



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 1 from Monday 28th of December to Sunday 03rd of January **Macrocycle I - week 1 (Training week 1)**

Mon. 28th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 1

* Warm up - 15' mobilisation and dynamic stretching

* Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)

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

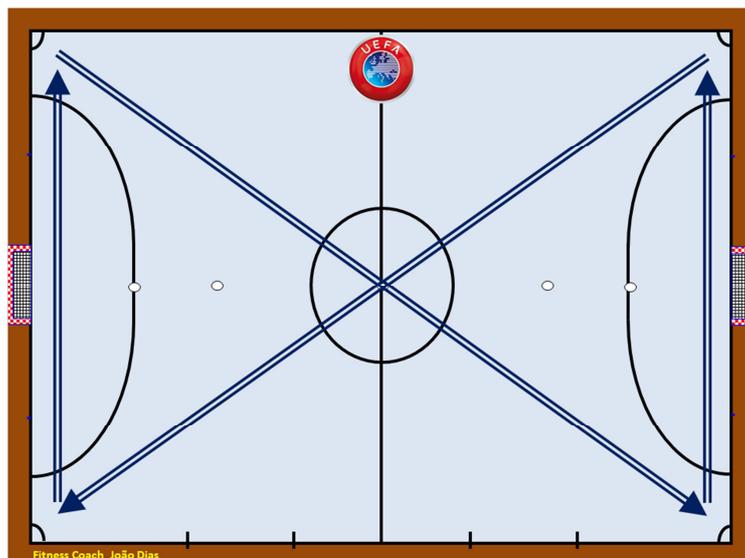
Total duration: 65'

Tue. 29th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 2

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

* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
https://www.youtube.com/watch?app=desktop&v=aUYRVSNz_VY

* High Int. - 1' run at 90% HRmax, 30" jogging, 2 sets of 8 repetitions
(with 3' break between sets – hydration & stretching)
- In total, this exercise takes 27'



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

Total duration: 77'

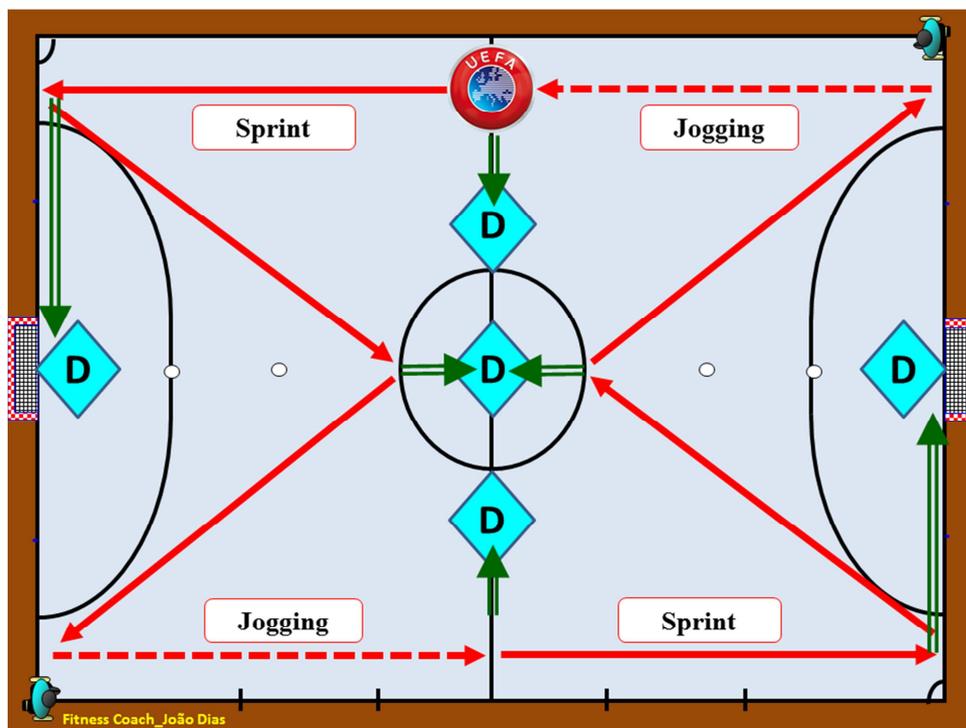


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 30th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 31st: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 3

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Strength - 15' strength, core stability and injury prevention exercises
- * Integrated Technical Exercise - One by one, on the sideline, following the movements mentioned in the figure.
Take technical/disciplinary decisions after the accelerations.



Set 1: 45'' per lap – 8 laps
Break: 2' – Hydration & Stretching
Set 2: 60'' per lap – 6 laps
Break: 2' – Hydration & Stretching
Set 3: 45'' per lap – 8 laps

Total of 18' exercise, with 2' break between sets

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

Total duration: 78'

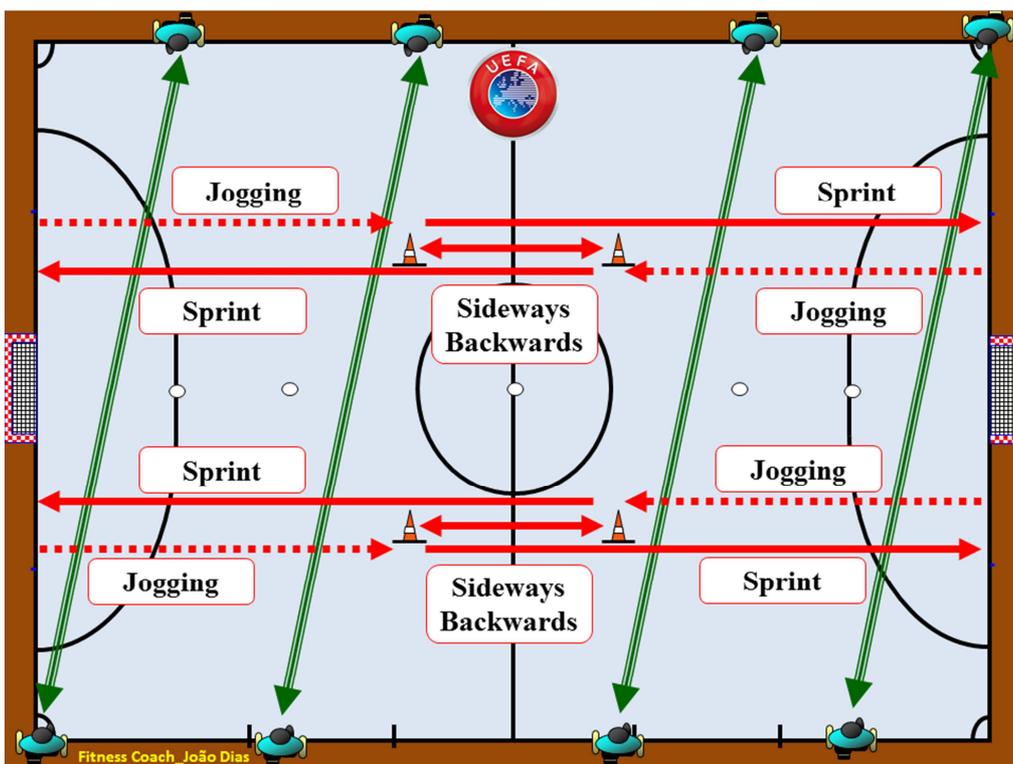


Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 01st: REST DAY

Sat. 02nd: * Warm up - 20' jogging, mobilisation and dynamic stretching
Tr. 4

- * Speed - Variations on the sideline pitch as follows:
 - 5' Exercise
 - 5' Hydration and Stretching
 - 5' Exercise



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

Total duration: 50'

Sun. 03rd: MATCH

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,...).

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



Performance Training in Futsal Refereeing

Weekly Training Plan

WEEK 2 from Monday 04th to Sunday 10th of January

Macrocycle I - week 2 (Training week 2)

Mon. 04th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 5

* Warm up - 15' mobilisation and dynamic stretching

* Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)

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

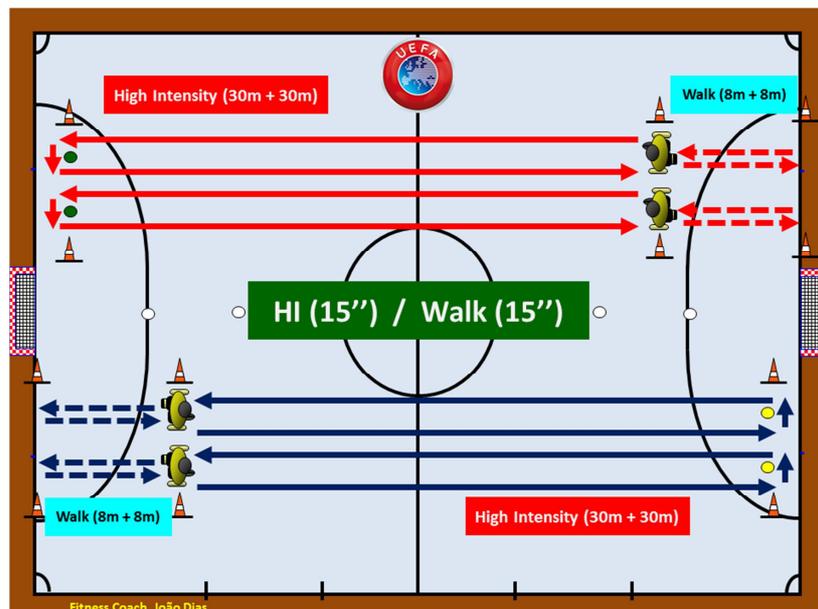
Total duration: 65'

Tue. 05th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 6

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

* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?app=desktop&v=UVYn8FmMbPc>

* High Int. - 15'' run at 90% HRmax, 15'' walking, 20x (10' each set)
- In total, this exercise takes 25' (2 sets of 10', with 5' break)



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

Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 06th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 07th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 7

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Strength - 15' strength, core stability and injury prevention exercises
- * Integrated Technical Exercise - One by one, on the sideline, following the movements mentioned in the figure.
Change sideline after each decision making (by jogging).



Set 1: 5'
Break: 2' - Hydration & Stretching
Set 2: 5'
Break: 2' - Hydration & Stretching
Set 3: 5'

Total of 19' exercise, with 2' break between sets

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

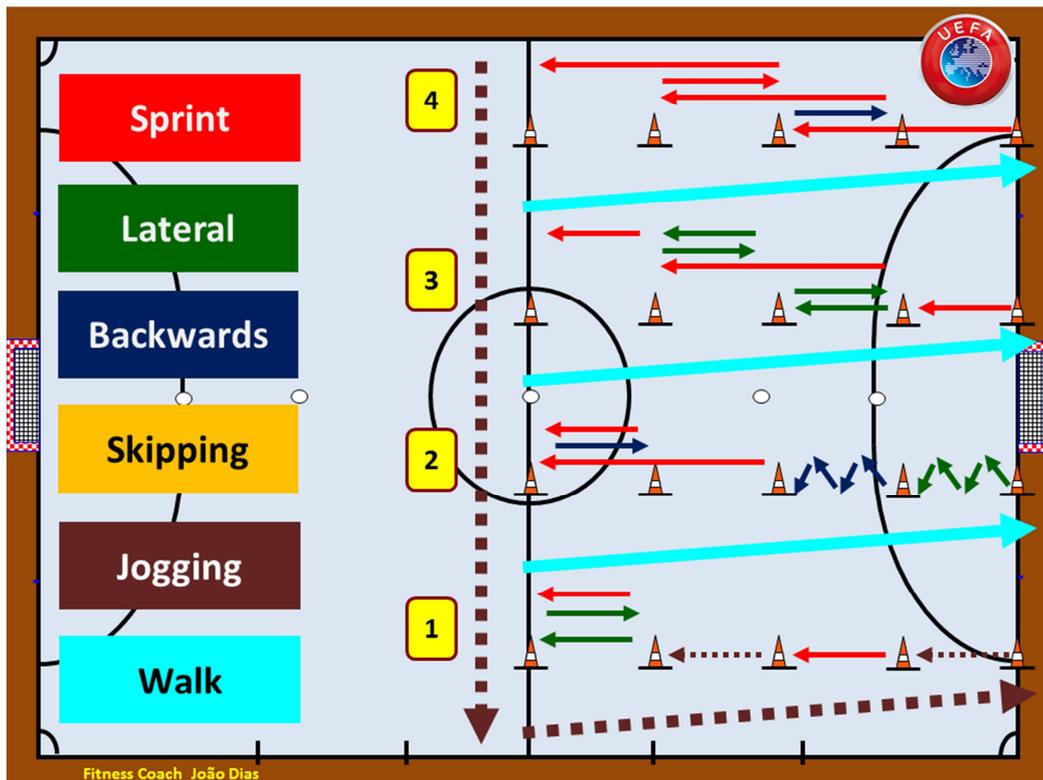
Total duration: 79'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 08th:
Tr. 8

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility - Variations of movements as follows:
 - Set 1 - 2 laps
 - 5' Hydration and Stretching
 - Set 2 - 2 laps



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

Total duration: 50'

Sat. 09th: REST DAY

Sun. 10th: MATCH

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,...).

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



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 3 from Monday 11th to Sunday 17th of January **Macrocycle I - week 3 (Training week 3)**

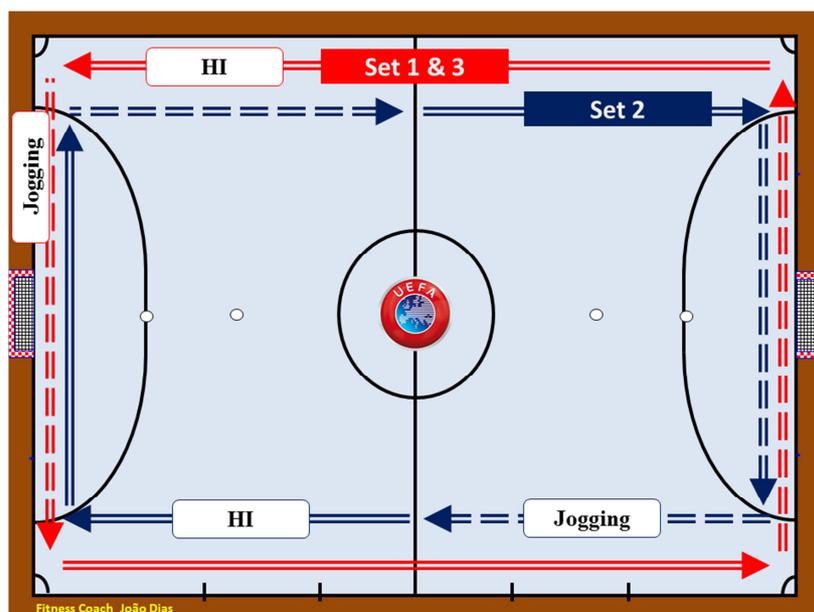
Mon. 11th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 9

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 10

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session - 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?app=desktop&v=PhVIFo6aAU8>
- * High Int. - run at 90% HRmax / jogging, according to the figure
- In total, this exercise takes 22' (3 sets of 6')
- 2' break between each set (hydration & stretching)



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

Total duration: 77'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 13th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 14th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 11

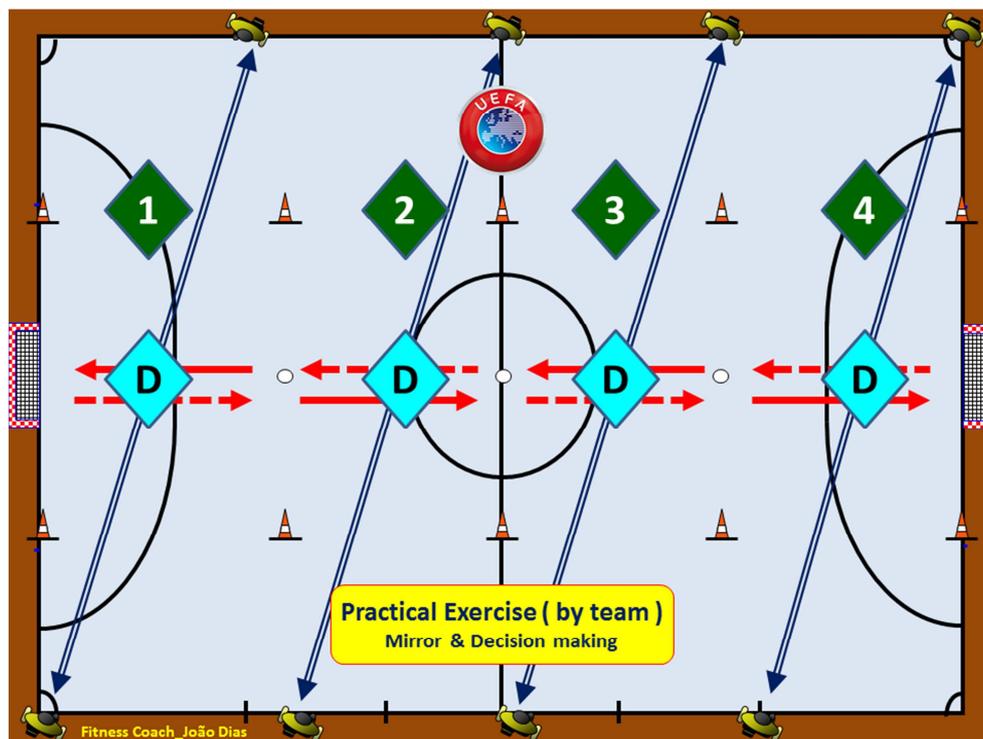
* Warm up - 20' jogging, mobilisation and dynamic stretching

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

* Integrated Technical Exercise – Two by two, on the opposite sidelines, and according to the different places of the pitch (see the figure).

During 30'', one of the referees is the leader of the movements and decisions, and the other follows him. Immediately after 30'', the leader change.

After 1', each pair of referees change the position on the pitch (from 1 to 4)



Set 1: 4x (30''+30'') with 30'' break & change of position

Break: 1'30'' – Hydration & Stretching

Set 2: 4x (30''+30'') with 30'' break & change of position

Break: 1'30'' – Hydration & Stretching

Set 3: 4x (30''+30'') with 30'' break & change of position

Total of 20' exercise, with 1'30'' break between sets

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

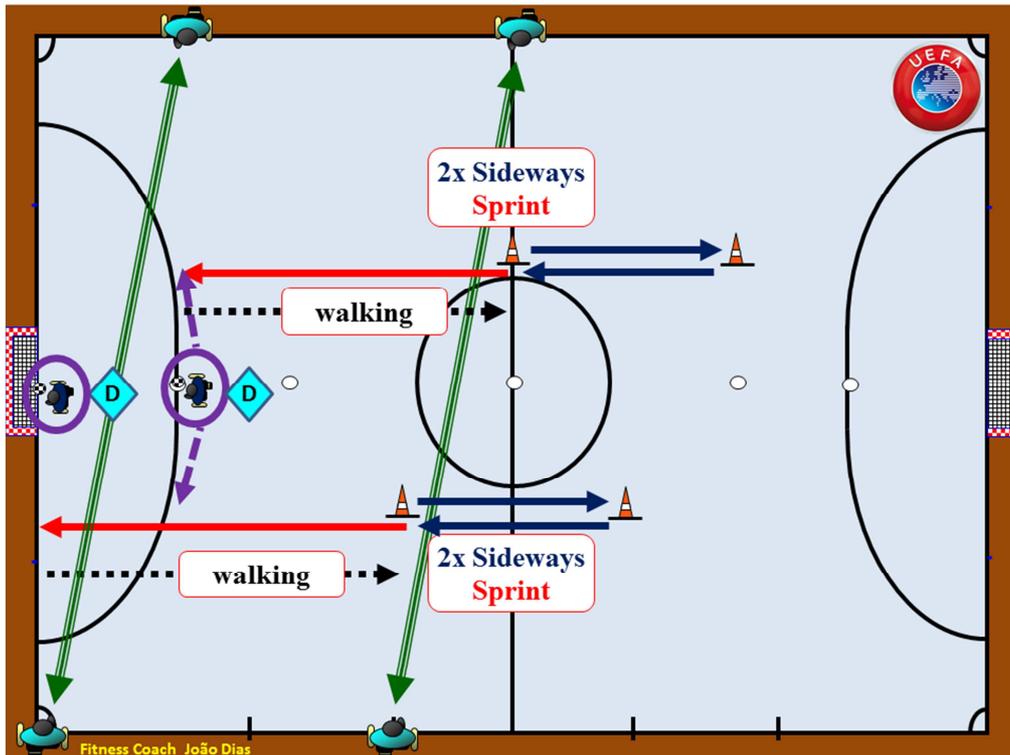
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 15th:
Tr. 12

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the sideline pitch as follows:
 - 5' Exercise - sideline Ref 1
 - 5' Hydration and Stretching
 - 5' Exercise - sideline Ref 2



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

Total duration: 50'

Sat. 16th: REST DAY

Sun. 17th: MATCH

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,...).

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



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 4 from Monday 18th to Sunday 24th of January **Macrocycle I - week 4 (Training week 4)**

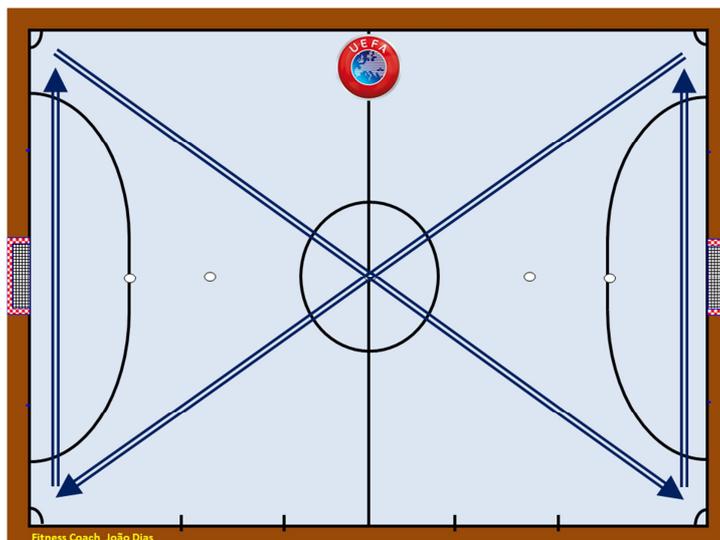
Mon. 18th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 13

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 14

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?app=desktop&v=GRJQZxHrtb8>
- * High Int. - 40'' run at 90% HRmax, 20'' jogging, 2 sets of 10 repetitions
(with 3' break between sets – hydration & stretching)
- In total, this exercise takes 23'



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

Total duration: 78'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 20th: REST DAY / Optional Training Session (Injury Prevention)

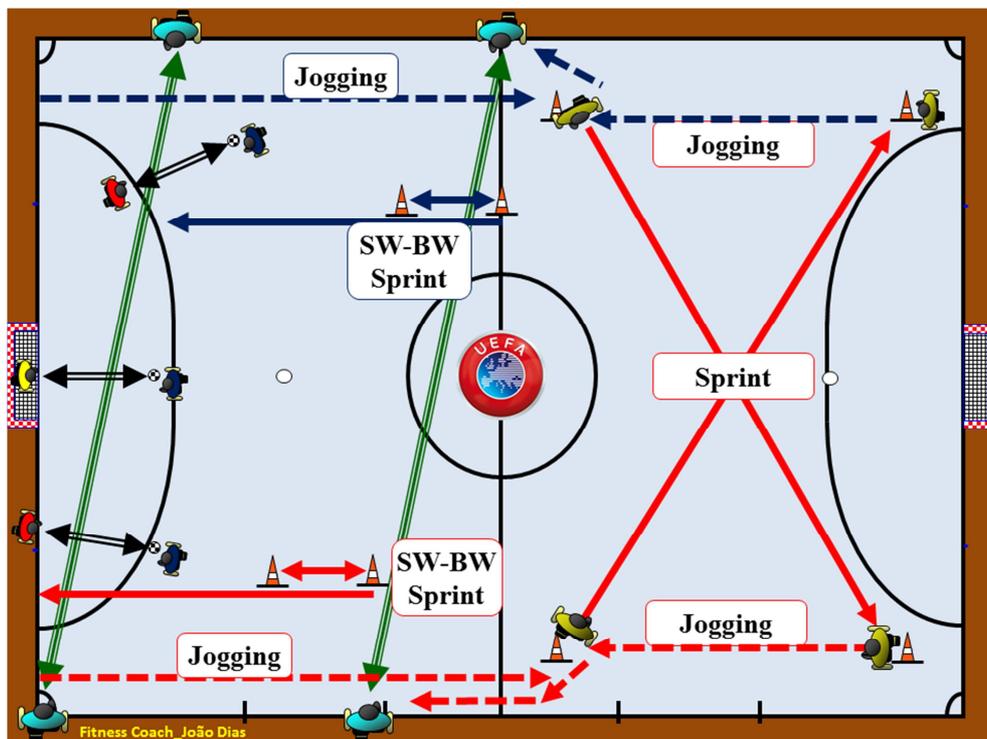
Thu. 21st: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 15

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

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

* Integrated Technical Exercise - Two by two, on the opposite sidelines, following the movements mentioned in the figure.

Take technical/disciplinary decisions when the player touches the ball (each corridor), defender/attacker, alternatively.



Set 1: 5'
Break: 2' - Hydration & Stretching
Set 2: 5'
Break: 2' - Hydration & Stretching
Set 3: 5'

Total of 18' exercise, with 2' break between sets

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

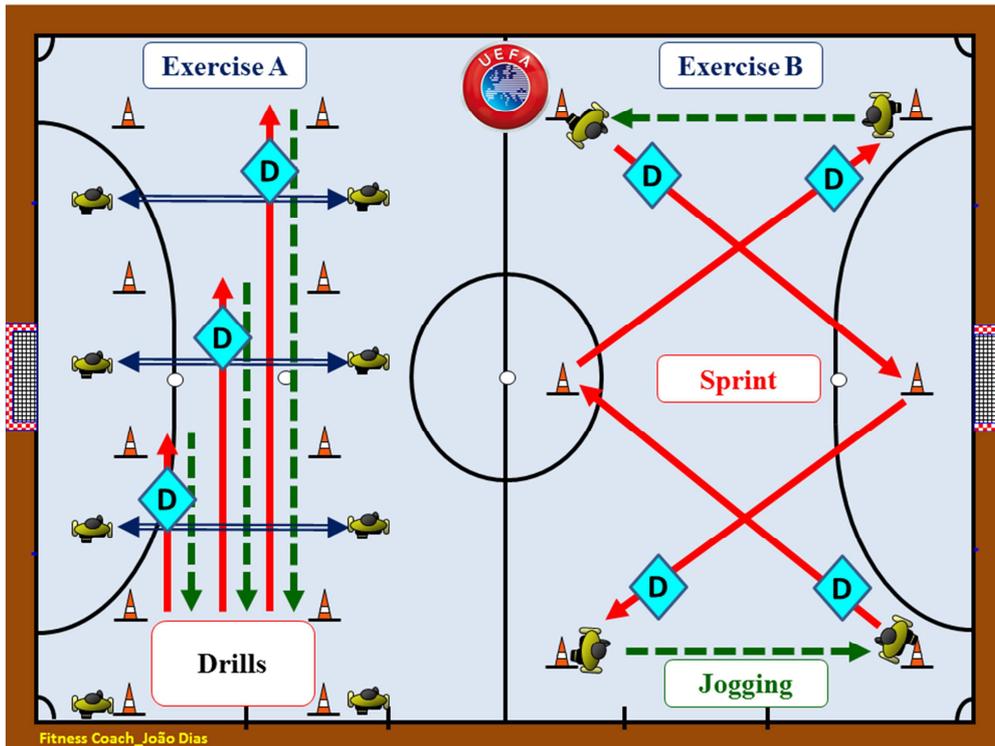
Total duration: 78'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 22nd:
Tr. 16

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the sideline pitch as follows:
 - 5' Exercise A
 - 5' Hydration and Stretching
 - 5' Exercise B



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

Total duration: 50'

Sat. 23rd: REST DAY

Sun. 24th: MATCH

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,...).

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



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 5 from Monday 25th to Sunday 31st of January **Macrocycle I - week 5 (Training week 5)**

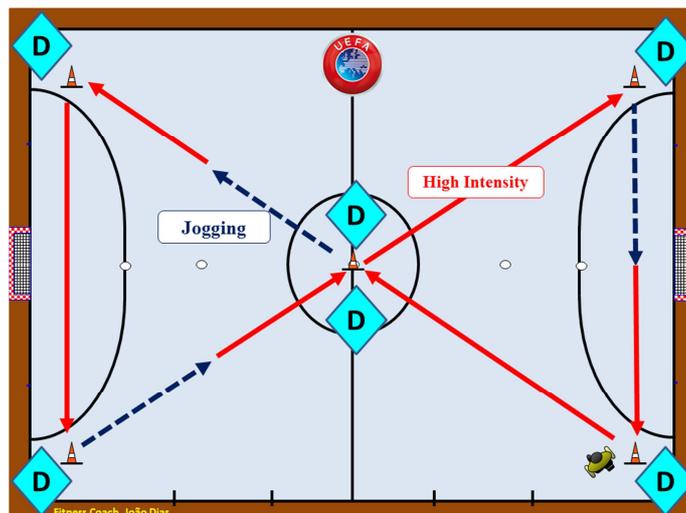
Mon. 25th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 17

- * Warm up - 15' mobilisation and dynamic stretching
- * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

Tue. 26th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 18

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
<https://www.youtube.com/watch?app=desktop&v=eVdG5ke1u5s>
- * High Int. - run at 90% HRmax / jogging, according to the figure
 - In total, this exercise takes 26' (4 sets of 5')
 - 2' break between each set (hydration & stretching)
 - Decision making after the HI runs.



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

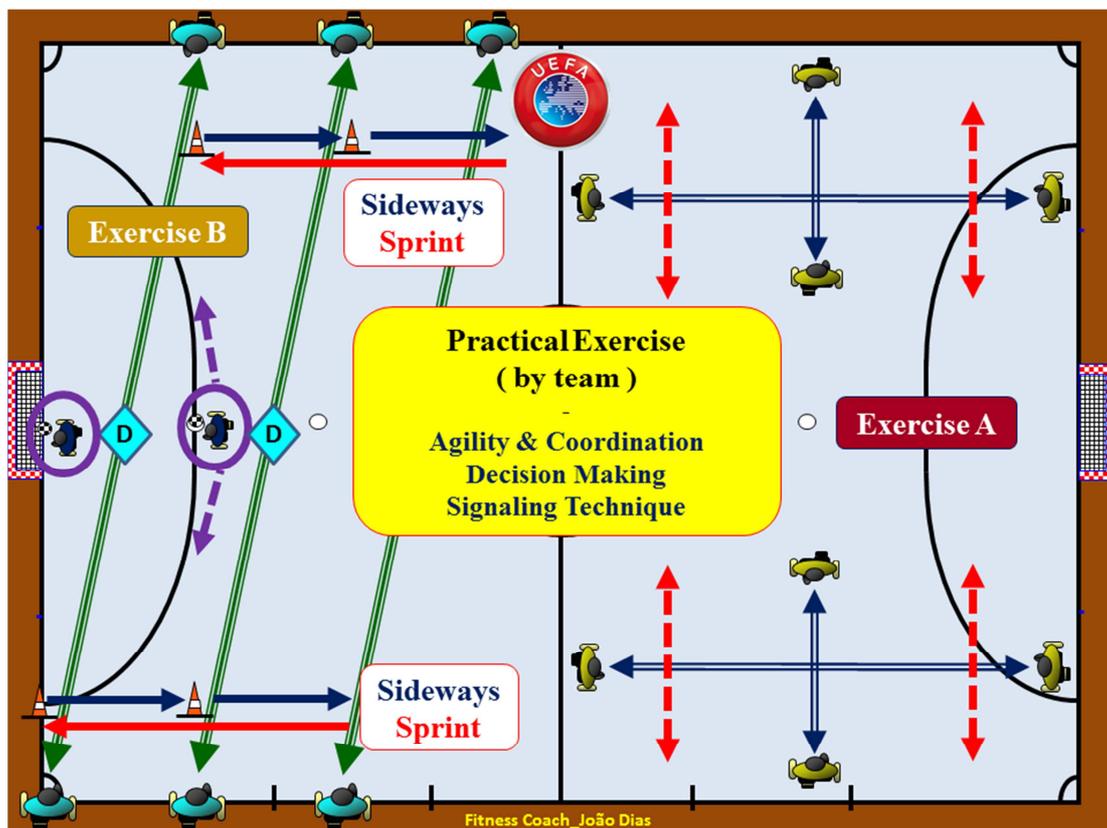
Total duration: 74'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 27th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 28th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 19
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Integrated Technical Exercise - Two by two, following the movements mentioned in the figure.
In exercise B take technical/disciplinary decisions after the accelerations.



- Set 1 – Exercise A: 6'
- Break: 2' – Hydration & Stretching
- Set 2 – Exercise B (sideline Ref 1): 8'
- Break: 2' – Hydration & Stretching
- Set 3 – Exercise B (sideline Ref 2): 8'

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

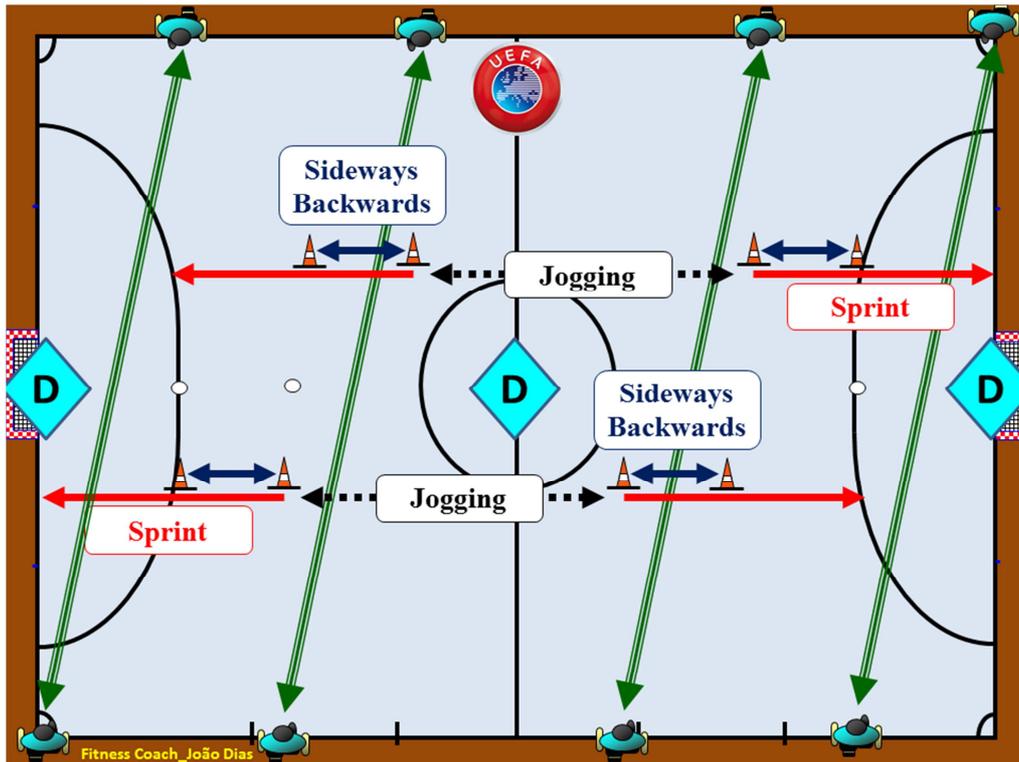
Total duration: 81'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 29th:
Tr. 20

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the sideline pitch as follows:
 - 5' Exercise - sideline Ref 1
 - 5' Hydration and Stretching
 - 5' Exercise - sideline Ref 1



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

Total duration: 50'

Sat. 30th: REST DAY

Sun. 31st: MATCH

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,...).

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



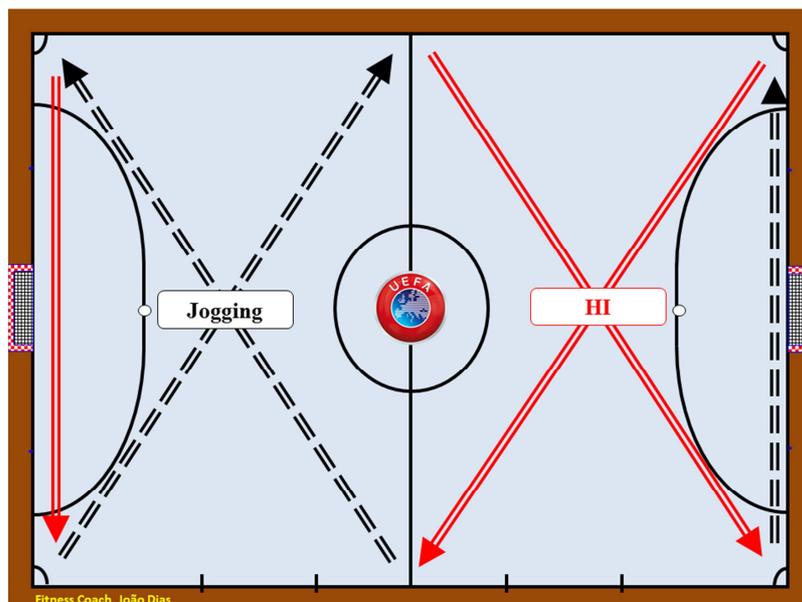
Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 6 from Monday 01st to Sunday 07th of February **Macrocycle I - week 6 (Training week 6)**

- Mon. 01st:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 21
- * Warm up - 15' mobilisation and dynamic stretching
 - * Low Int. - 24' run at 70% HRmax (3x 8')
At the end of each 8' period, 2' break (hydration & stretching)
 - * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 65'

- Tue. 02nd:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 22
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Functional Training Session – 3 sets of 4 minutes (1' rest between each set)
https://www.youtube.com/watch?app=desktop&v=1Go-ZYq_5E4
 - * High Int. - 15" run at 90% HRmax, 15" jogging, 3 sets of 16 reps
- 2' break between each set (hydration & stretching)
- In total, this exercise takes 28'



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

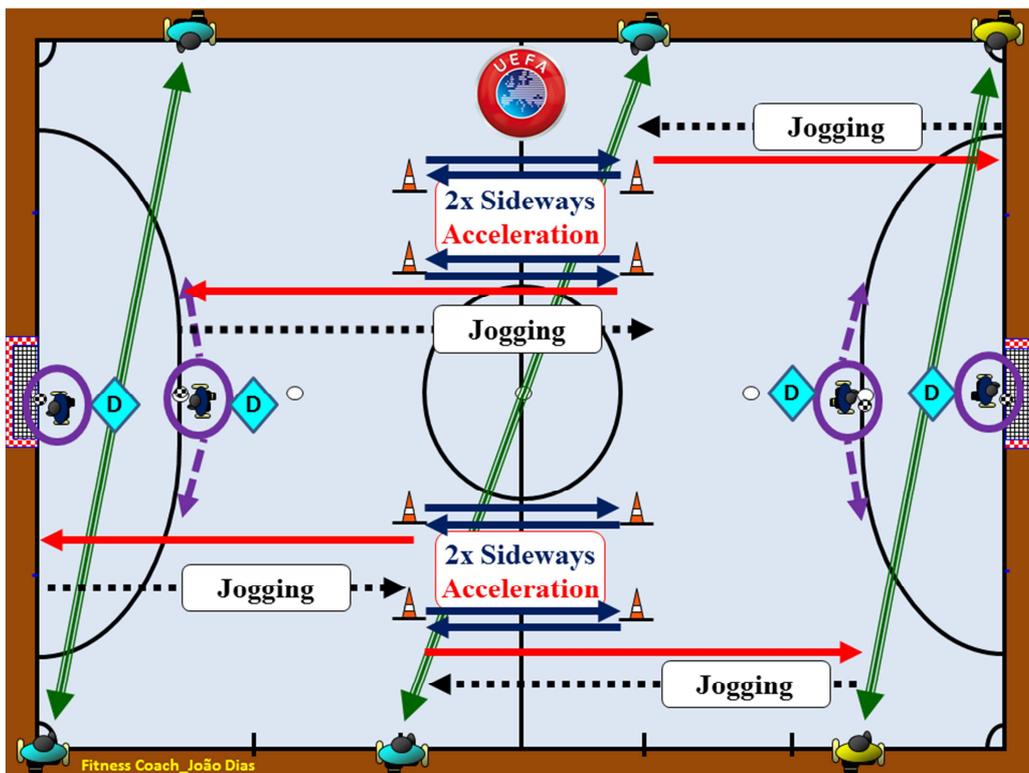
Total duration: 83'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 03rd: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 04th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 23
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Integrated Technical Exercise - Two by two, on the sideline, following the movements mentioned in the figure.
Take technical/disciplinary decisions after the accelerations.



Set 1 – Exercise on sideline Ref 1: 5'
Break: 2' – Hydration & Stretching
Set 2 – Exercise on sideline Ref 2: 5'
Break: 2' – Hydration & Stretching
Set 3 – Exercise on sideline Ref 1: 5'
Break: 2' – Hydration & Stretching
Set 4 – Exercise on sideline Ref 2: 5'

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

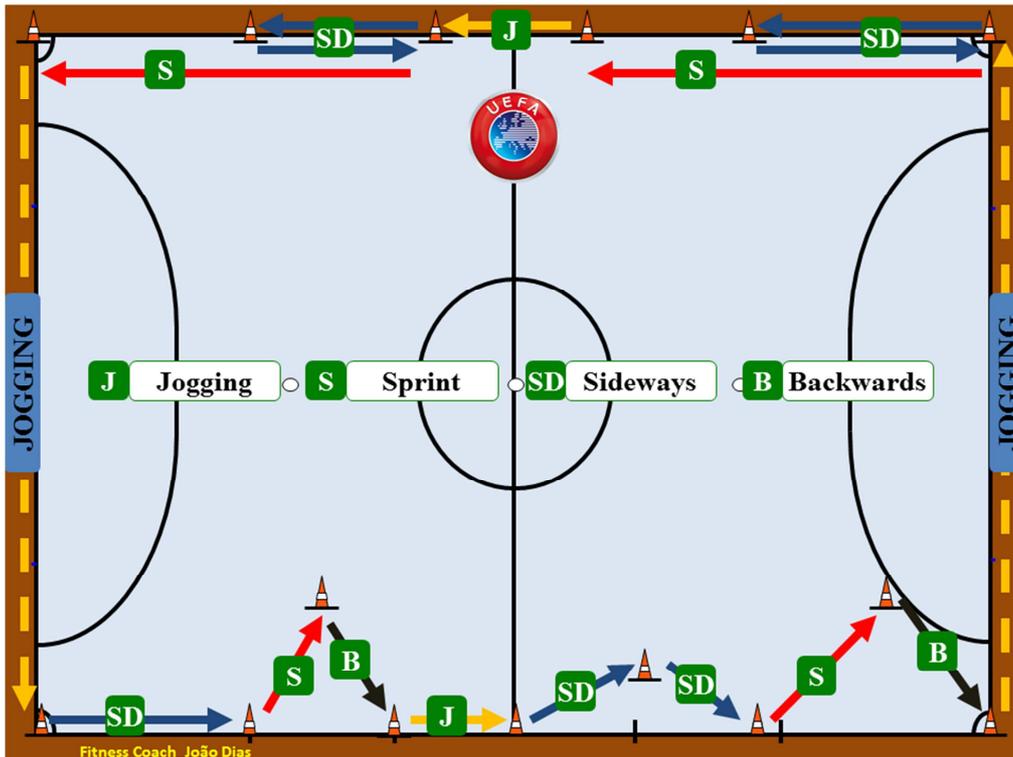
Total duration: 81'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 05th:
Tr. 24

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility - Variations on the sideline pitch as follows:
 - 5' Exercise
 - 5' Hydration and Stretching
 - 5' Exercise



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

Total duration: 50'

Sat. 06th: REST DAY

Sun. 07th: MATCH

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,...).

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