



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 7 from Monday 08th to Sunday 14th of February **Macrocycle II - week 1 (Training week 7)**

Mon. 08th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 25

* 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

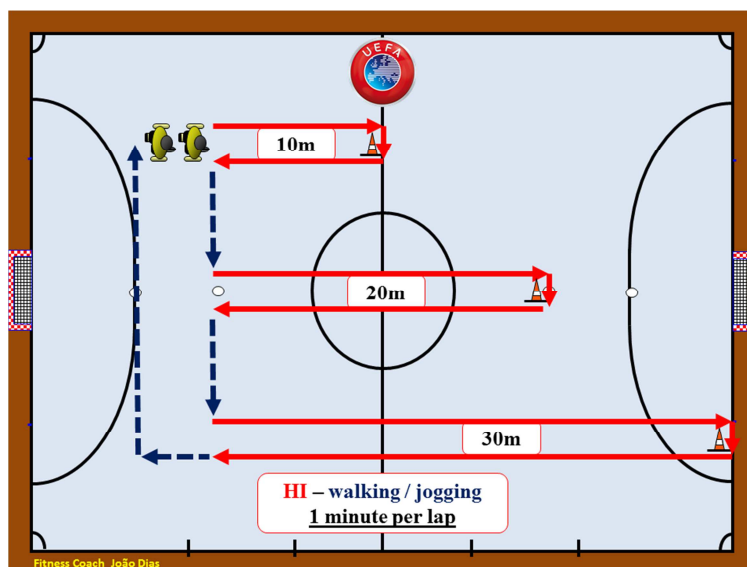
Total duration: 65'

Tue. 09th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 26

* 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=M1_kqAldOv8

* High Int. - run at 90% HRmax / jogging, according to the figure
- In total, this exercise takes 22' (2 sets of 10 laps)
- 2' break between the sets (hydration & stretching)



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

Total duration: 77'

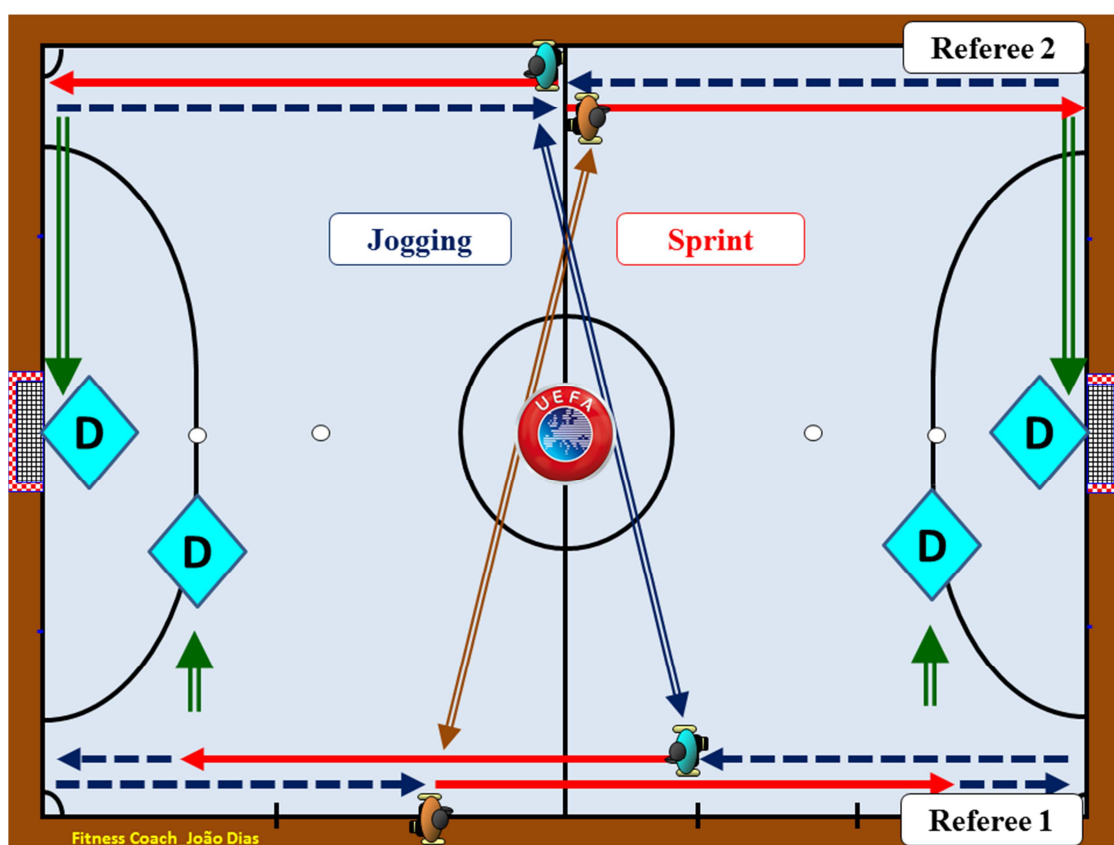


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 10th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 11th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 27

- * 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, alternatively.



Set 1 & 2: 5' + 5' – Referees stay 1 set in each sideline
Break: 5' – Hydration & Stretching
Set 3 & 4: 5' + 5' – Referees stay 1 set in each sideline
Total of 25' exercise

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

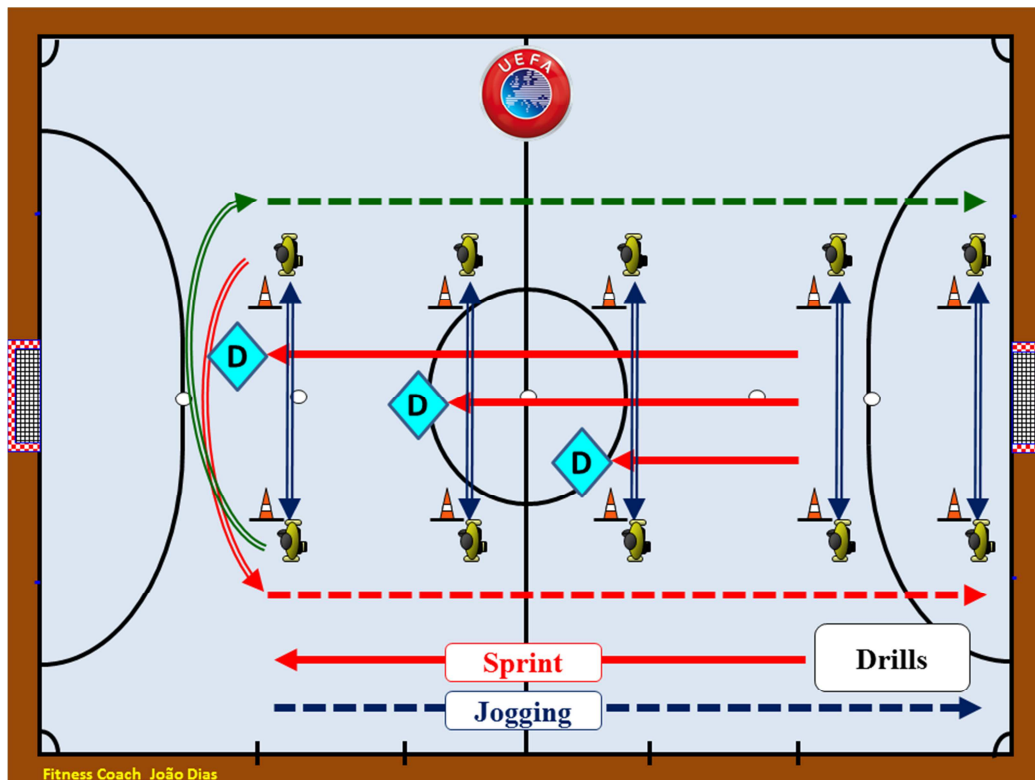
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 12th:
Tr. 28

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the 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. 13th: REST DAY

Sun. 14th: 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 8 from Monday 15th to Sunday 21st of February **Macrocycle II - week 2 (Training week 8)**

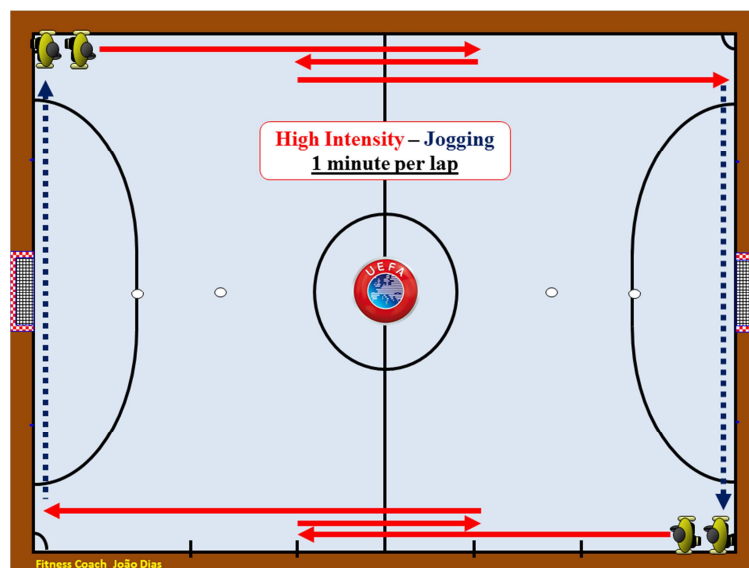
Mon. 15th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 29

- * 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. 16th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 30

- * 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=MzY-pTVrPtc>
- * High Int. - run at 90% HRmax / jogging, according to the figure
 - In total, this exercise takes 22' (3 sets of 6 laps) – change direction in the 2 set
 - 2' break between each set (hydration & stretching)



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

Total duration: 77'

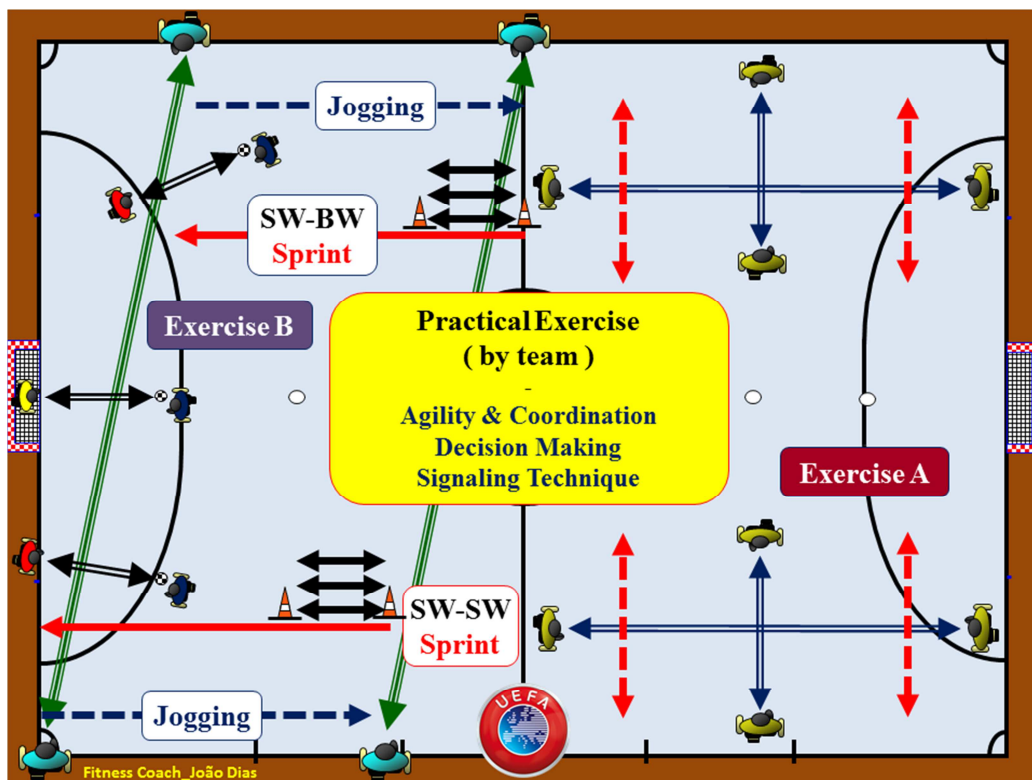


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 17th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 18th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 31

- * 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.



Set 1: 5' – Exercise A
Break: 3' – Hydration & Stretching
Set 2: 8' – Exercise B – Sideline Ref 1
Break: 3' – Hydration & Stretching
Set 3: 8' – Exercise B – Sideline Ref 2

Total of 27' exercise

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

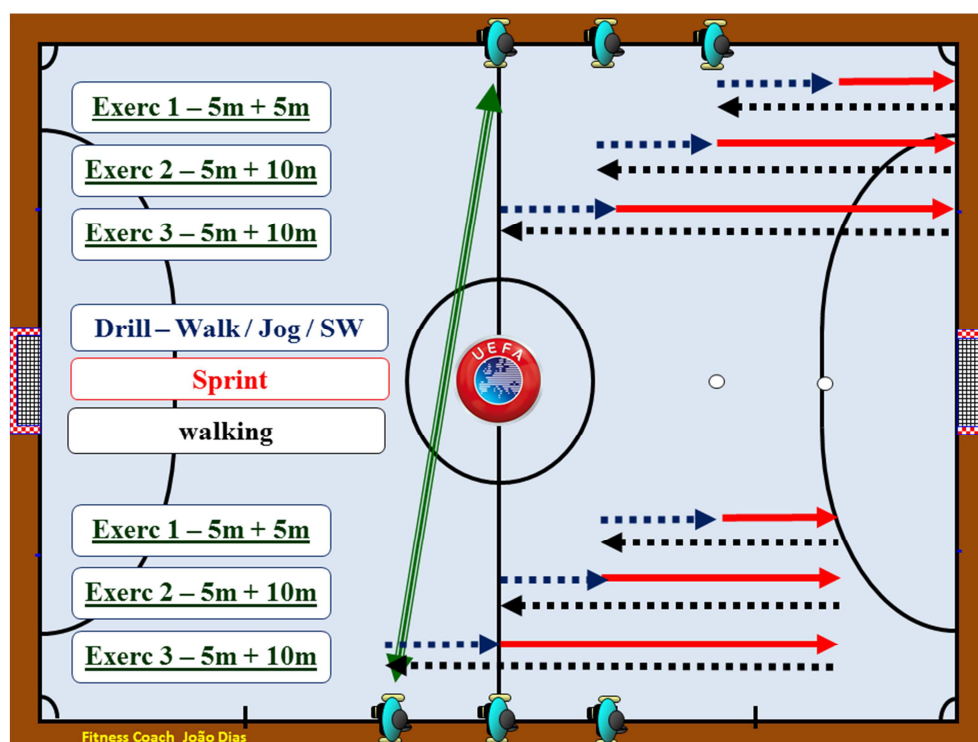
Total duration: 82'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 19th:
Tr. 32

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed
 - Variations of movements as follows:
 - Set 1 – 8 reps 5m + 6 reps 10m + 4 reps 15m
 - 5' Hydration and Stretching
 - Set 2 – 8 reps 5m + 6 reps 10m + 4 reps 15m
 - Change sideline between sets



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

Total duration: 50'

Sat. 20th: REST DAY

Sun. 21st: 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 9 from Monday 22nd to Sunday 28th of February **Macrocycle II - week 3 (Training week 9)**

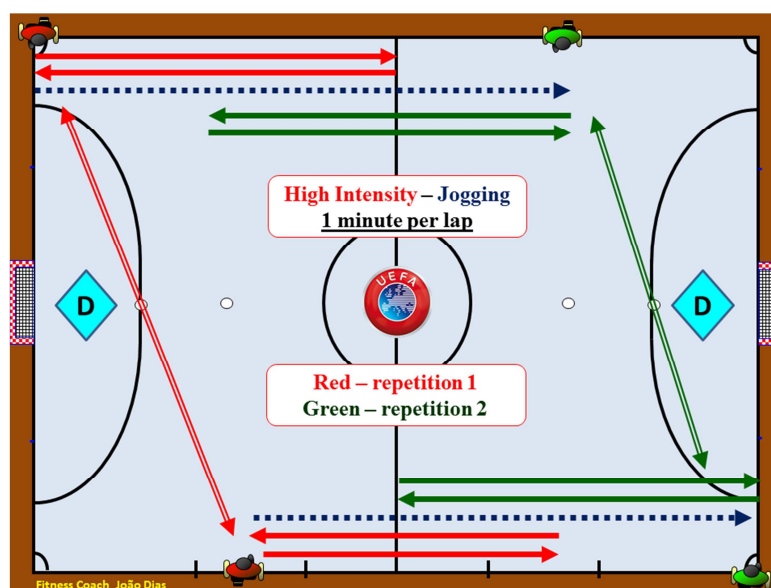
Mon. 22nd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 33

- * 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. 23rd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 34

- * 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=qr1Tyog6i3k>
- * High Int. - run at 90% HRmax / jogging, according to the figure
- Rep 1 & 2 alternatively, with decision making every repetitions
- In total, this exercise takes 26' (4 sets of 5')
- 2' break between each set (hydration & stretching)



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

Total duration: 81'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 24th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 25th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 35

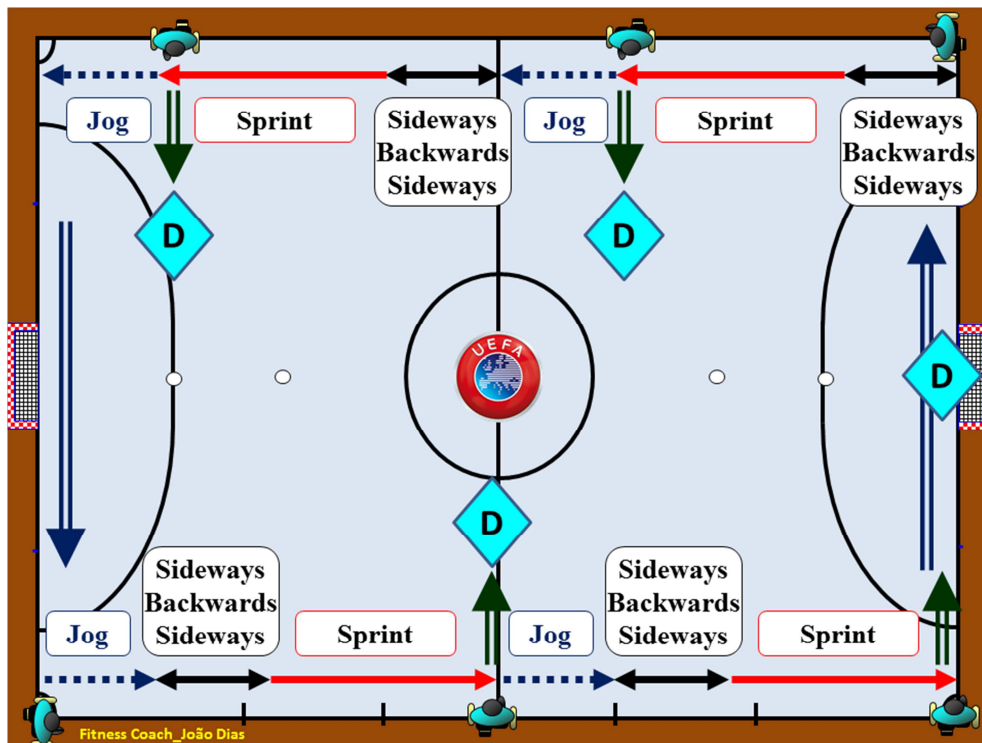
* Warm up - 20' jogging, mobilisation and dynamic stretching

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

* Integrated Technical Exercise – One by one, on the sideline, and according to the different places of the pitch.

During 6', each referee makes the movements mentioned in the figure. After reaching the goal line, the referee change sideline (by jogging).

The decisions making are made in the places indicated.



Set 1: 6 minutes

Break: 2' – Hydration & Stretching

Set 2: 6 minutes

Break: 2' – Hydration & Stretching

Set 3: 6 minutes

Total of 22' exercise

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

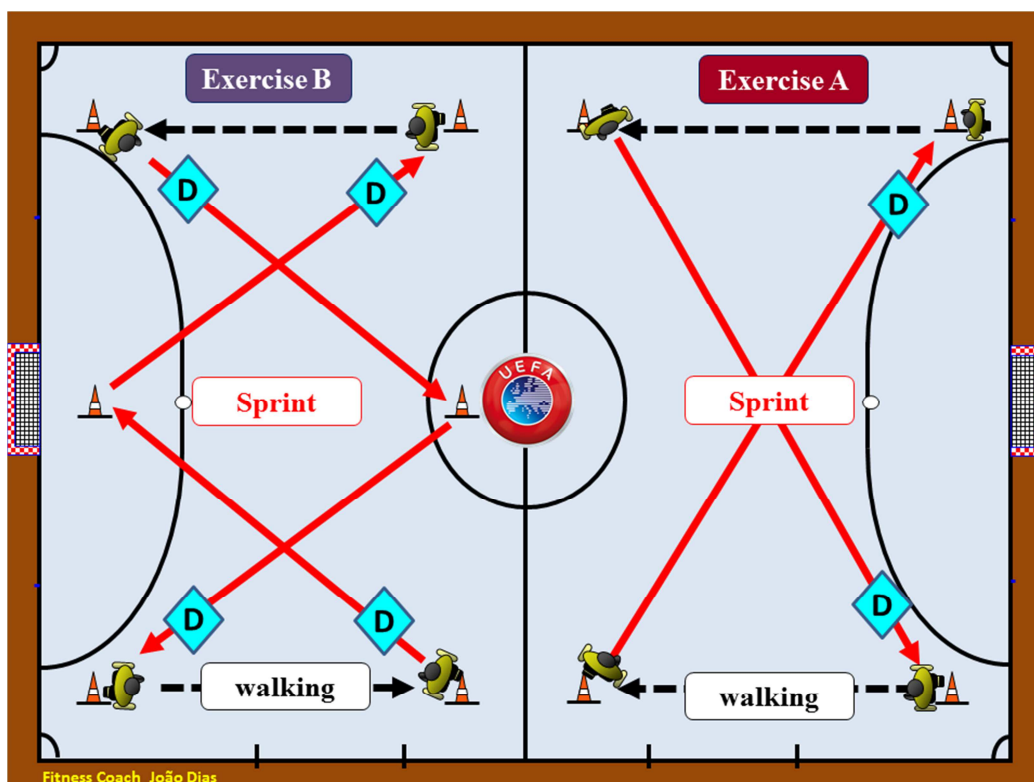
Total duration: 77'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 26th:
Tr. 36

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the 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. 27th: REST DAY

Sun. 28th: 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 10 from Monday 01st to Sunday 07th of March **Macrocycle II - week 4 (Training week 10)**

Mon. 01st: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 37

* 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

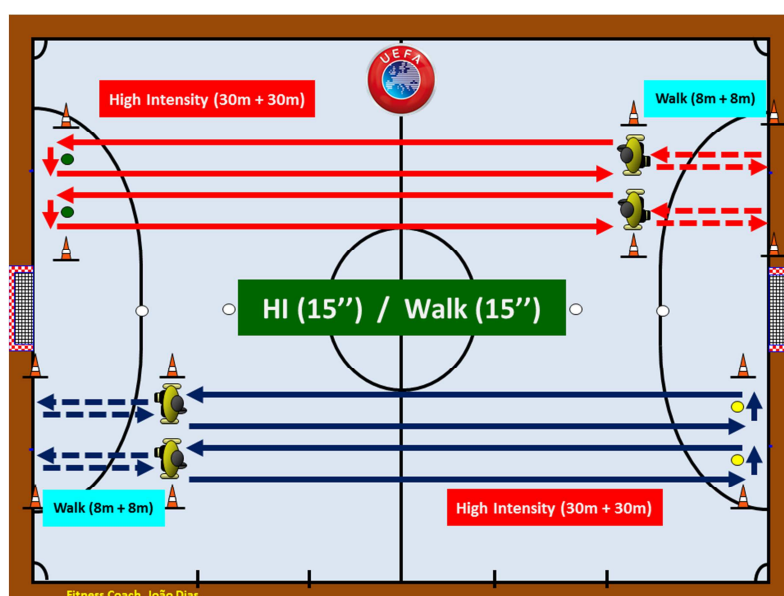
Total duration: 65'

Tue. 02nd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 38

* 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=Fg6N_9f-9qY

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

Thu. 04th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 39

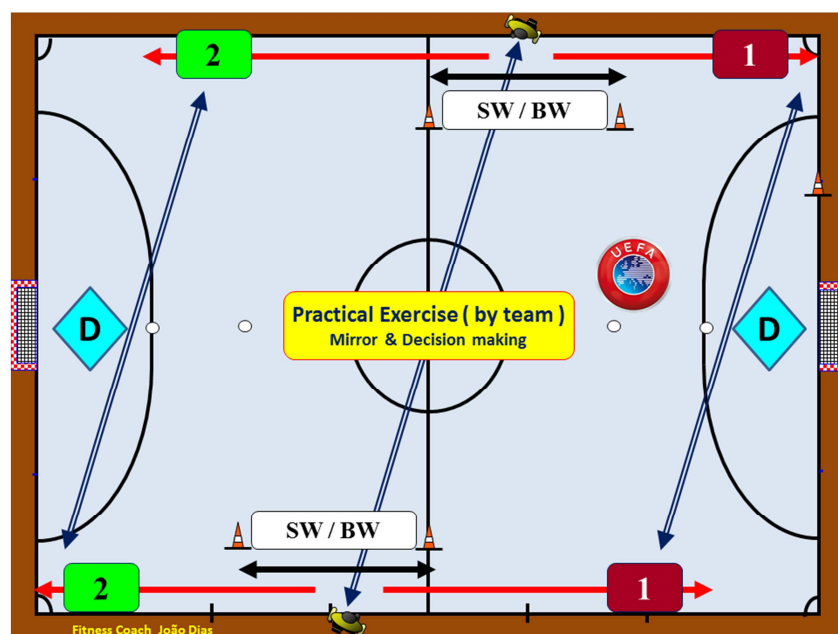
* Warm up - 20' jogging, mobilisation and dynamic stretching

* 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).

One of the referees is the leader of the movements (during 15'' – sideways & backwards) and the direction of sprint for the decision making (the other follows him). In the next repetition, the leader change.

After each set, the referees change the position on the sideline



Set 1: 6 minutes

Break: 2' – Hydration & Stretching

Set 2: 6 minutes

Break: 2' – Hydration & Stretching

Set 3: 6 minutes

Break: 2' – Hydration & Stretching

Set 4: 6 minutes

Total of 30' exercise

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

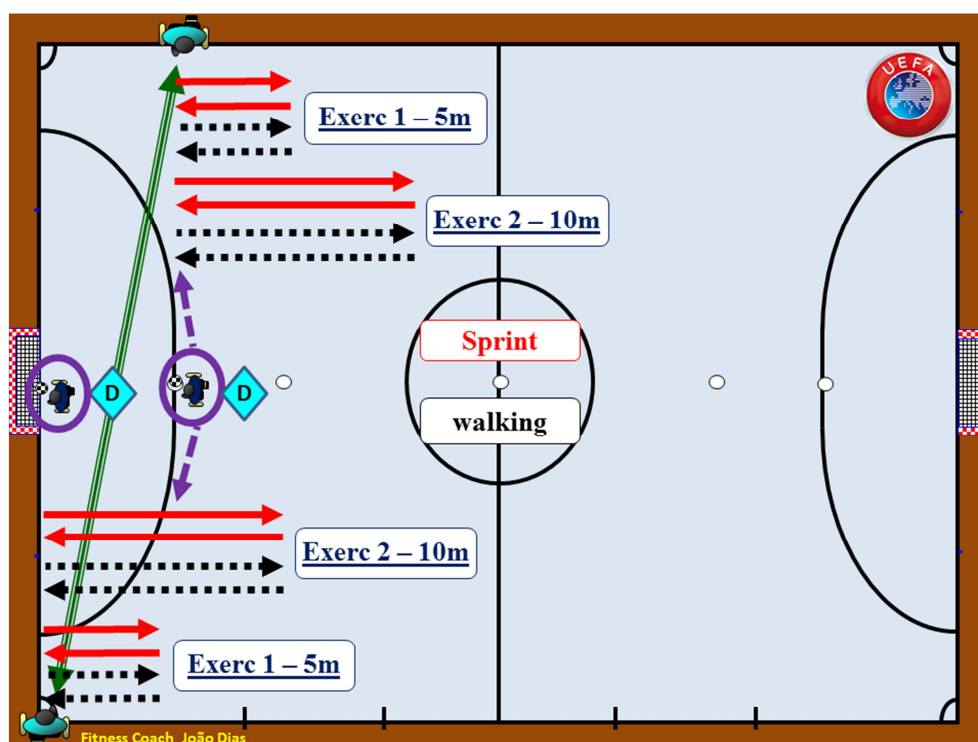
Total duration: 85'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 05th:
Tr. 40

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility
 - Variations of movements as follows:
 - Set 1 – 8 reps 5m + 4 reps 10m
 - 5' Hydration and Stretching
 - Set 2 – 8 reps 5m + 4 reps 10m
 - Change sideline between sets



- * 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.



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 11 from Monday 08th to Sunday 14th of March **Macrocycle II - week 5 (Training week 11)**

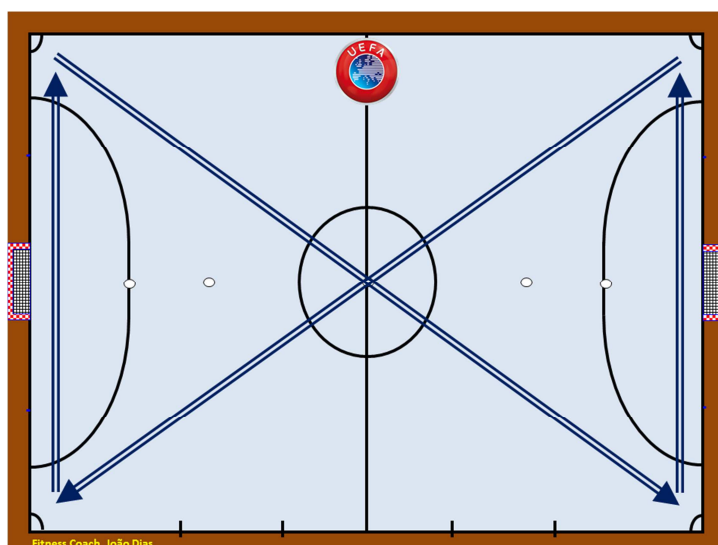
Mon. 08th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 41

- * 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. 09th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 42

- * 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=Com5Jow3Hj4>
- * High Int. - Set 1: 45'' run at 90% HRmax, 15'' jogging – 8 repetitions
- Set 2: 40'' run at 90% HRmax, 20'' jogging – 8 repetitions
- 3' break between sets – hydration & stretching)
- In total, this exercise takes 21'



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

Total duration: 76'

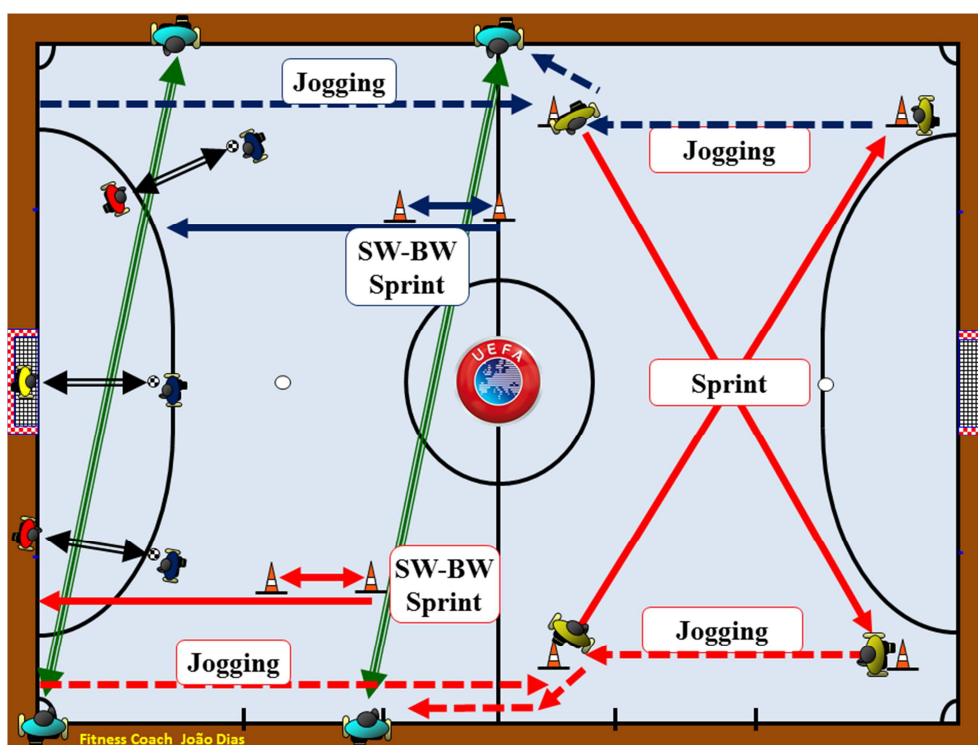


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 10th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 11th:
Tr. 43

- * Low Int. - 5' jogging slowly building up to 70% HRmax
- * 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: 6'
Break: 2' – Hydration & Stretching
Set 2: 6'
Break: 2' – Hydration & Stretching
Set 3: 6'

Total of 22' exercise

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

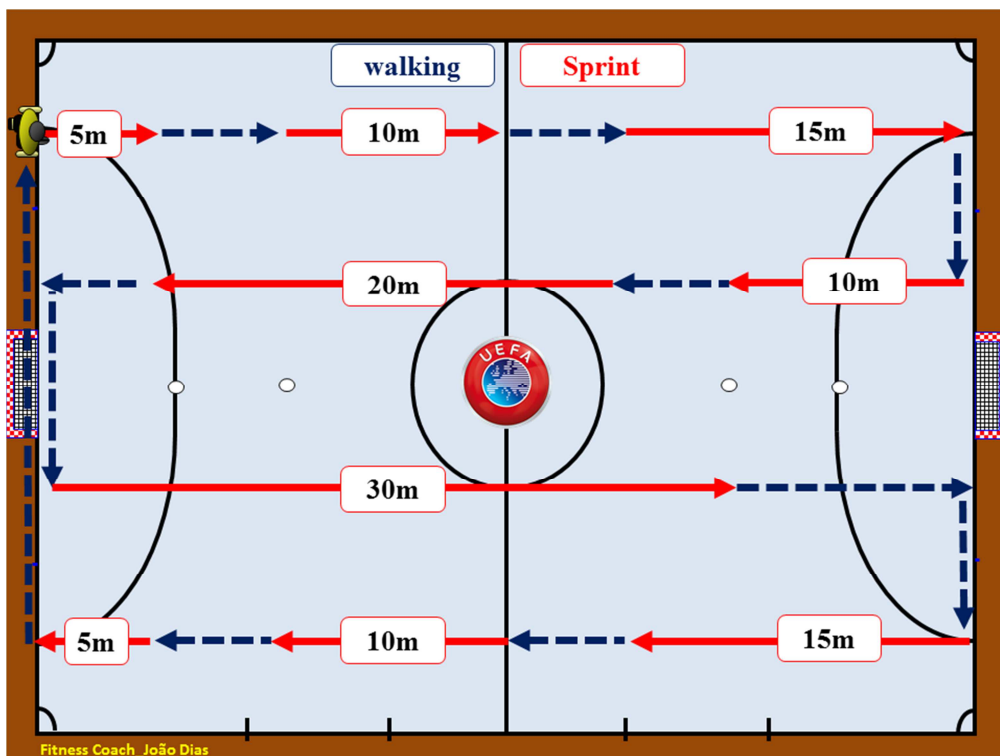
Total duration: 77'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 12th:
Tr. 44

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed - Variations on the pitch 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. 13th: REST DAY

Sun. 14th: 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 12 from Monday 15th to Sunday 21st of March **Macrocycle II - week 6 (Training week 12)**

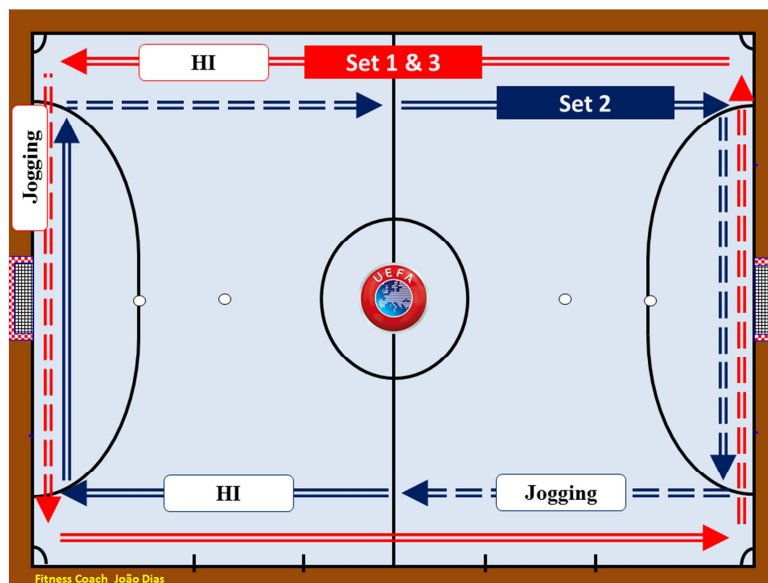
Mon. 15th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 45

- * 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. 16th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 46

- * 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=8eEsOTLKUKg>
- * 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'

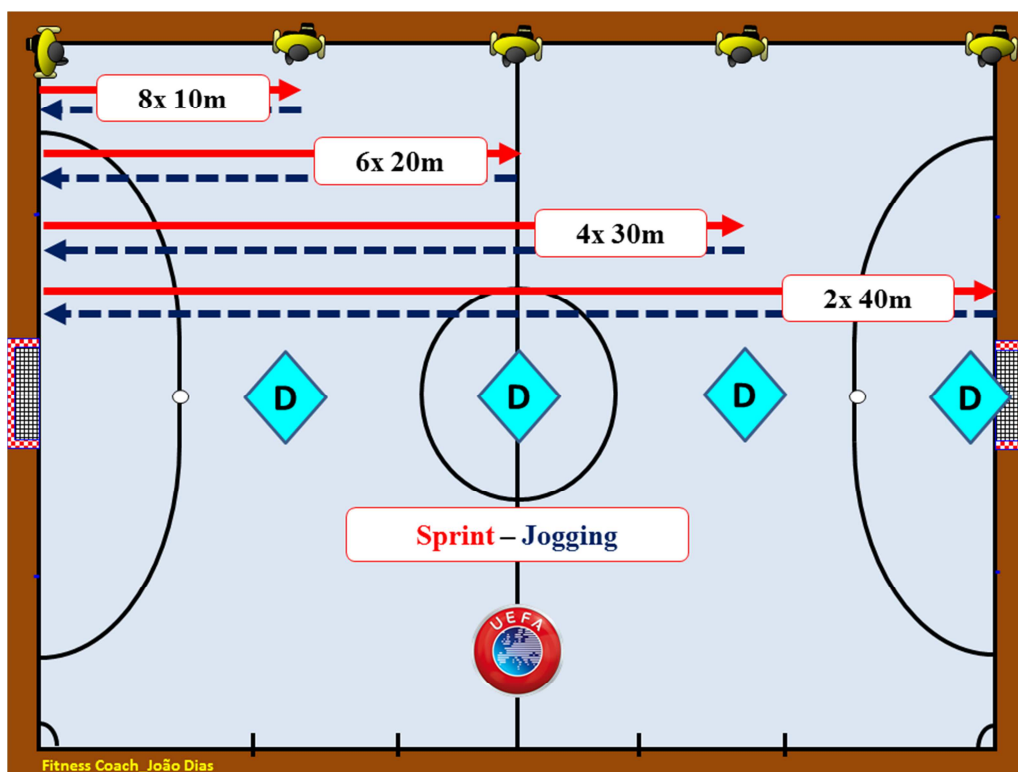


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 17th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 18th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 47

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



Set 1 – after each sprint, take a decision (sideline Ref 1)
- 1 lap jogging after the 1st set
Break: 3' – Hydration & Stretching
Set 2 – after each sprint, take a decision (sideline Ref 2)
- 1 lap jogging after the 2nd set

In total, this exercise takes $\pm 25'$

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

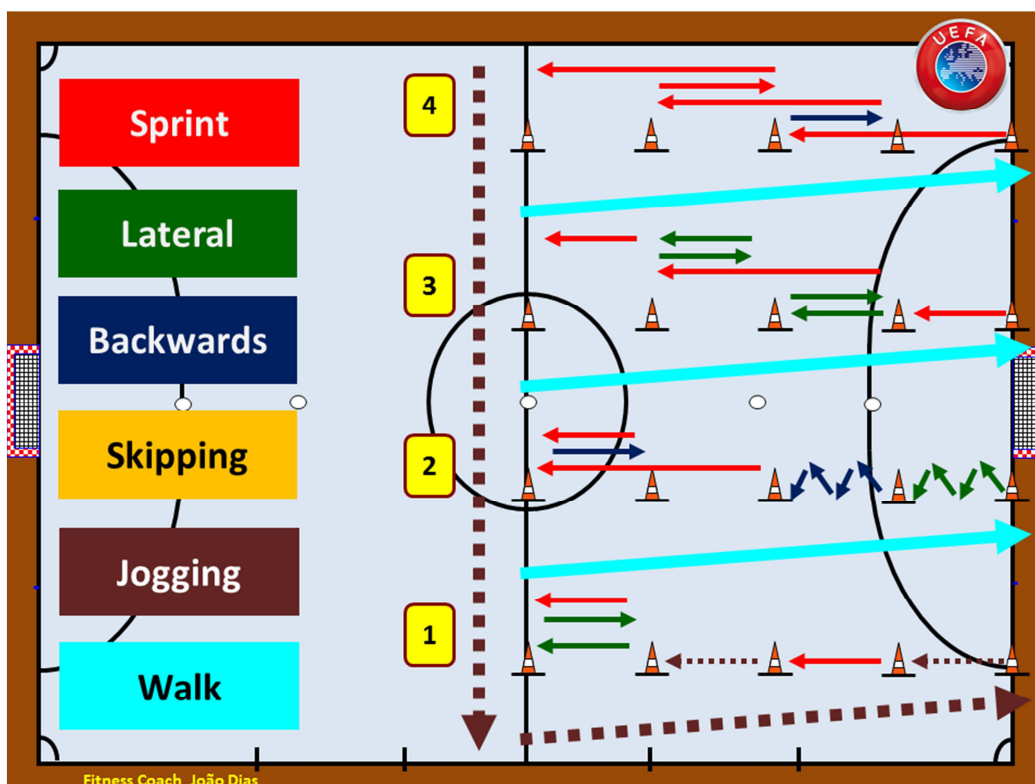
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 19th:
Tr. 48

- * 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. 20th: REST DAY

Sun. 21st: 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.