

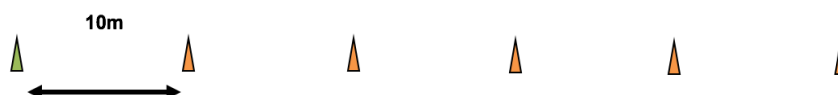


Performance Training in Football Refereeing Weekly Training Plan

WEEK 7 from Monday 14th to Sunday 20th of February Macrocycle VII, week 1 (Training week 37)

- Mon. 14th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 139
- Tue. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 140
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 3 sets of 4 min each (1' rest between Sets)
https://www.youtube.com/watch?v=a2J-5NN_2Tw
- * Speed End. - Run for 10m at 90% max speed, walk to the end (40m)
- Turn and run 20m at 90% SPmax, walk to the end (30m)
- Turn and run 30m at 90% SPmax, walk to the end (20m)
- Turn and run 40m at 90% SPmax, walk to the end (10m)
- Turn and run 50m at 90% SPmax, turn and run another 50m (100m)
- Your heart rate should peak at >90% HR_{max} at the end of each rep

- Rest for 90" then repeat 5 x. Total time is 15'.
- 4' passive recovery (until bpm < 65% HR_{max})



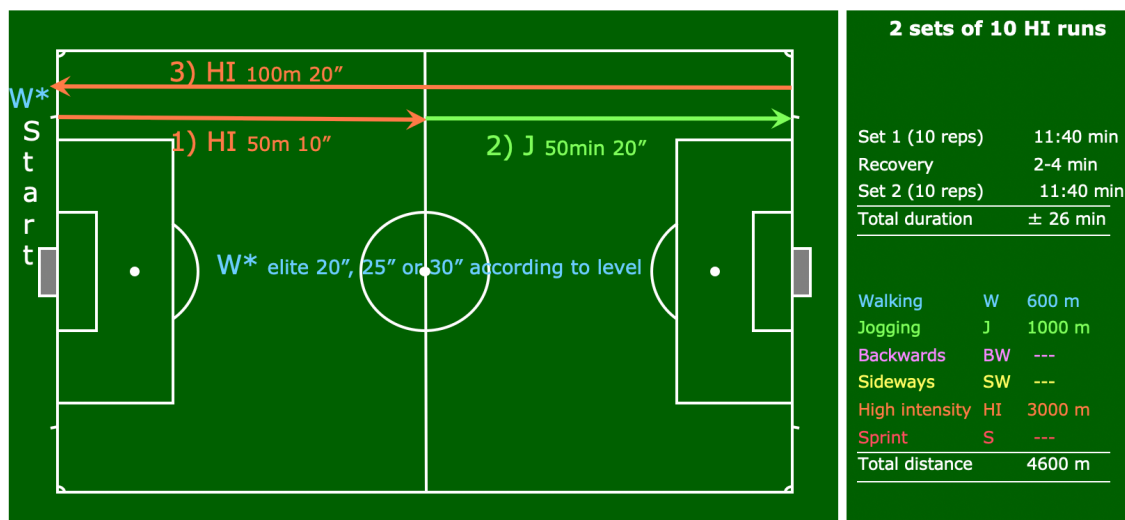
- The total duration of this session is ± 15'.
- * High Int. - Set 1: Run from goal line to midline at high intensity in 10". Then, jog to the opposite goal line in 20". Continue from goal line to the opposite goal line in 20". Recovery time of 20", 25", 30" recovery according to level. 10 reps.

- 2-4 min according to level.

- Set 2: Again 10 reps.



Performance Training in Football Refereeing Weekly Training Plan



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

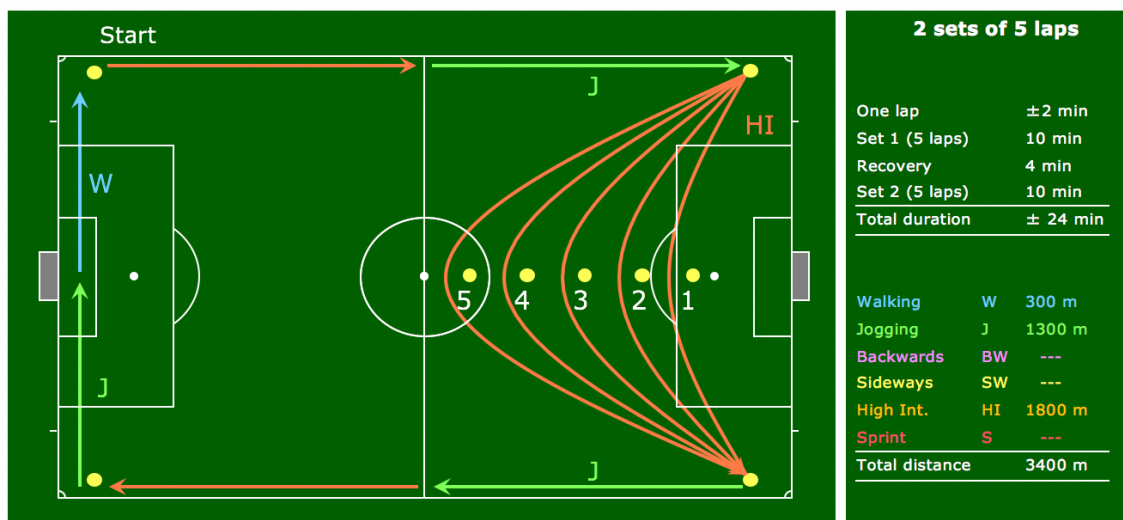
Total duration: 98'

Wed. 16th:

REST DAY

Thu. 17th:
Tr. 141

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1: Referees perform 5 laps
- Run at the appropriate intensity around the pitch perimeter.
- However, on lap 1 run around cone 1, and so on up to cone 5 on lap 5, thus increasing the run distance with each subsequent lap.
- The target zone should be 90%HR_{max}.





Performance Training in Football Refereeing Weekly Training Plan

- 2' recovery
- Set 2:
- However, on lap 1 start with cone 5, and on LAP 5 finish with cone 1, thus decreasing the run distance with each subsequent lap.

- This exercise takes $\pm 22'$ (10' Set 1 + 2' recovery + 10' Set 2).

- * Match - 10' match play
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

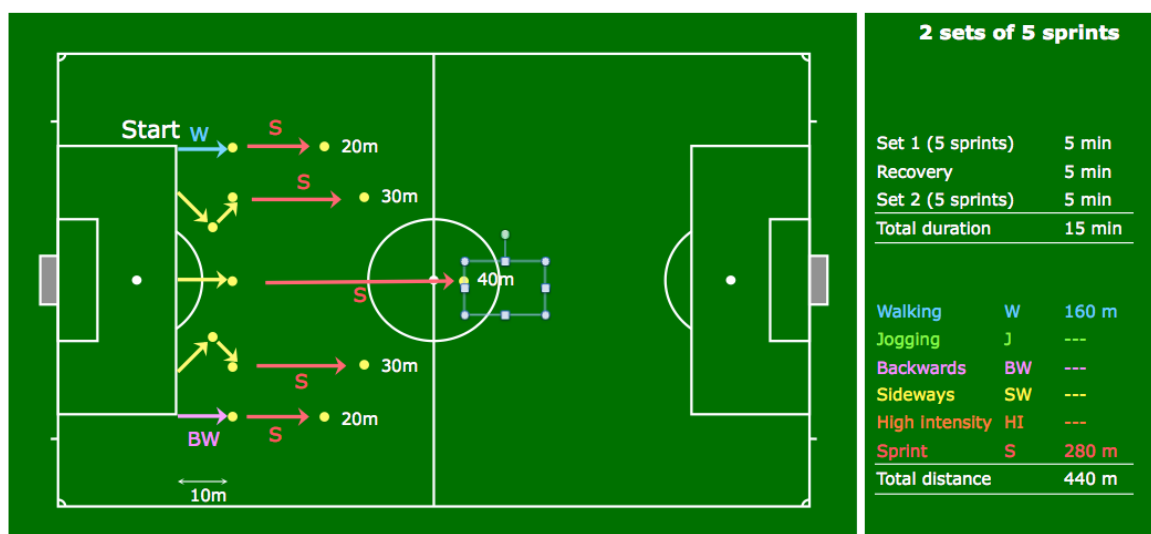
Fri. 18th:

REST DAY

Sat. 19th:

Tr. 142

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed - 5 maximal sprints in the order illustrated below.
- Walk back to the start after each individual sprint.
- Once the 5 sprints (140 m total sprinting distance) have been completed take a 5' stretching break.



- Then perform a second set of sprints for a session total of 10 sprints. Start the sprints this time sideways right and turn on the opposite shoulder to the first set when turning from backwards jogging to sprinting.

- The total exercise time is 15'.

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

Total duration: 50'



Performance Training in Football Refereeing

Weekly Training Plan

Sun. 20th: 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...).

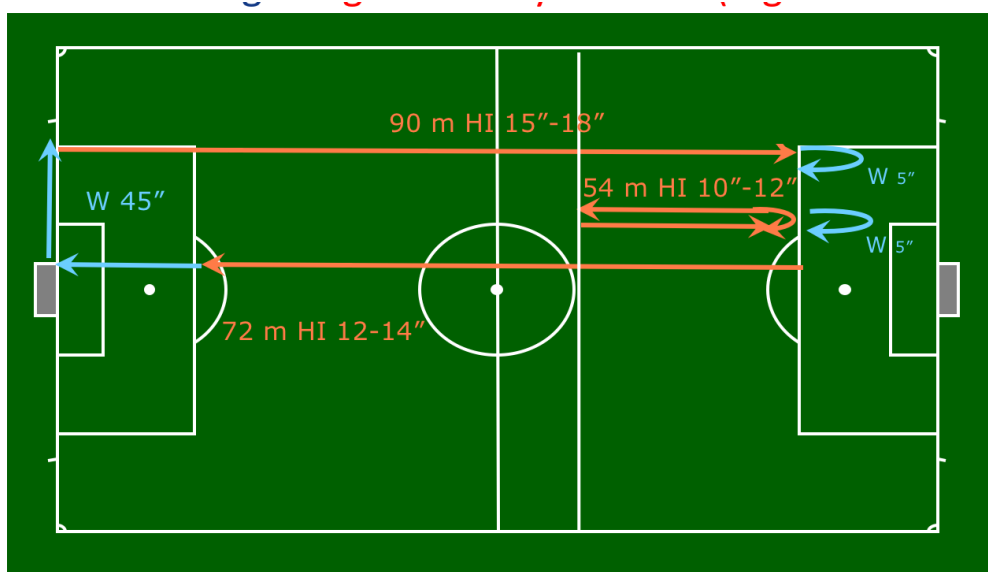
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 8 from Monday 21st to Sunday 27th of February Macrocycle VII, week 2 (Training week 38)

- Mon. 21st. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 143
- Tue. 22nd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 144
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
https://www.youtube.com/watch?v=Goo0g_zmFBY
- * High Int. - '1 t(w)o 1' High Intensity exercise
- Set 1: Repeat 5 x (1075m), followed by 2 min recovery
- Set 2: Repeat 5 x (1075m), followed by 2 min recovery
- Set 3: Repeat 5 x (1075m)



- All together, this exercise takes 7'30" + 2' recovery + 7'30" + 2' recovery + 7'30" = 26'30" and covers 3225m of HI running.

- For ARs, there is a variation for this SDS HI run:

- Set 1:

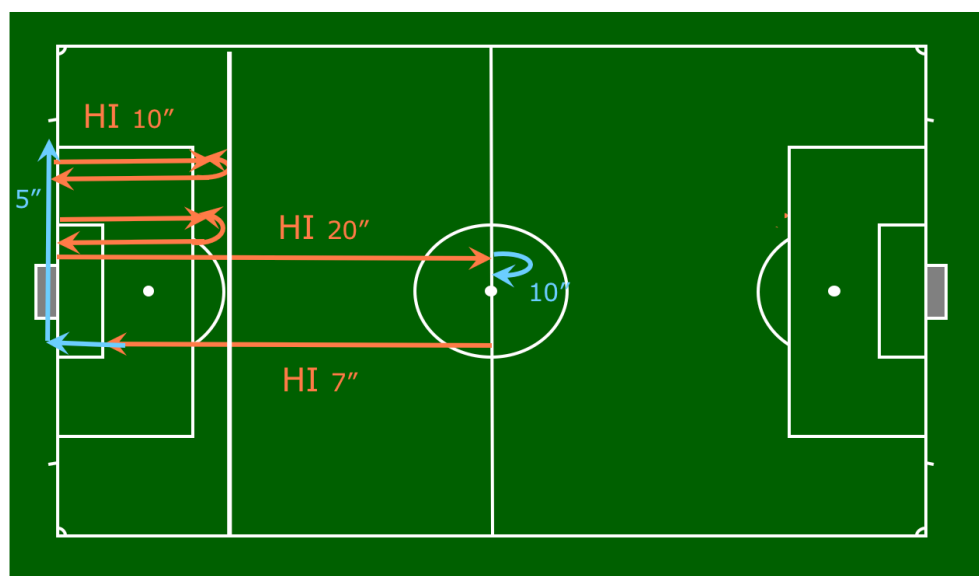
- Run at High Speed from goal line to penalty arc and back in 10" max (18 km/h), 5" recovery

- Run at High Speed from goal line to penalty arc and back and then to the midline in 20" max, 10" rec.



Performance Training in Football Refereeing Weekly Training Plan

- Run at High Speed from midline to small penalty area in 7" max (18 km/h)
- 55" recovery to walk to the starting position
- Repeat x 5 (825m)
- 2' recovery
- Set 2: same sequence
- All together, this exercise takes 9"10" + 2' recovery + 9"10 = $\pm 20'$ and covers 1650 m of HI running.



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

Total duration: 82'

Wed. 23rd:

REST DAY

Thu. 24th:
Tr. 145

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Speed End. - Set 1:
 - 2 laps of the following field exercise.
 - The running speed should be minimum 95% SP_{max}.
 - One lap consists of 7 (sub)maximal sprints followed by 7 recovery jogs. The jogging should take 3 x longer than the duration of the tempo run. After reaching the finish, referees jog all along the goal

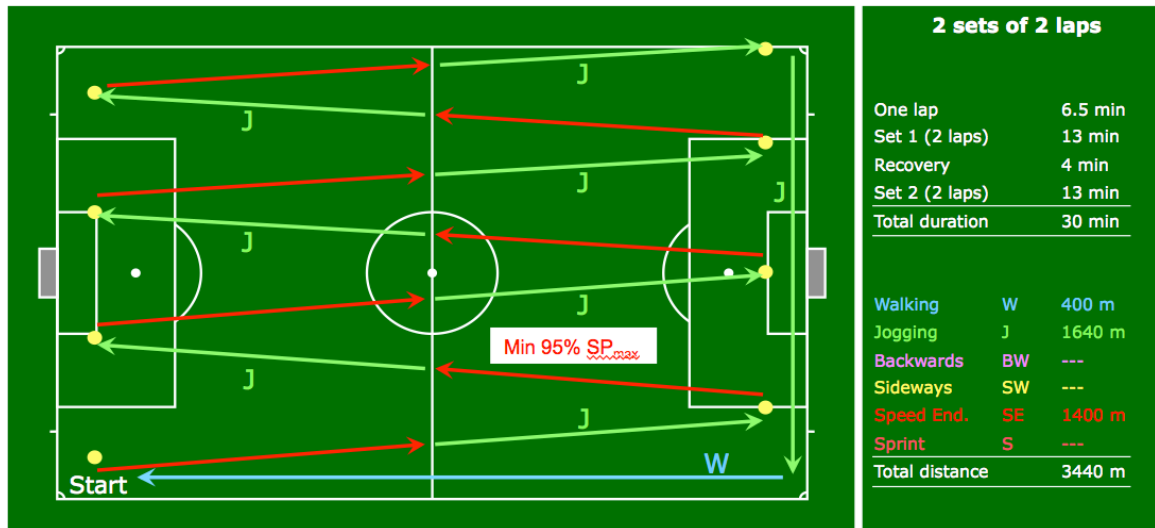


Performance Training in Football Refereeing Weekly Training Plan

line until the next corner and then walk back to the start position. It takes $\pm 13'$ to do 2 full laps.

- 4' recovery

- Set 2: Again 2 laps of 7 sprints.



- The exercise takes $\pm 31'$ (13' Set 1 + 4' recovery + 13' Set 2).

* Cool down

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

Total duration: 86'

Fri. 25th:

REST DAY

Sat. 26th:

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

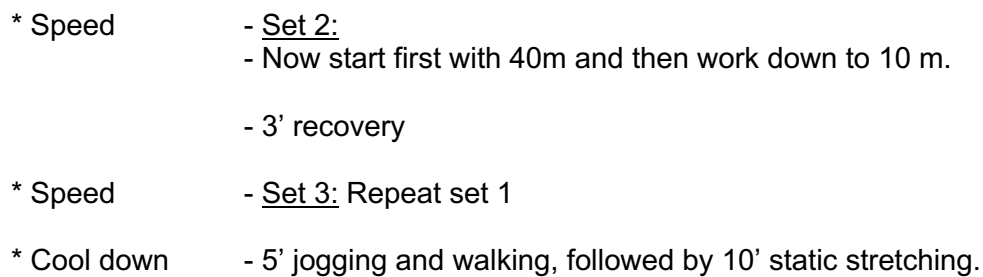
Tr. 146

* Speed

- Set 1:

- (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.

- 3' recovery



Sun. 27th. 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...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.

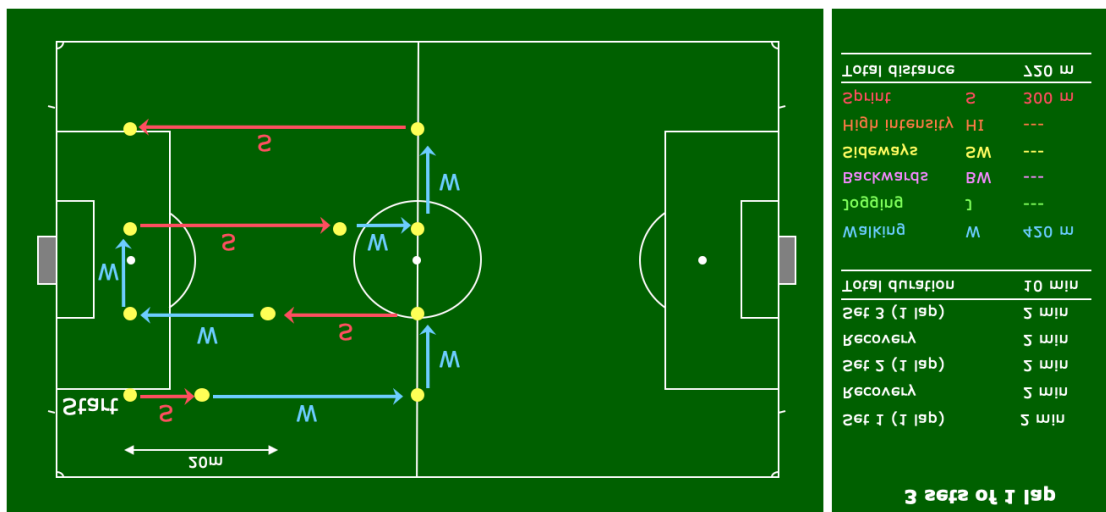


Performance Training in Football Refereeing

Weekly Training Plan

WEEK 9 from Monday 28th of February to Sunday 6th of March Macrocycle VII, week 3 (Training week 39)

- Mon. 28th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 147
- Tue. 1st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 148
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises)
- Alternatively, you can consider a Functional Training Session:
- 3 sets of 4 min each (1' rest between Sets)
<https://www.youtube.com/watch?v=ZCcX2Egirp4>
- * Speed/Agility - Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.
- 2 min recovery
- Set 2: Now start first with 40m and then work down to 10m.
- 2 min recovery
- Set 3: Now Repeat set 1

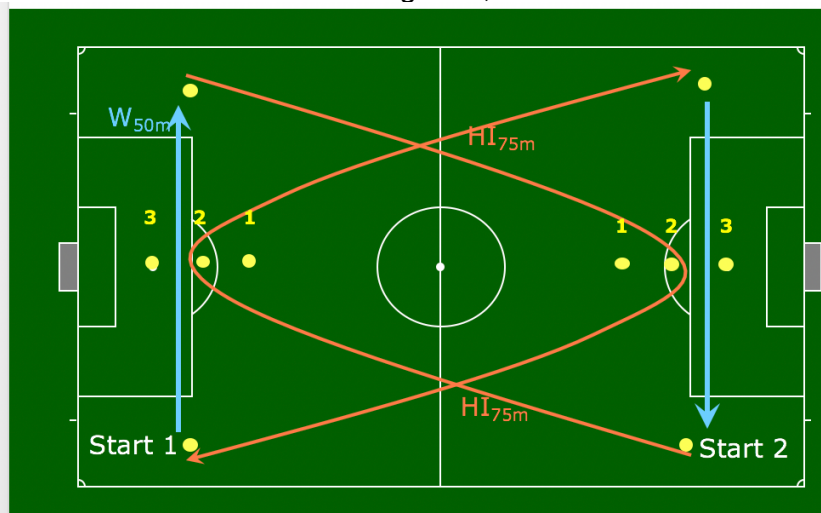


- * High Int. - Set 1: Field exercise, 10 to 12 x
- From the start, run at high intensity to the other side of the field, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture, afterwards walk back to the start (50 m in 35 sec) and repeat this for 10 laps. The fitness level determines around which cone the referees may turn
- 4' recovery



Performance Training in Football Refereeing Weekly Training Plan

- **Set 2:** Same as set 1, however, run in the opposite direction.
- All together, this HI exercise takes 19' 40", including 2' rec.



2 sets of 10 HI runs

One lap	1'05"
Set 1 (10 HI runs)	10' 50"
Recovery	2 min
Set 2 (10 HI runs)	10'50"

Total duration	19'40"
----------------	--------

Walking	W	1000 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4000 m

- * **Concentration:** - When the referee arrives in the penalty area after his 150 m run, the coach moves along the edge of the penalty area with a ball in his hands. When he bounces the ball on the ground, the referee must decide if it is a foul for the attacking team inside (> penalty) or outside (> free kick) the penalty area. If the referee's decision is correct > thumbs up, if not > 5 push-ups.

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

Total duration: 90'

Wed. 2nd:

REST DAY

Thu. 3rd:
Tr. 149

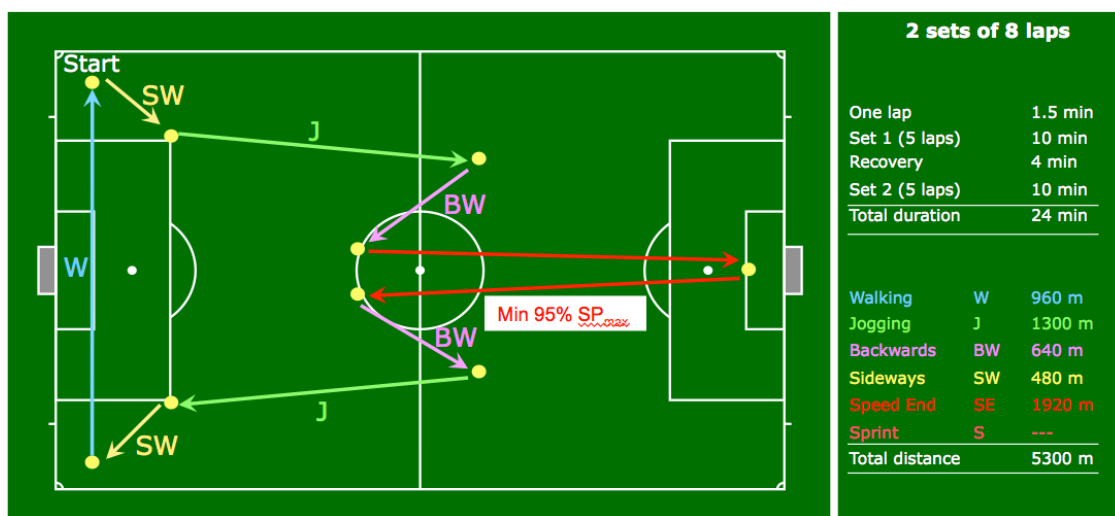
- * **Low Int.** - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * **Warm up** - 20' jogging, mobilisation and dynamic stretching.
- * **Strength** - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
https://www.youtube.com/watch?v=Goo0g_zmFBY
- * **Speed End.** - Field exercise, 8 laps in total from the start as follows:
- Sideways-R (\pm 15 m)
- Jog to next cone (\pm 40 m)
- Backwards jogging to the next cone (\pm 15 m)
- High speed run around the top cone and to the next cone (\pm 100m)
- The running speed should be minimum 95%SP_{max}.
- Running backwards to the next cone (\pm 15 m)
- Jogging at medium intensity to the next cone (\pm 40 m)

- Sideways-L (± 15 m)
- Walk back to start (± 60 m)
- One full lap, arriving back at the start takes $\pm 90''$.
- Therefore, restart every $90''$.
- Set 1 (8 laps) takes $\pm 12'$ to complete.

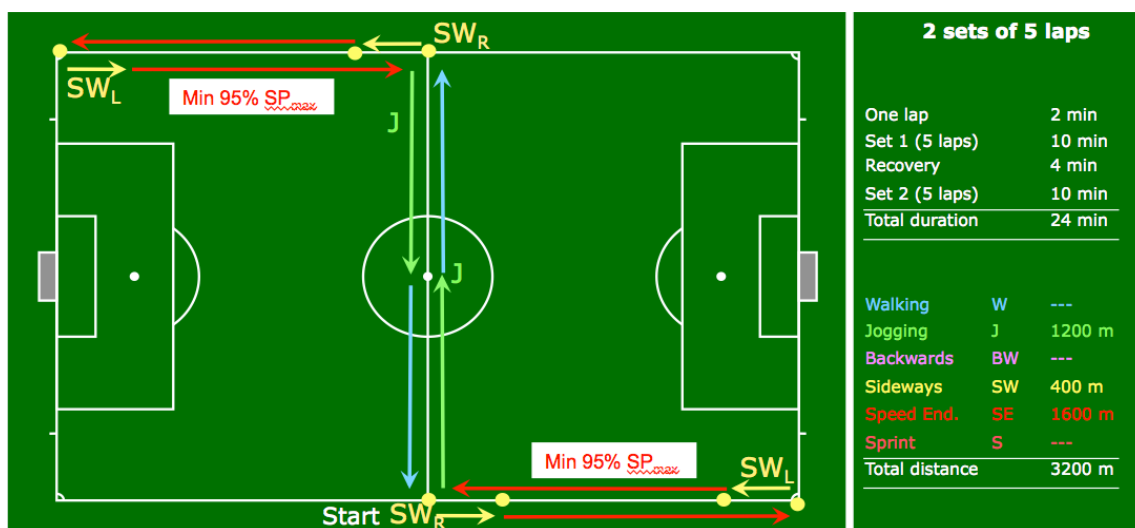
- 4' recovery

Set 2: Field exercise, again 6 laps of 2' each.

- All together, this speed endurance exercise takes $\pm 28'$
(12' Set 1 + 4' recovery + 12' Set 2)



- * SE for ARs - While the referees perform their 2 sets of the HI exercise, the next SE exercise can be considered for the assistant referees.



- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

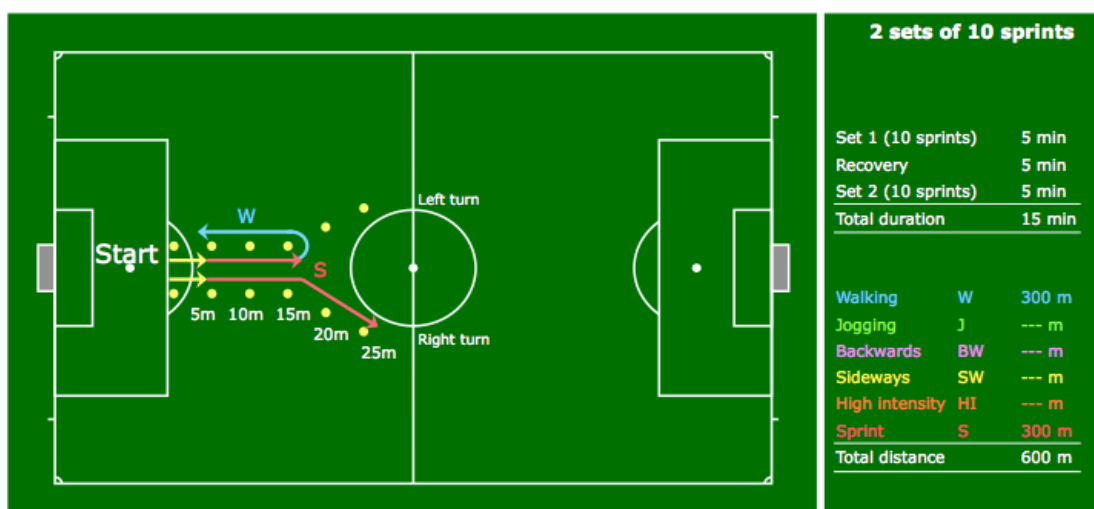
Total duration: 93'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 4th: REST DAY

- Sat. 5th:
Tr. 150
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Speed
 - Short sprints from a dynamic start:
 - 2 x 5 m, 2 x 10 m, 2 x 15 m, 2 x 20 m and 2 x 25 m (with a change in direction to the left)
 - 5' recovery
 - The second set of the 10 sprints is done in reversed order, i.e. 2 x 25 m (with a change in direction to the right), 2 x 20 m, 2 x 15 m, 2 x 10 m and 2 x 5 m



- The total exercise time is 15'

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

Total duration: 50'

Sun. 6th: 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...).

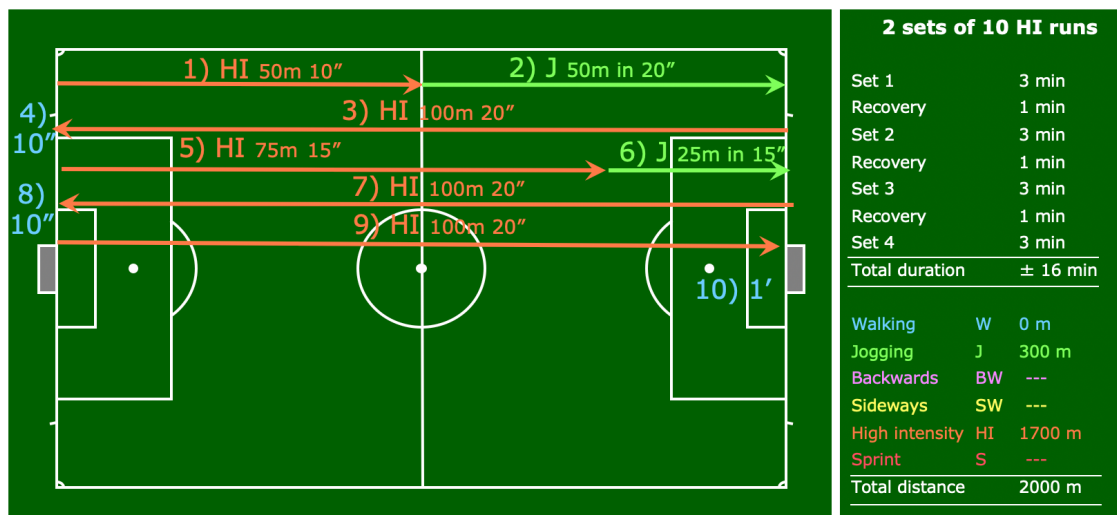
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 10 from Monday 7th to Sunday 13th of March Macrocycle VII, week 4 (Training week 40)

- Mon. 7th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 151
- Tue. 8th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 152
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises)
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
<https://www.youtube.com/watch?v=KNlhyiA3h9o>
- * High Int. - Set 1: 1) Run from goal line to midline at high speed in 10". 2) jog to the opposite goal line in 20". 3) Run from goal line to goal line at high speed in 20". 4) 10" recovery. 5) Run from goal line to the opposite penalty arc in 15". 6) jog to the goal line in 25". 7) Run from goal line to goal line at high speed in 20". 8) 10" recovery. 9) Run from goal line to goal line at high speed in 20". 10) 1' recovery.
- 1' recovery
- Set 2-3-4: same procedure



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

Total duration: 81'

Wed. 9th: REST DAY

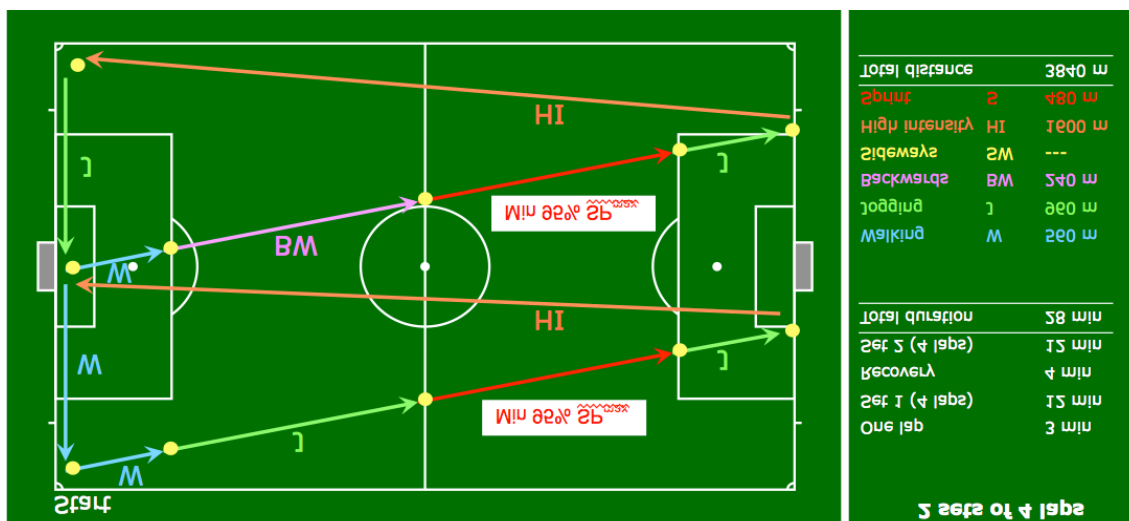
Thu. 10th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 153



Performance Training in Football Refereeing

Weekly Training Plan

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Speed End. - Set 1:
- 4 laps of $\pm 3'$ each.
- 4' recovery



- Set 2:
- 5 laps of $\pm 2'30''$ each.
- This exercise takes $\pm 29'$ ($12'30''$ Set 1 + 4' rec. + $12'30''$ Set 2).
- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

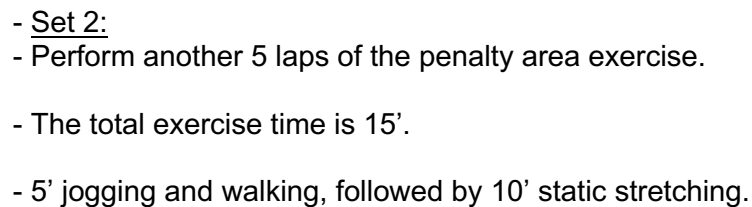
Total duration: 93'

Fri. 11th.

REST DAY

Sat. 12th.
Tr. 154

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed/Agility - Penalty area exercise, as per diagram below.
- Set 1:
5 laps in the penalty area from start to finish as indicated.



Sun. 13th. 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...).

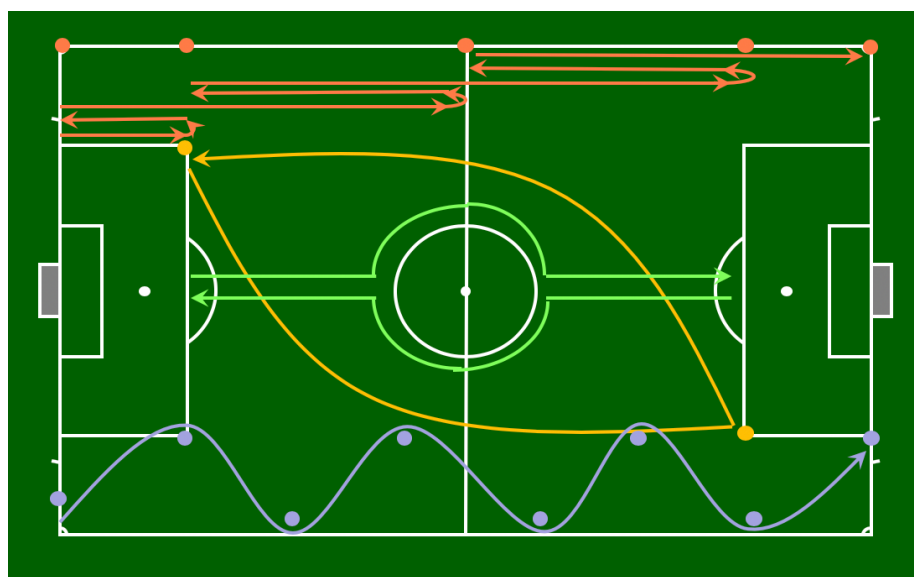
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 11 from Monday 14th to Sunday 20th of March Macrocycle VII, week 5 (Training week 41)

- Mon. 14th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 155
- Tue. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 156
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 3 sets of 4 min each (1' rest between Sets)
<https://www.youtube.com/watch?v=7GiegQW556Y>
- * 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 diagonal (4x 40"-40")
- Across the halfway line (10x 15"-15")
- The suicide (3x 60"-60")



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

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

Total duration: 85'

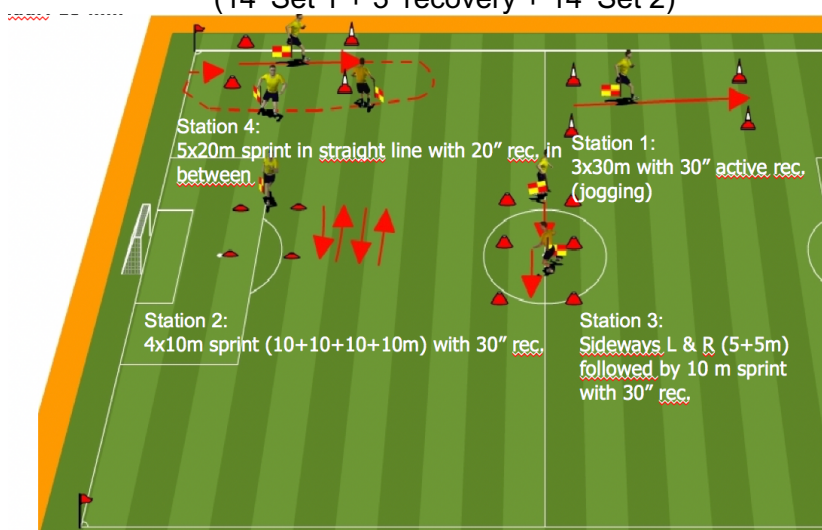
Wed. 16th: REST DAY

- Thu. 17th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 157
- * Warm up - 20' jogging, mobilisation and dynamic stretching.

- * Strength
 - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Rep. Spr. Ab.
 - **Referees** are organized in 4 stations
 - They repeat 3 reps of 40 m and have 1' recovery between stations
 - Between Set 1 and Set 2, there is 3-4' recovery
 - The RSA distance = $(3 \times 40\text{m}) \times 4 \text{ stations} = 480\text{m}) \times 2 \text{ sets} = 960\text{m}$
 - All together, these 2 RSA sets take $\pm 26'$
(14' Set 1 + 3' recovery + 14' Set 2)



- * Rep. Spr. Ab.
 - **Assistant Referees** are organized in 4 stations
 - They repeat 3 reps of 40 m and have 1' recovery between stations
 - Between Set 1 and Set 2, there is 3-4' recovery
 - The RSA distance = $(3 \times 40\text{m}) \times 4 \text{ stations} = 480\text{m}) \times 2 \text{ sets} = 960\text{m}$
 - All together, these 2 RSA sets take $\pm 26'$
(14' Set 1 + 3' recovery + 14' Set 2)



- * Match
 - 10' match play.
- * Cool down
 - 5' jogging and walking, followed by 10' static stretching.

Total duration: 91'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 18th:

REST DAY

Sat. 19th:

Tr. 158

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

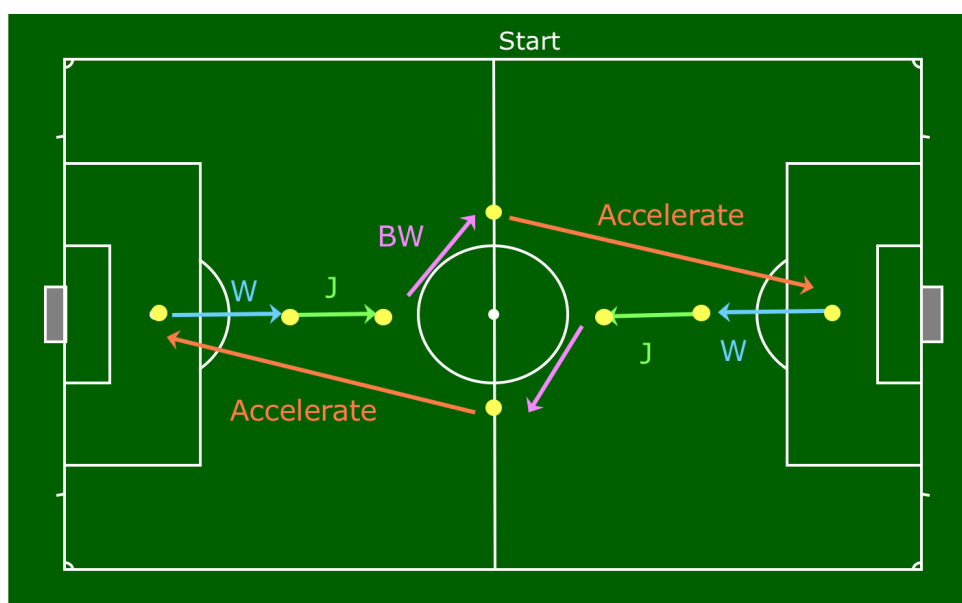
* Speed

- Variations on the centre circle sprint:

- Set 1: 4 laps in total (8 accelerations).

- 3' recovery

- Set 2: 4 laps in total (8 accelerations).



- The total exercise time is 15'.

* Cool down

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

Total duration: 51'

Sun. 20th:

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...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



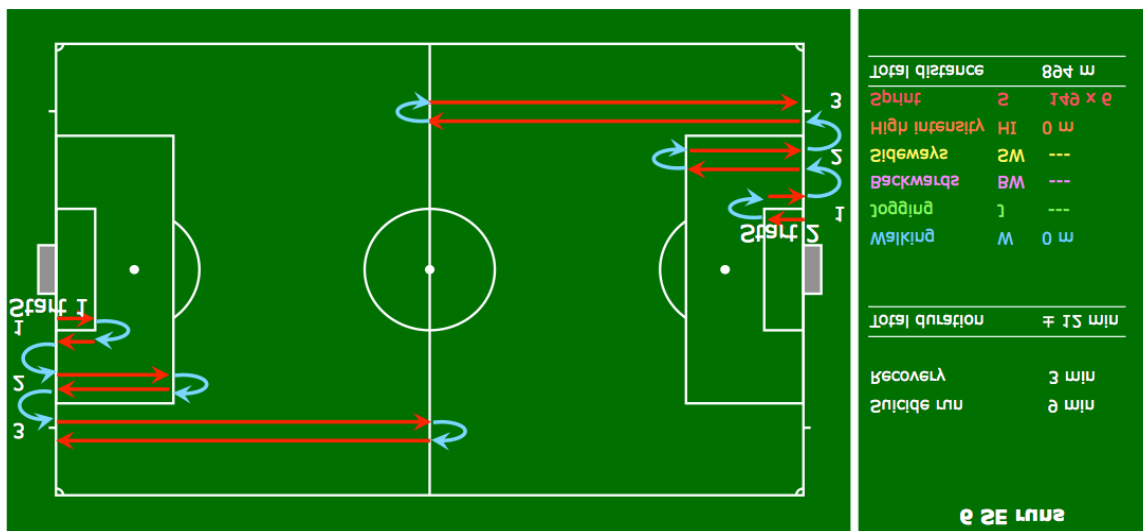
Performance Training in Football Refereeing Weekly Training Plan

WEEK 12 from Monday 21st to Sunday 27th of March Macrocycle VII, week 6 (Training week 42)

- Mon. 21st. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 159
- Tue. 22nd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 160
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
<https://www.youtube.com/watch?v=xEoCXW09-pk>
- * Speed End. - 'Suicide run':
- Sprint from the goal line to goal area line and back.
- Then immediately sprint from the goal line to the edge of the penalty area and back.
- Finally, sprint to the halfway line and back.
- 1' rest.
- Repeat 6 x.
- For each run, the reference time is < 25" (very good), < 30" (good).

In case of group sessions, it is possible to use 2 starting positions as mentioned below.

- 3' recovery.

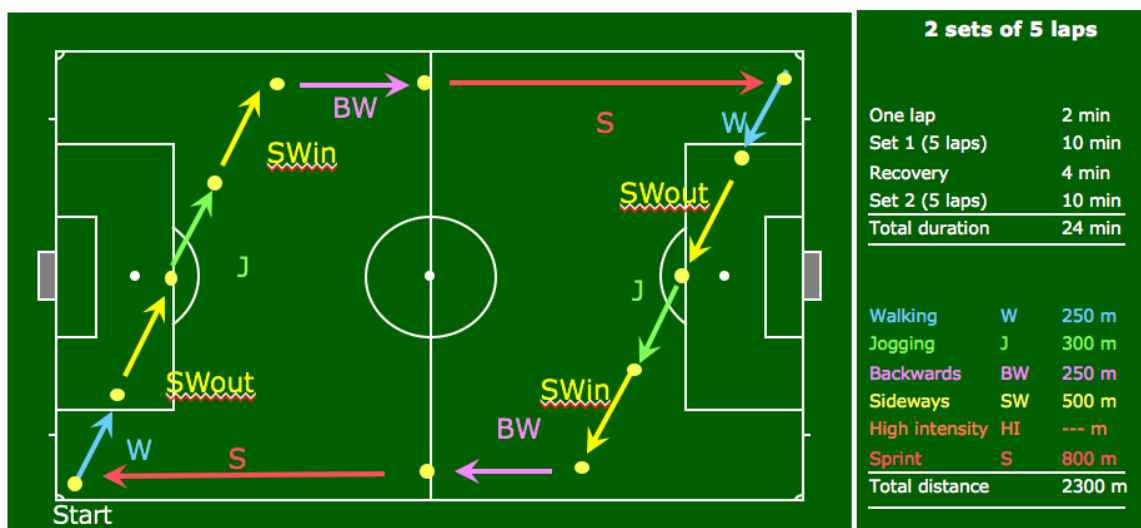


- * Speed End. - Just 1 Set of 5 laps: 'Referee run': 10'



Performance Training in Football Refereeing

Weekly Training Plan



- 3' recovery

- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.

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

Total duration: 87'

Wed. 23rd:

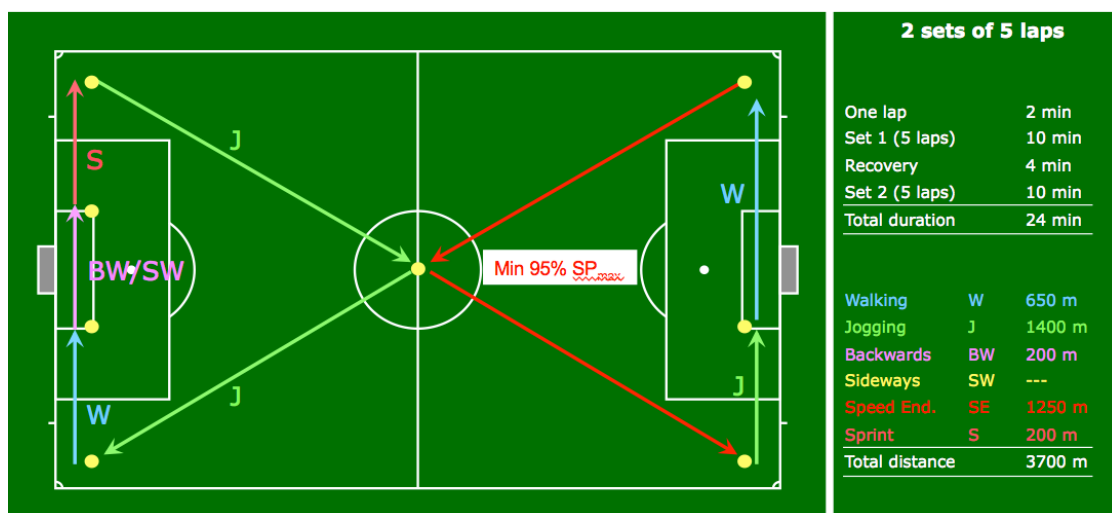
REST DAY

Thu. 24th:
Tr. 161

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Speed End.
 - Set 1:
 - Field exercise, 5 laps of ± 2' each performing the different activities at the appropriate intensities. Where indicated, the running speed should be minimum 95%SP_{max}.
 - 4' recovery
 - Set 2:
 - Field exercise, 5 laps of ± 2' each.



Performance Training in Football Refereeing Weekly Training Plan



- All together this exercise takes 24'
(10' Set 1 + 4' recovery + 10' Set 2)

- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 89'

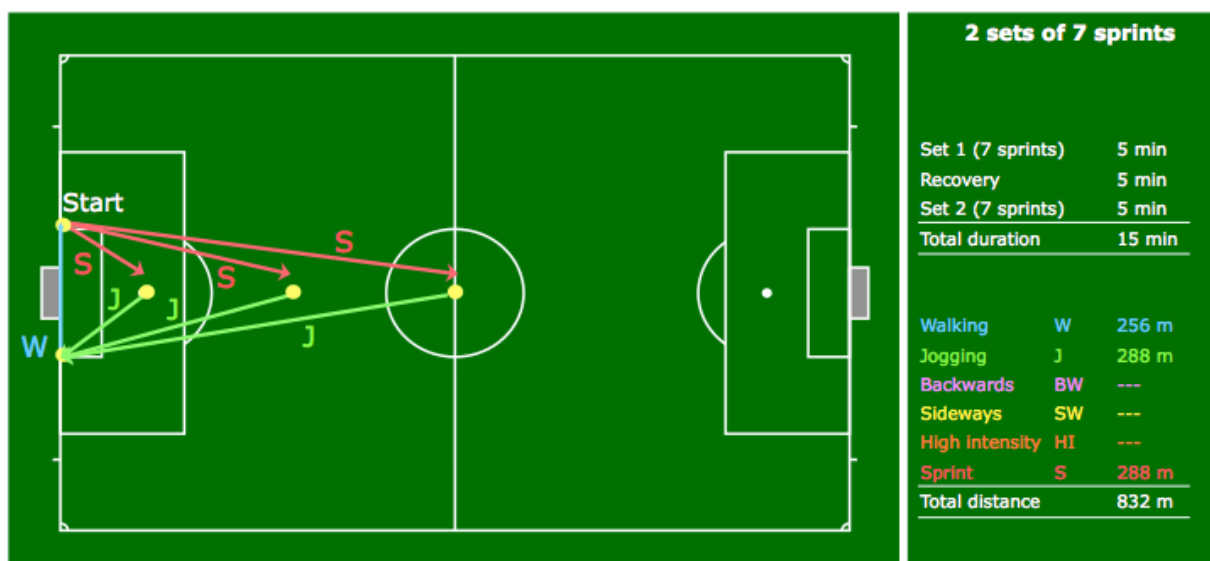
Fri. 25th.

REST DAY

Sat. 26th.

Tr. 162

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed
 - 1) 11 m sprint, 11 m jogging, walking to start, 4 x
 - 2) 25 m sprint, 25 m jogging, walking to start, 2 x
 - 3) 50 m sprint, 50 m jogging, walking to start, 1 x



- Sprints should ideally start from a dynamic start position
(walking, jogging, sideways or backwards...).



Performance Training in Football Refereeing Weekly Training Plan

- 5' recovery, followed by a 2nd Set of 7 sprints.

- The total exercise time is 15'

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

Total duration: 50'

Sun. 27th: 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...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.