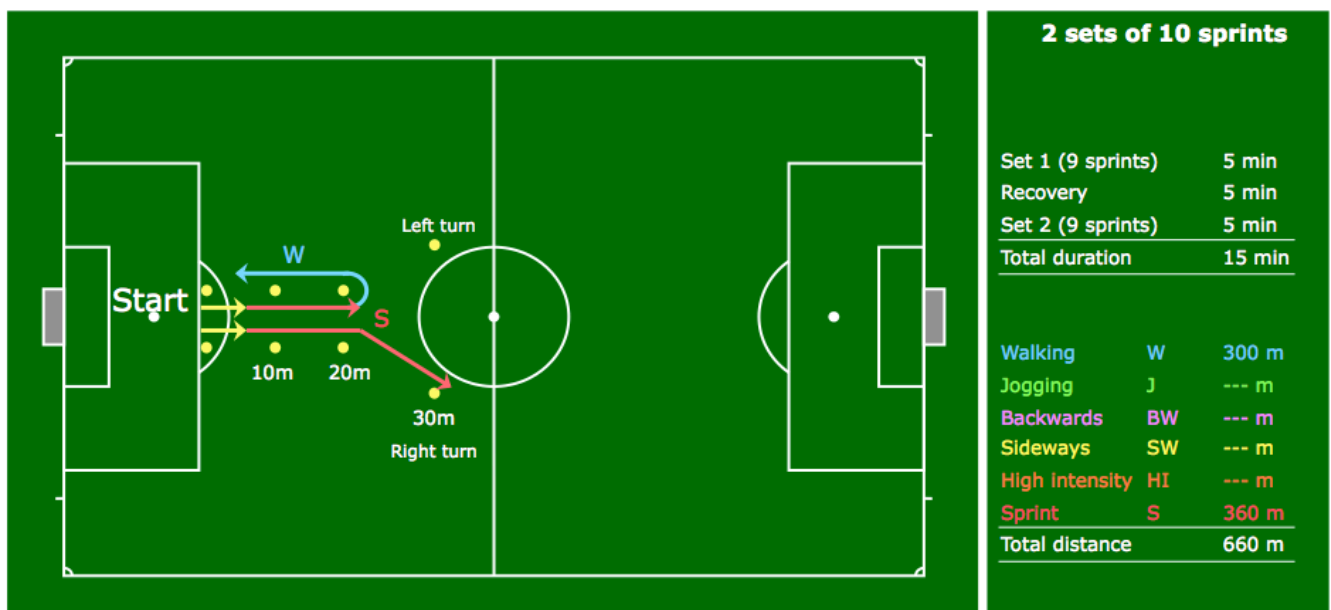
- 30 m sprint up, 30 m walk down, 3 x

(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, i.e. 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' of static stretching.

Total duration: 50'

Sun. 27<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

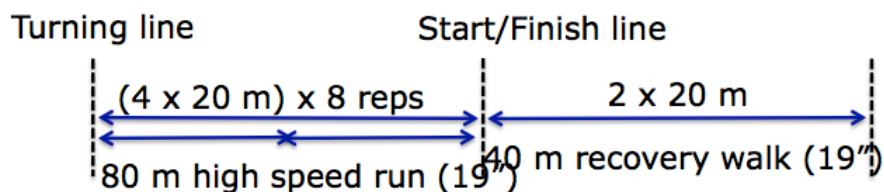
### WEEK 40 from Monday 28<sup>th</sup> of September to Sunday 4<sup>th</sup> of October Macrocycle III, week 6 (Training week 18)

- Mon. 28<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 66
- Tue. 29<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 67
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Rep. Spr. Ab. - Set 1 (using a dynamic start):  
> 2 sprints of 75 m ( $\pm$  10") with 75" recovery jogging / walking in between each sprint  
> 4 sprints of 50 m ( $\pm$  7") with 50" recovery jogging / walking in between each sprint  
> 6 sprints of 25 m ( $\pm$  4") with 25" recovery jogging / walking in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  12'
- Set 2 (using a dynamic start):  
> 6 sprints of 25 m ( $\pm$  4") with 25" recovery jogging / walking in between each sprint  
> 4 sprints of 50 m ( $\pm$  7") with 50" recovery jogging / walking in between each sprint  
> 2 sprints of 75 m ( $\pm$  10") with 75" recovery jogging / walking in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 2:  $\pm$  12'
- All together, 22 sprints (90% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start.
- The total duration of this RSA session is  $\pm$  24'
- \* High Int. - Set 1:  
- 2 x 40 m (40 m – turn – 40 m) in 17"  
- 17" recovery walk (40 m)  
- 10 reps in total  
- 2' recovery between sets
- Set 2:  
- 4 x 20 m (20 m – turn – 20 m – turn – 20 m – turn – 20 m) in 19"  
- 19" recovery walk (40 m)  
- 8 reps in total  
- 2' recovery between sets

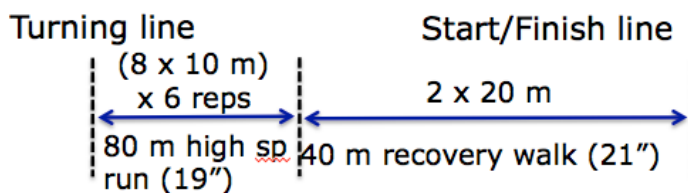


## Performance Training in Football Refereeing

### Weekly Training Plan



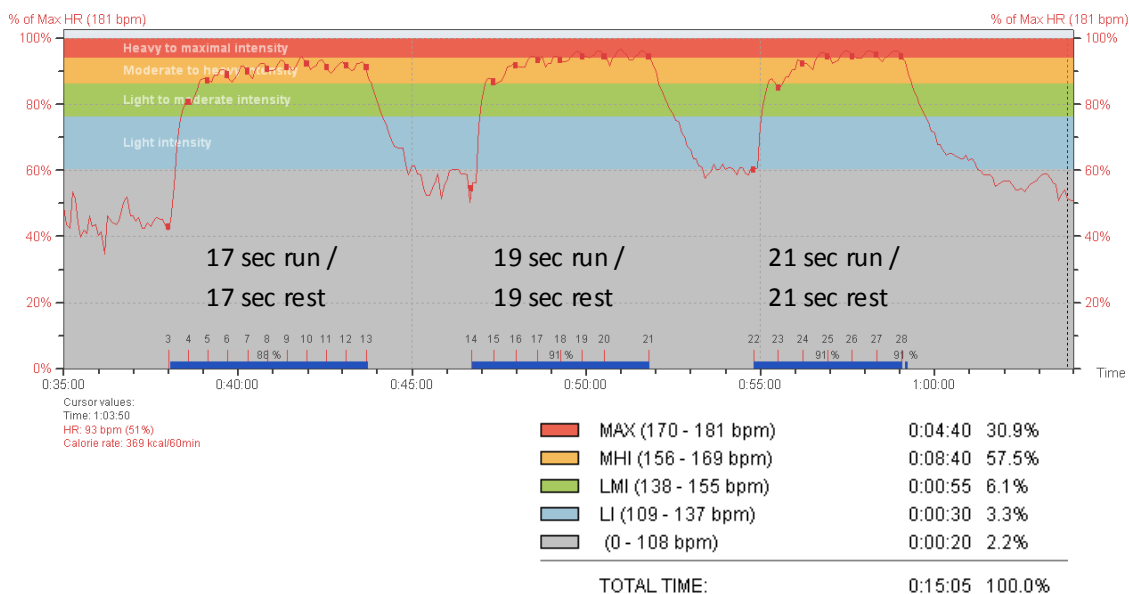
- Set 3:
- 8 x 10 m (10 m – turn – 10 m – turn – 10 m – ...) in 21"
- 21" recovery walk (40 m)
- 6 reps in total
- 2' recovery



- All together, this exercise takes 21'  
(6' Set 1 + 2' rec. + 5' Set 2 + 2' rec. + 4' Set 3 + 2' rec.).
- 1920 m of high-intensity running, 960 m walking, 72 turns in total.

#### YOYO Exercise 1

10 X (2X40m), 8 X (4X20m), 6 X (8X10m)



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

Total duration: 97'

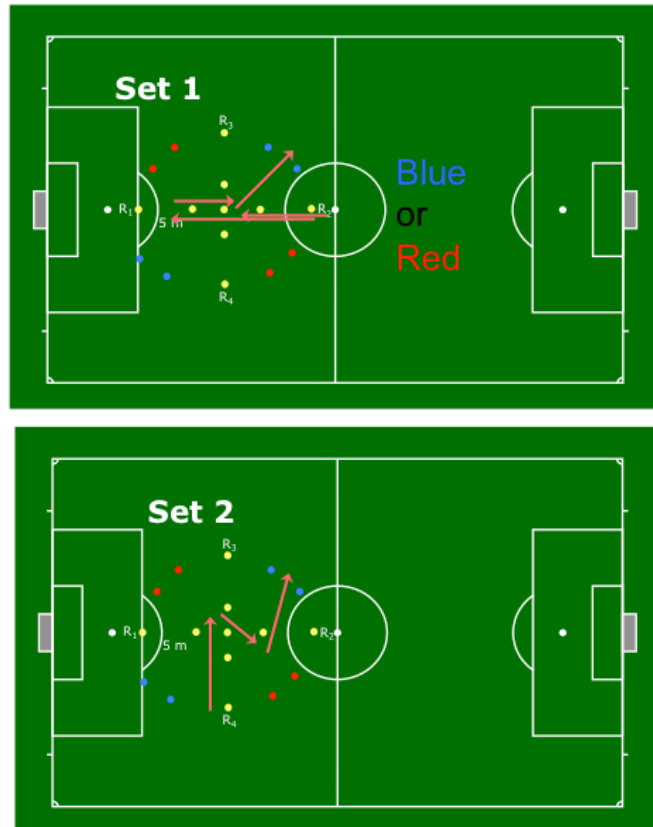
Wed. 30<sup>th</sup>:

REST DAY

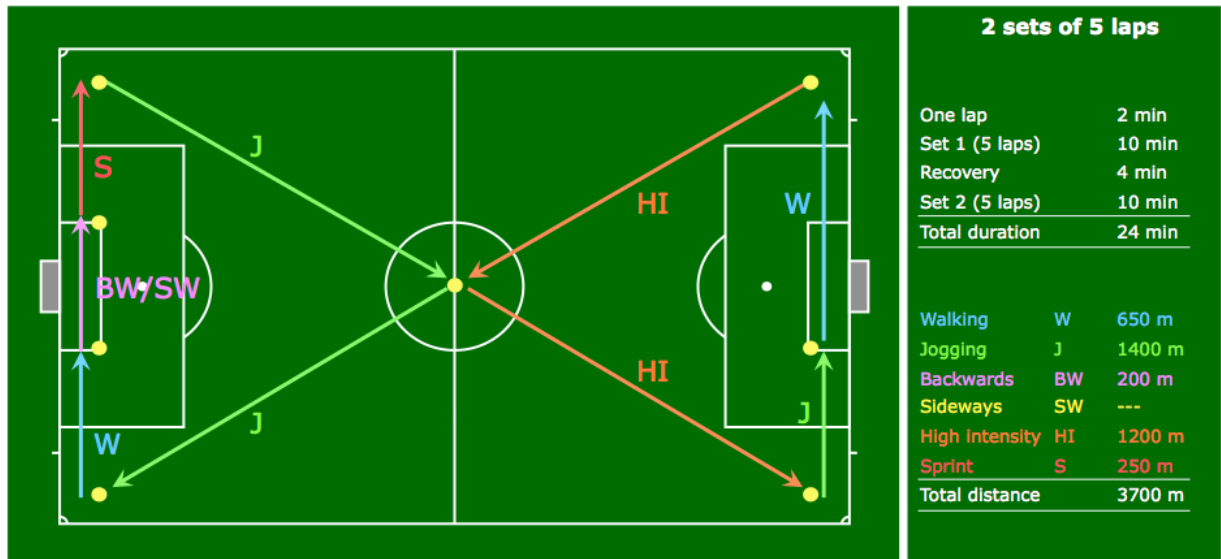
Thu. 1<sup>st</sup>:  
Tr. 68

- \* 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' individualised 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'



- \* Speed End.
  - 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).
  - Referees can be instructed to take a technical decision based on where the coach bounces the ball. This position indicates a foul for the attacking team (foul in- or outside penalty area). Alternatively, the coach can also bounce the ball in front of or ahead of the goal line (goal or no-goal).



\* 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' of static stretching.

Total duration: 100'

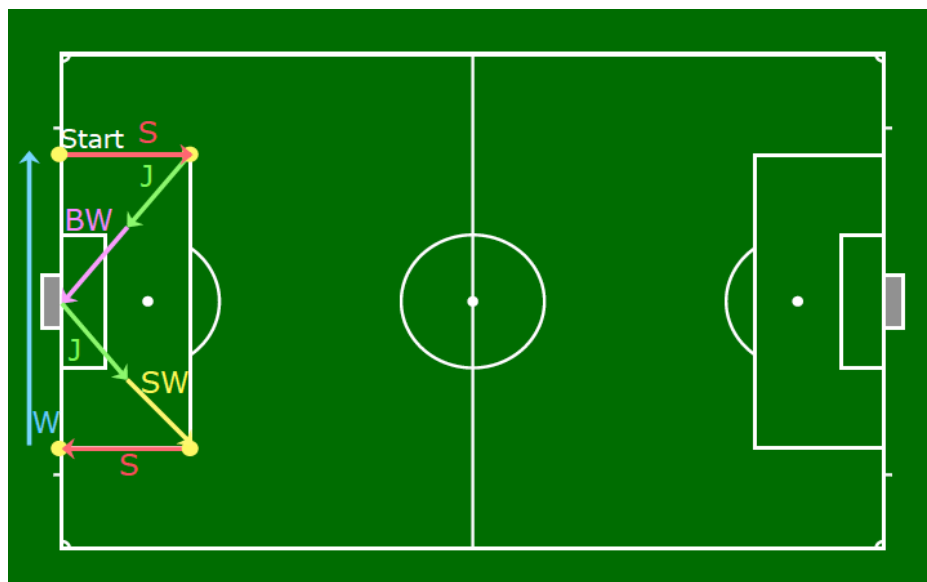
Fri. 2<sup>nd</sup>:

REST DAY

Sat. 3<sup>rd</sup>:  
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 2<sup>nd</sup> Set of the above exercise (5 sprints).

- The total exercise time is ±15'.





## Performance Training in Football Refereeing Weekly Training Plan

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

Total duration: 50'

Sun. 4<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.