



Performance Training in Football Refereeing

Weekly Training Plan

WEEK 23 from Monday 6th to Sunday 12th of June

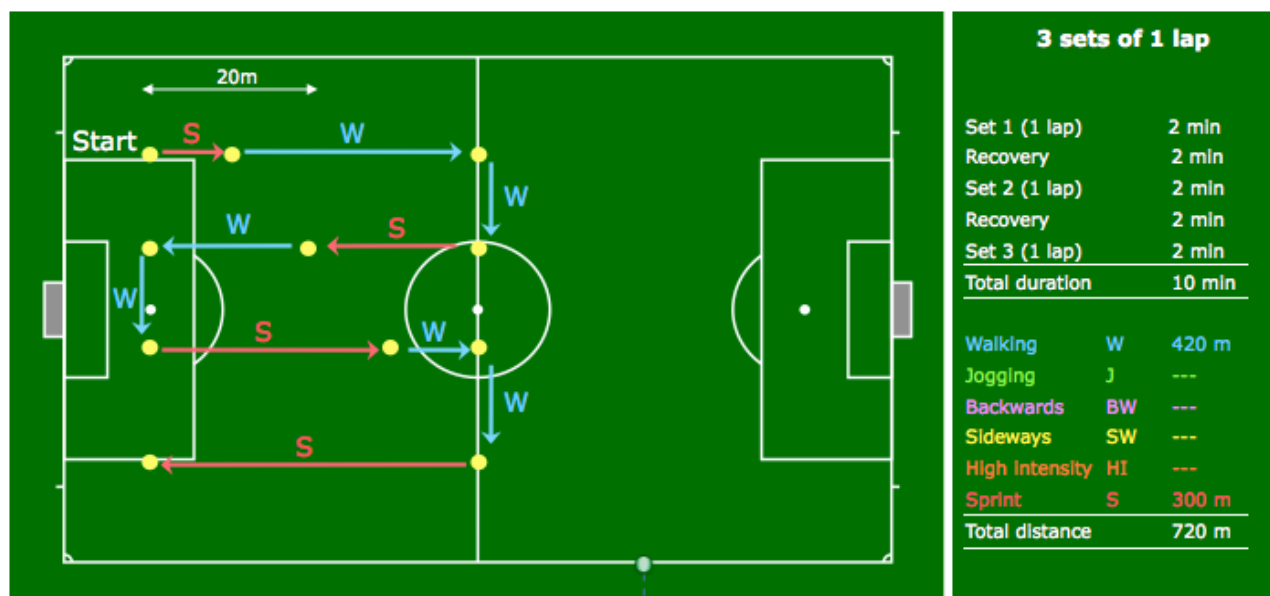
Macrocycle I, week 1 (Training week 1)

<u>Mon. 6th:</u>	REST DAY
<u>Tue. 7th:</u>	
Tr. 1	<ul style="list-style-type: none"> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). * Warm up - 20' jogging, mobilisation and dynamic stretching. * Medium Int. - 30' run at 80% HR_{max} (\pm 6 km). In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP_{max}, or 6 x 50 m in total. * Cool down - 5' jogging and walking, followed by 10' static stretching.
	<u>Total duration:</u> 70'
<u>Wed. 8th:</u>	REST DAY
<u>Thu. 9th:</u>	
Tr. 2	<ul style="list-style-type: none"> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). * Warm up - 20' jogging, mobilisation and dynamic stretching. * Functional Tr. - 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?app=desktop&v=aUYRVSNz_VY * Me to Hi Int. - 6' run between 86-90% HR_{max}, 3' jogging, 2 sets This exercise needs to be performed in the Lower Range of the HI-training zone (LR). - All together this exercise takes \pm 18'. (6' Set 1 + 3' jogging + 6' Set 2 + 3' jogging) * Cool down - 5' jogging and walking, followed by 10' static stretching.
	<u>Total duration:</u> 68'
<u>Fri. 10th:</u>	REST DAY
<u>Sat. 11th:</u>	
Tr. 3	<ul style="list-style-type: none"> * 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 and injury prevention 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=hduQfHVLKT8 * Speed - <u>Set 1:</u> - (1) Acceleration for 10 m, walk for 30 m. (2) Acceleration for 20 m, walk for 20 m. (3) Acceleration for 30 m, walk for 10 m. (4) Acceleration for 40 m.



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- 3' recovery



- * Speed
 - Set 2: Now first start with 40 m and then work down to 10 m.
 - 3' recovery
- * Speed
 - Set 3: Repeat set 1
- * Medium Int.
 - 30' run at 80% HR_{max} (± 6 km)
 - In the middle of each 5' of running, perform a tempo run over 100 m at 90% SP_{max} , or 6 x 100 m in total.
- * Cool down
 - 5' jogging and walking, followed by 10' static stretching.

Total duration: 90'

Sun. 12th: If you don't have any match appointment in 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.



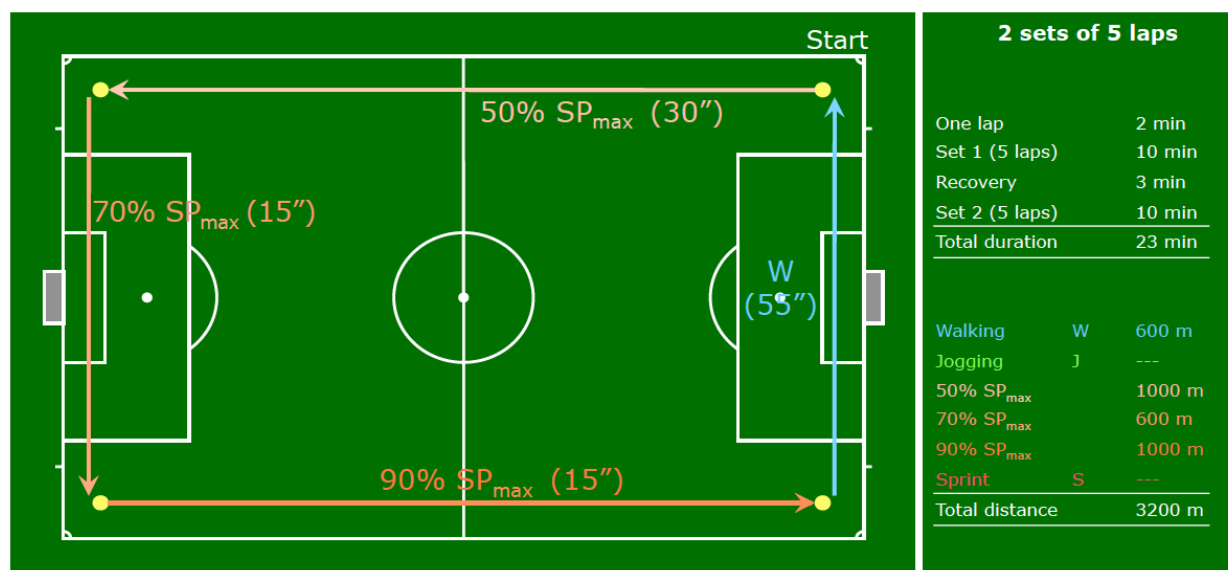
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WEEK 24 from Monday 13th to Sunday 19th of June Macrocycle I, week 2 (Training week 2)

<u>Mon. 13th:</u> Tr. 4	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 35' run at 80% HR _{max} (\pm 7 km) In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP _{max} , or 7 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 75'</u>		
<u>Tue. 14th:</u> Tr. 5	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Functional Tr.	- 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?app=desktop&v=UVYn8FmMbPc
	* Me to Hi Int.	- 4' run between 86-90% HR _{max} , 2' jogging, 3 sets - As last week, this exercise should be performed in the Lower Range of the HI-training zone (LR). - All together this exercise takes \pm 18' (4' per Set + 2' jogging) x 3
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 68'</u>		
<u>Wed. 15th:</u>	REST DAY	
<u>Thu. 16th:</u> Tr. 6	* 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 and injury prevention exercises.
	* Speed End.	- <u>Set 1</u> : 5 laps of 2' each. The running speed is expressed as a % of the maximal speed.



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- 3' recovery

- Set 2: again 5 laps of 2' each.

- All together, this exercise takes 10' + 3' recovery + 10' = 23'.

* Cool down

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

Total duration: 73'

Fri. 17th:

REST DAY

Sat. 18th:
Tr. 7

* Low Int.

- 5' jogging slowly building up to 70% HR_{max} (± 1 km).

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Functional Tr.

- 3 sets of 4 min each (1' rest between Sets)

<https://www.youtube.com/watch?v=9QJnzfxezjs>

* Speed

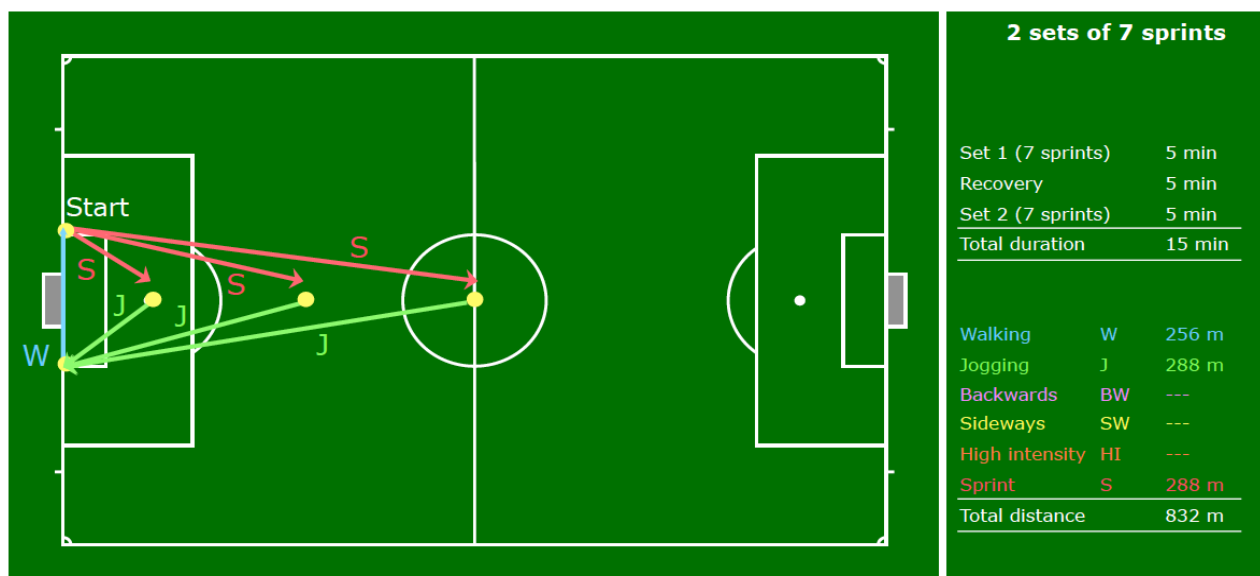
- 1) 11 m sprint, 11 m jogging, walking to start, 4 x

2) 25 m sprint, 25 m jogging, walking to start, 2 x

3) 50 m sprint, 50 m jogging, walking to start, 1 x



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- * Medium Int. - 35' run at 80% HR_{max} (± 7 km)
In the middle of each 5' of running, a tempo run over 50 m has to be covered at 90% SP_{max} , or 7 x 100 m in total.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 90'

Sun. 19th: If you don't have any match appointment in 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.

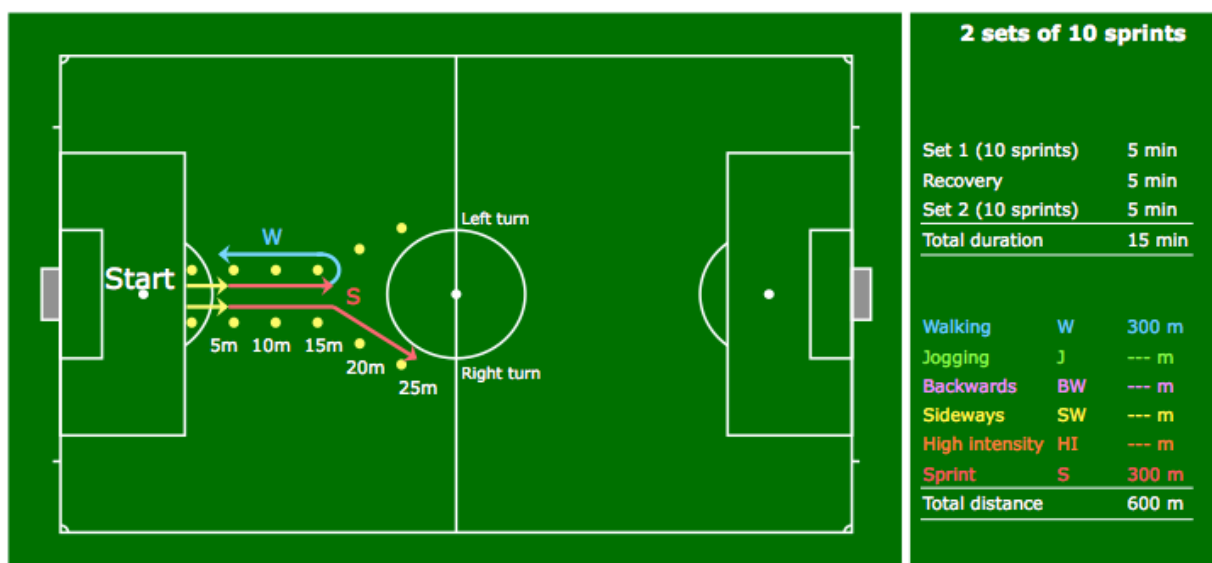


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WEEK 25 from Monday 20th to Sunday 26th of June Macrocycle I, week 3 (Training week 3)

Mon. 20th. REST DAY

- Tue. 21st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 8
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Functional Tr. - 3 sets of 4 min each (1' rest between Sets)
<https://www.youtube.com/watch?app=desktop&v=PhVIFo6aAU8>
- * Speed
- Short accelerations from a dynamic start:
 - 2 x 5 m, 2 x 10 m, 2 x 15 m straight forward,
 - 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 accelerations is done in reversed order, i.e. 2 x 25 m and 2 x 20 m (with a change in direction to the right), 2 x 15 m, 2 x 10 m and 2 x 5 m straight forward.



- The total exercise time is 15'.

- * Me to Hi Int. LR - 3' run between 86 - 90% HR_{max}, 1'30" jogging, 4 sets
- As before, this exercise has to be performed in the Lower Range of the HI-training zone (LR).
 - All together this exercise takes \pm 18' (3' per Set + 1'30" jogging x 4).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

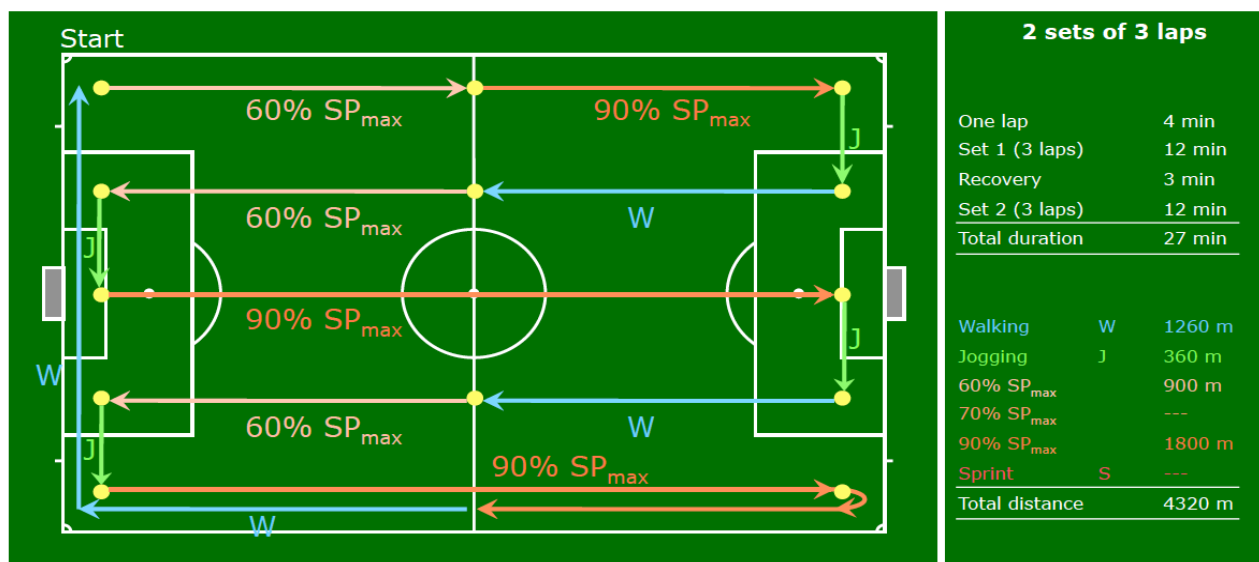
Total duration: 73'

Wed. 22nd. REST DAY



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- Thu. 23rd.
Tr. 9
- * 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 and injury prevention exercises.
 - * Speed End. - Set 1: 3 laps of 4' each.
The running speed is expressed as a % of the maximal speed.



- 4' recovery
 - Set 2: again 3 laps of 4' each.
 - All together, this exercise takes 12' + 4' recovery + 12' = 28'.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

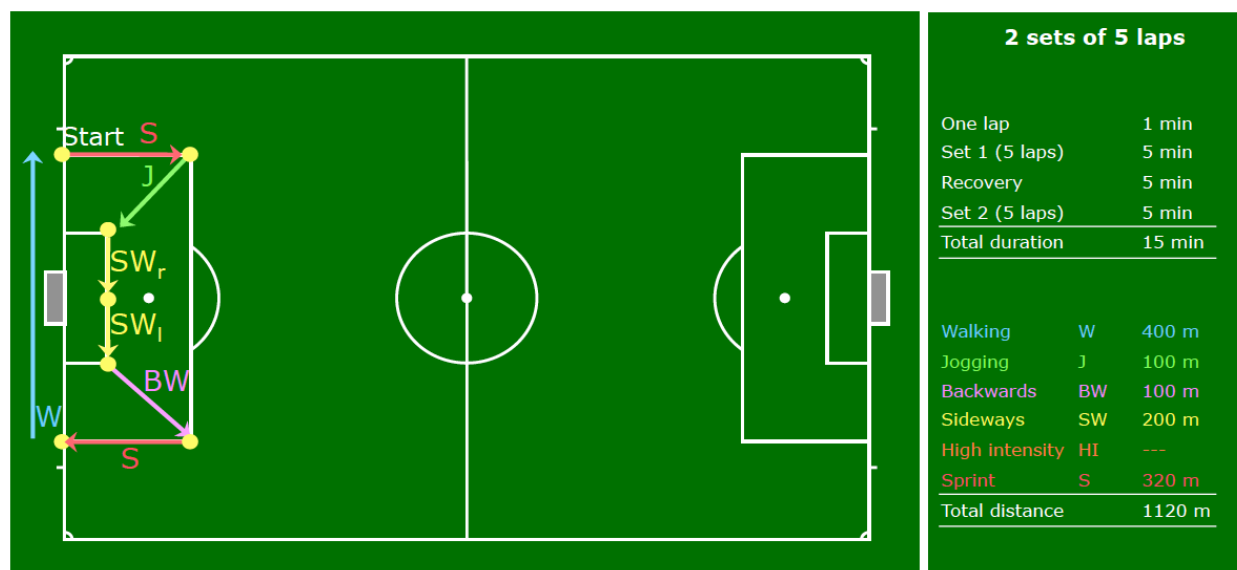
Total duration: 78'

Fri. 24th. REST DAY

- Sat. 25th.
Tr. 10
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
 - * Warm up - 20' of jogging, dynamic exercises and stretching.
 - * Functional Tr. - 3 sets of 4 min each (1' rest between Sets)
<https://www.youtube.com/watch?v=4dH528sDhGA&t=13s>
 - * Speed/Agility - Set 1: Acceleration exercise in the penalty area, 5 laps in total.
- 5' recovery
- Set 2: Acceleration exercise in the penalty area, 5 laps in total.



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- In total, this exercise takes 15'. The total distance is ± 320 m.

- * High Int. - Referees run 10' at 80% HR_{max} . This corresponds to ± 2 km. Then they run the same distance but now at 90% HR_{max} , so that they are back at the start after only 8'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 75'

Sun. 26th: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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 Football Refereeing Weekly Training Plan

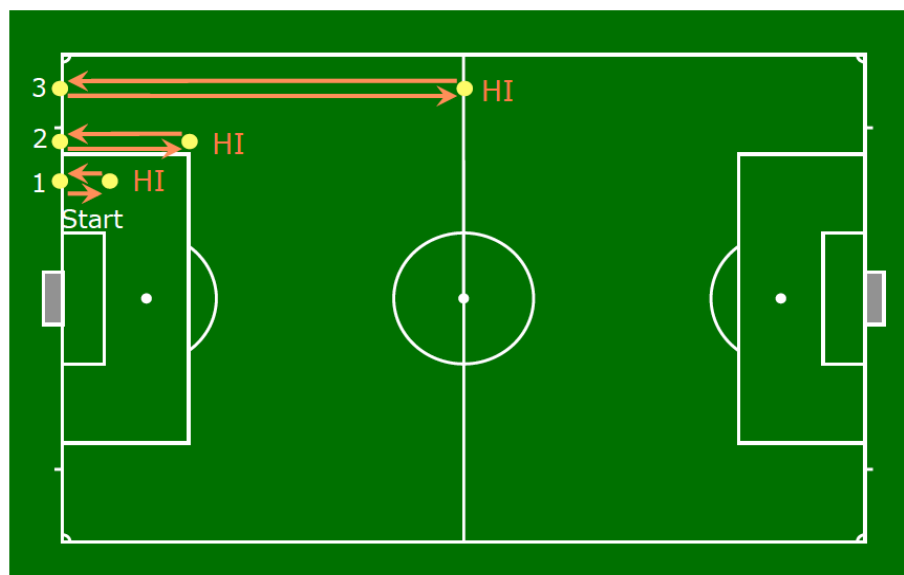
WEEK 26 from Monday 27th of June to Sunday 3rd of July Macrocycle I, week 4 (Training week 4)

<u>Mon. 27th:</u> Tr. 11	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 40' run at 80% HR _{max} (\pm 8 km) In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP _{max} , or 8 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 80'</u>		
<u>Tue. 28th:</u> Tr. 12	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Functional Tr.	- 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?app=desktop&v=GRJQZxHrtb8
	* High Int.	- 2' run at 90% HR _{max} , 1' jogging, 6 x - This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR _{max}). - All together this exercise takes \pm 18' (2' per Set + 1' jogging x 6)
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 68'</u>		
<u>Wed. 29th:</u>	REST DAY	
<u>Thu. 30th:</u> Tr. 13	* 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 and injury prevention exercises.
	* Speed End.	- <u>Set 1</u> : Suicide run: sprint from the goal line to the 5.5 m goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back (16.6 m). Finally, sprint to the halfway line and back. One-minute rest and then repeat 4 times the exercise. - 4' active recovery



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Weekly Training Plan



2 sets of 4 runs

One lap	30"
Set 1 (5 laps)	6 min
Recovery	4 min
Set 2 (5 laps)	6 min
Total duration	16 min

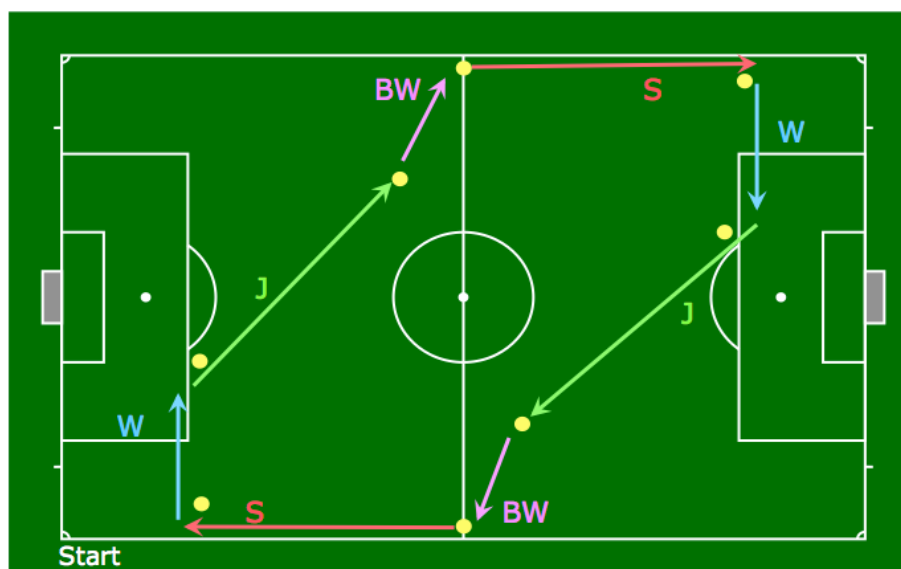
Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1152 m
Sprint	S	---
Total distance		1152 m

- Set 2: again 4 runs

- All together, this exercise takes 16'.

* Speed End.

- 8' of the following referee run



2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High Intensity	HI	800 m
Sprint	S	---
Total distance		2300 m

* Cool down

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

Total duration: 74'

Fri. 1st:

REST DAY

Sat. 2nd:

* Low Int.

- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 14

* Warm up

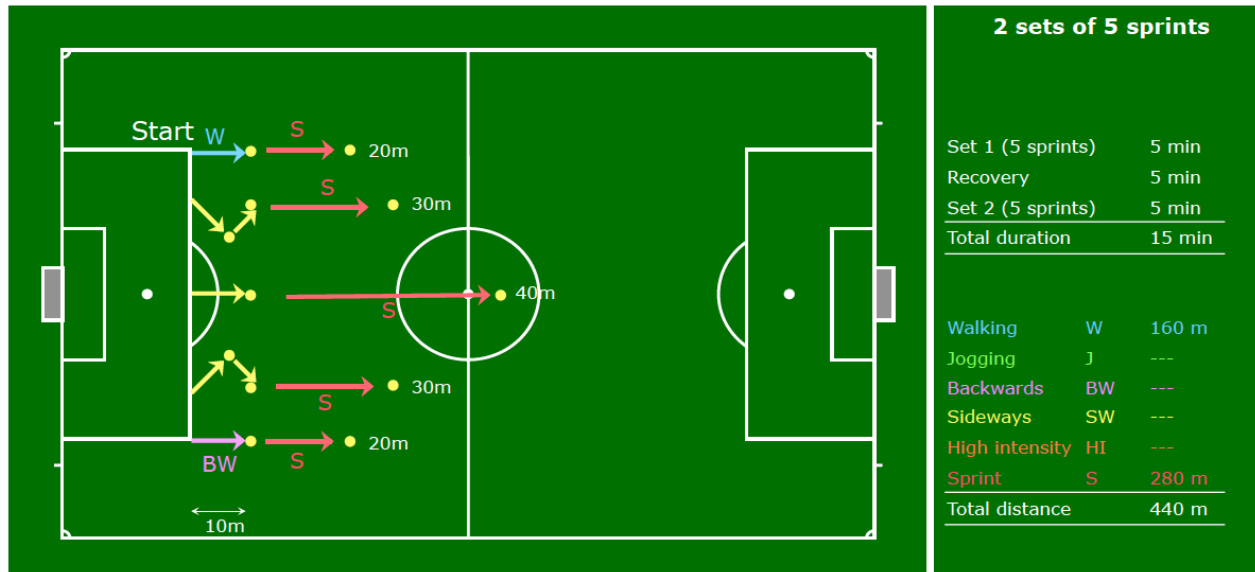
- 20' jogging, mobilisation and dynamic stretching.

* Speed

- Set 1 of the following speed exercise.



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- 5' recovery

- Set 2 of the same exercise.

- In total, this exercise takes 15'. The total sprint distance is 280 m.

* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:

- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)

- All together, this exercise takes 18'.

* Cool down

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

Total duration: 73'

Sun. 3rd:

Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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.



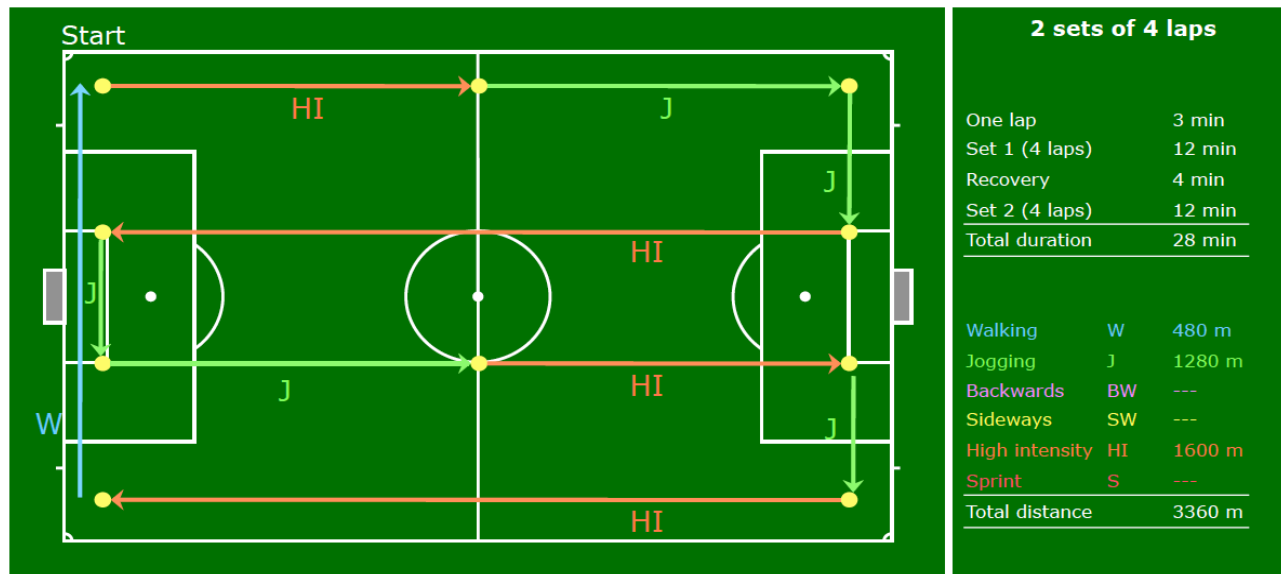
Performance Training in Football Refereeing Weekly Training Plan

WEEK 27 from Monday 4th to Sunday 10th of July Macrocycle I, week 5 (Training week 5)

<u>Mon. 4th:</u> Tr. 15	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 45' run at 80% HR _{max} (\pm 9 km) In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP _{max} , or 9 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 85'</u>		
<u>Tue. 5th:</u> Tr. 16	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' of jogging, dynamic exercises and stretching.
	* Functional Tr.	- 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?v=eVdG5ke1u5s
	* High Int.	- 1' run at 90% HR _{max} , 30" jogging, 12 sets - This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR _{max}). - All together this exercise takes \pm 18' (1' per Set + 30" jogging x 12)
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching.
<u>Total duration: 68'</u>		
<u>Wed. 6th:</u>	REST DAY	
<u>Thu. 7th:</u> Tr. 17	* 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 and injury prevention exercises.
	* High Int.	- <u>Set 1</u> : 4 laps (\pm 3' each). - The start of a new lap may be timed as follows: Top: Starting a new lap every 3' Intermediate: Starting a new lap every 3'15"



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- 4' active recovery.

- Set 2: again 4 laps of $\pm 3'$ each.

- All together, this exercise take $\pm 12' + 4' + 12' = 28'$.

* Cool down

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

Total duration: 78'

Fri. 8th:

REST DAY

Sat. 9th:
Tr. 18

* Low Int.

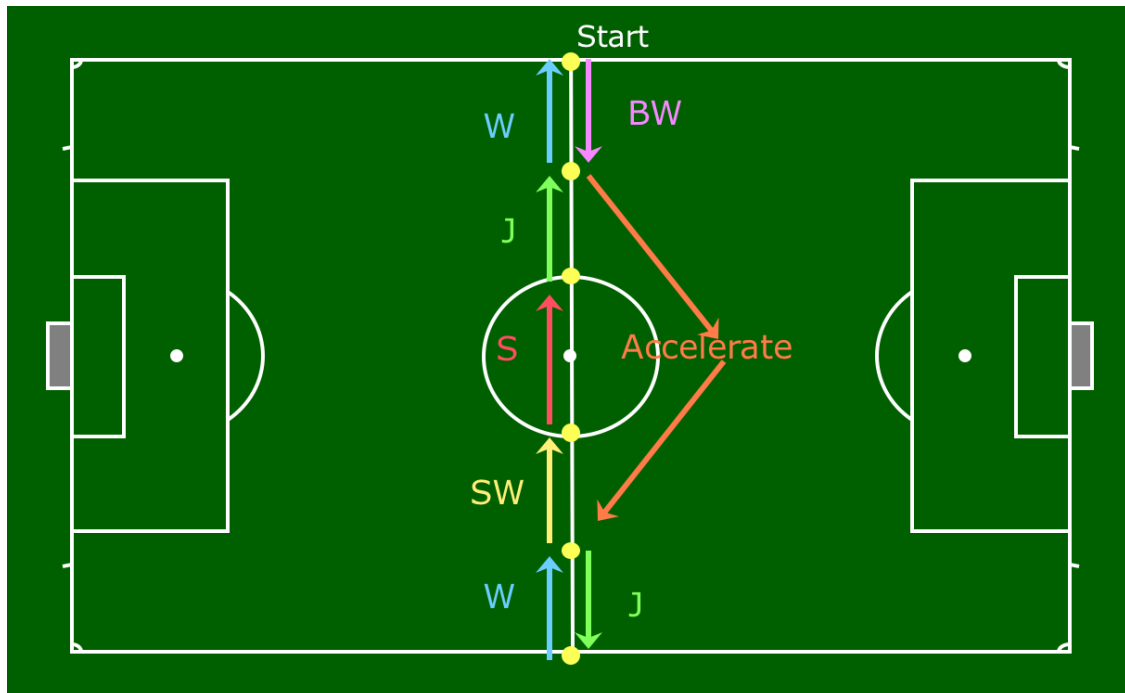
- 5' jogging slowly building up to 70% HR_{max} (± 1 km).

* Warm up

- 20' of jogging, dynamic exercises and stretching.

* Speed

- Set 1: 4 reps of the following centre-circle exercise:



- 5' recovery

- Set 2: again 4 reps of the centre-circle exercise.

- The total exercise time is 15'. The total sprint distance is 288 m.

* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:

- 5' at 90% HR_{max} , followed by 3' active recovery (jogging)
- 4' at 90% HR_{max} , followed by 2' active recovery (jogging)
- 3' at 90% HR_{max} , followed by 1'30" active recovery (jogging)
- 2' at 90% HR_{max} , followed by 1' active recovery (jogging)
- 1' at 90% HR_{max} , followed by 30" active recovery (jogging)

- All together, this exercise takes 23'.

* Cool down

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

Total duration: 88'

Sun. 10th:

Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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.

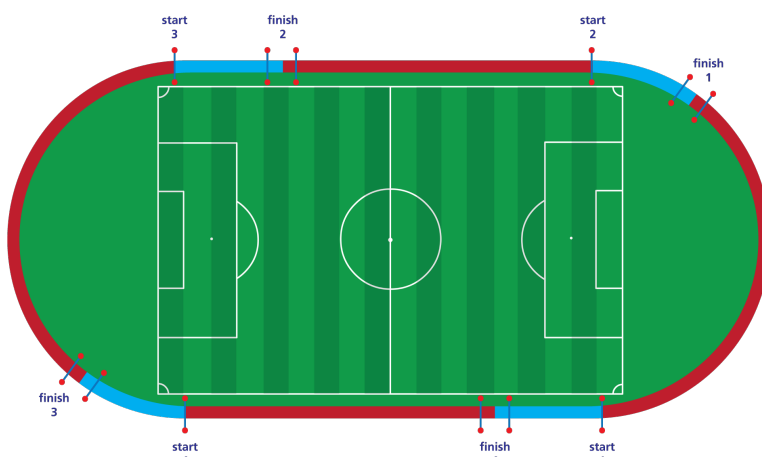


Performance Training in Football Refereeing Weekly Training Plan

WEEK 28 from Monday 11th to Sunday 17th of July Macrocycle I, week 6 (Training week 6)

Mon. 11th: REST DAY

- Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 19
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Functional Tr. - 3 sets of 4 min each (1' rest between Sets)
https://www.youtube.com/watch?app=desktop&v=1Go-ZYq_5E4
- * Speed - 4 x 40 m sprint from a 1.5 m dynamic start, with max 60" recovery in between sprints. The minimum time for international referees is 6.0". ARs perform 5 x 30 m in 4.7" max and 30" recovery.
- 5' recovery
- * High Int. - The target zone of the next exercise is the normal range of the HI-training zone (85 to 95% HR_{max}).



- On the first whistle, referees have to cover 75 m in 15" from the start position on (1). Then they have 18" (international referees) or 20" (international ARs) to cover 25 m walking (2). On the next whistle, referees have to run again 75 m in 15" (3), followed by 25 m walking (4). This equals 1/2 lap. In one lap, there are 4 HI runs.

- The total exercise consists of 10 laps, resulting in 40 high intensity runs, each followed by a 25 m recovery walk.

- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this HI run is 22' for the referees and 23'20" for the ARs.

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

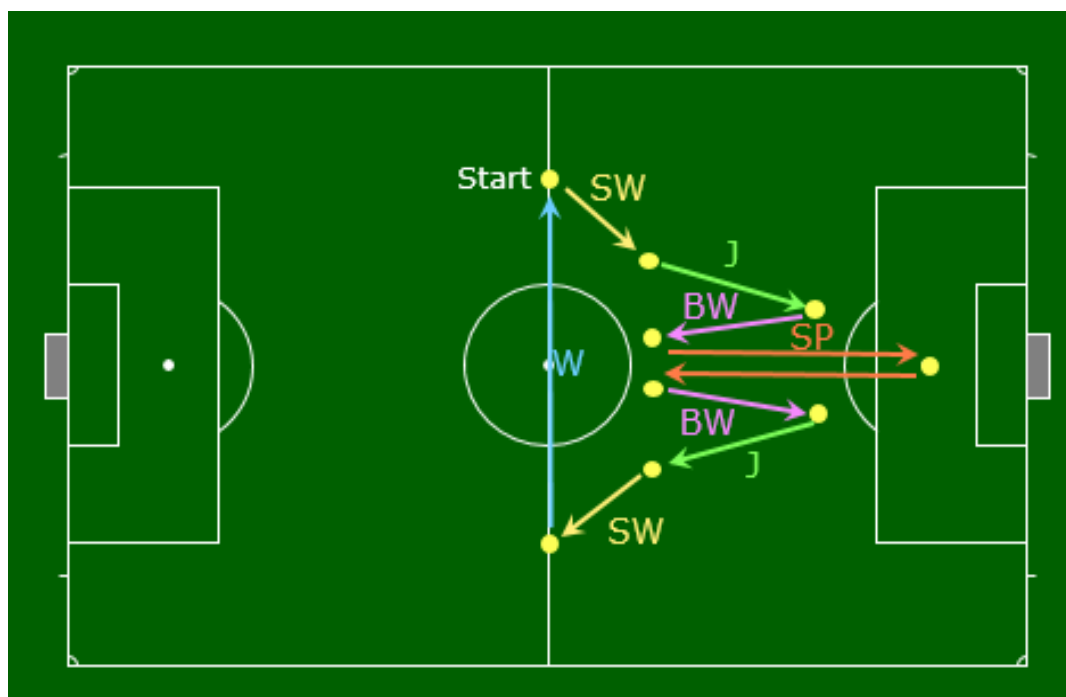
Total duration: 87'

Wed. 13th:

REST DAY

Thu. 14th.
Tr. 20

- * 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 and injury prevention exercises.
- * Speed & Ag. - Set 1 of the following exercise that consists of 4 reps



- 4' of the following exercise

- Set 2 of the same exercise (4 reps), now starting on the other side

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

Total duration: 70'

Fri. 15th:

REST DAY

Sat. 16th.
Tr. 21

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Rep. Spr. Ab. - Set 1: using a dynamic start over a 5m course:
 - > 4 maximal 20 m sprints (\pm 3")
 - with 20" active recovery (walking back)
 - > 3 maximal 40 m sprints (\pm 6")
 - with 40" active recovery (walking back)
 - > 2 maximal 60 m sprints (\pm 9")
 - with 1' active recovery (walking back)

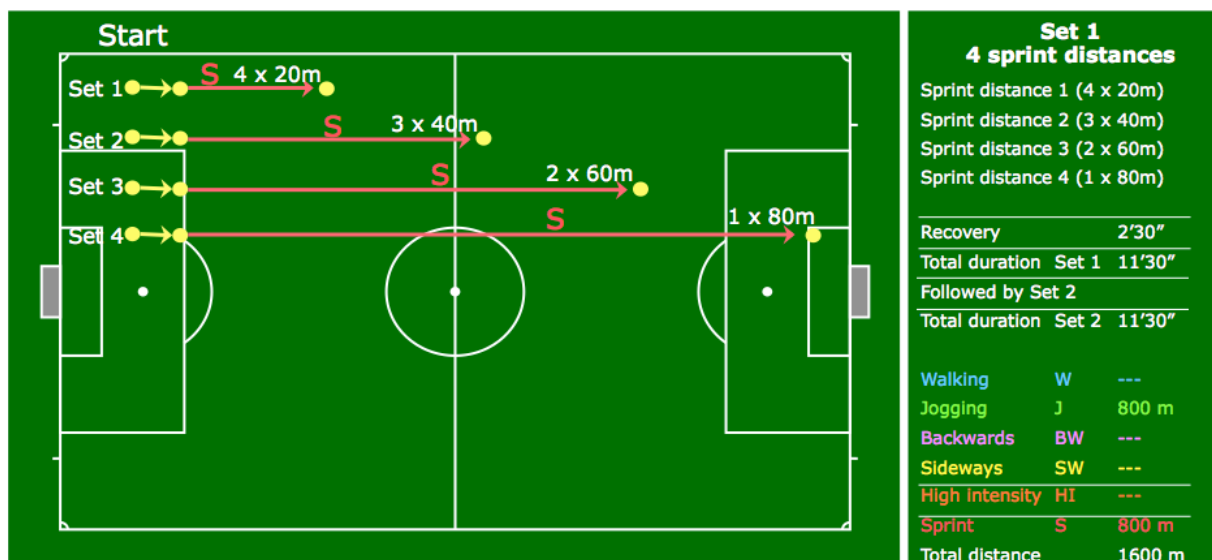


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- > 1 maximal 80 m sprint ($\pm 12''$)
with 1'20" active recovery (walking back)
- > Jog 1 lap of the pitch ($\pm 2'30''$)
- > Duration Set 1: $\pm 11'30''$

- Set 2:

- > 1 maximal 80 m sprint ($\pm 12''$)
with 1'20" active recovery (walking back)
- > 2 maximal 60 m sprints ($\pm 9''$)
with 1' active recovery (walking back)
- > 3 maximal 40 m sprints ($\pm 6''$)
with 40" active recovery (walking back)
- > 4 maximal 20 m sprints ($\pm 3''$)
with 20" active recovery (walking back)
- > Jog 1 lap of the pitch ($\pm 2'30''$)
- > Duration Set 2: $\pm 11'30''$



- The total duration of this extended speed session is $\pm 23'$ including 5' active recovery.



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- * High Int.
 - For those referees who don't have any match to officiate in the weekend, the following exercise is scheduled.
 - Referees run 6' at 80% HR_{max} . This corresponds to ± 1.2 km. Then the same distance is covered but now at 90% HR_{max} , which corresponds to a running time of $\pm 4'$ (Set 1).
 - 2' recovery
 - Referees run again 6' at 80% HR_{max} (± 1.2 km). Then they run the same distance but now at 90% HR_{max} , so that they are back at the start after $\pm 4'$.
- * Cool down
 - 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

Sun. 17th: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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.