



# Performance Training in Futsal Refereeing Weekly Training Plan

## **WEEK 23 from Monday 06<sup>th</sup> to Sunday 12<sup>th</sup> of June** **Macrocycle I - week 1 (Training week 1)**

**Mon. 06<sup>th</sup>:** \* 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

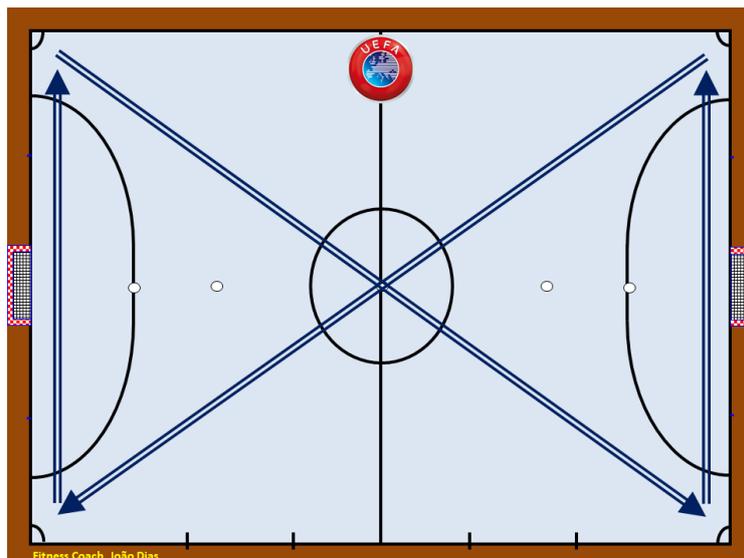
Total duration: 65'

**Tue. 07<sup>th</sup>:** \* 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](https://www.youtube.com/watch?app=desktop&v=aUYRVSNz_VY)

\* Med Int. - 30' run at 80% HRmax  
- In the middle of each 5' of running, perform a tempo run at 90% SPmax (a Futsal pitch diagonal).



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

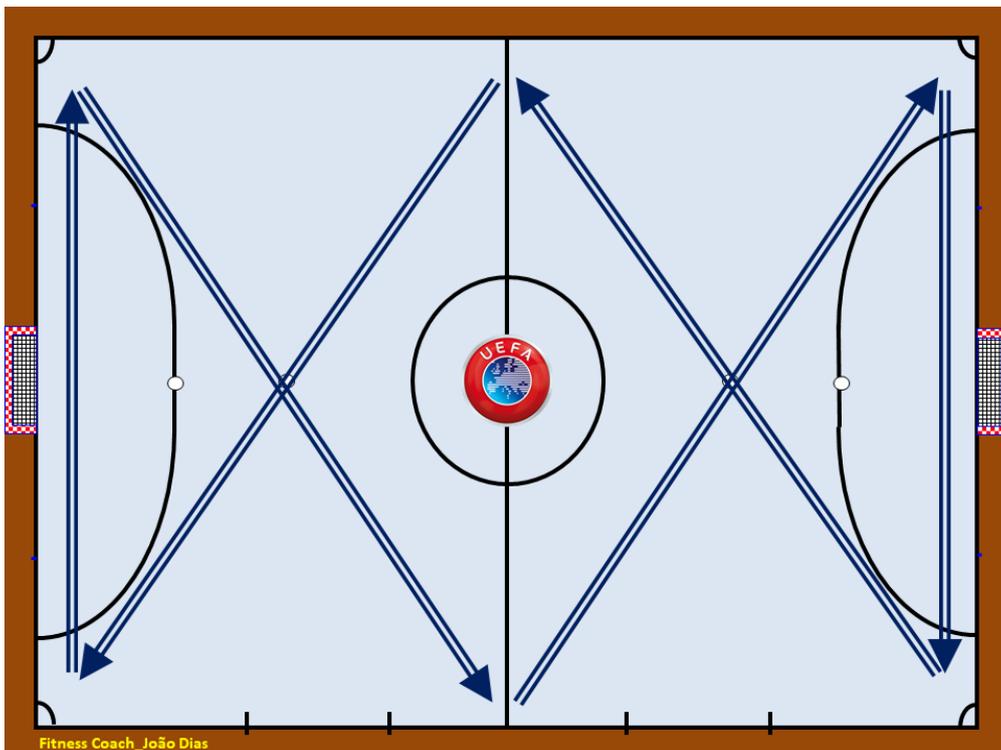
Total duration: 90'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 08<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 09<sup>th</sup>:** \* 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
  - \* Med to HI - 6' run between 86-90% HRmax, 3' jogging, 2 sets
    - This exercise needs to be performed in the Lower Range of the HI training
    - All together this exercise takes 18'  
(6' Set 1 + 3' jogging + 6' Set 2 + 3' jogging)



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

Total duration: 75'

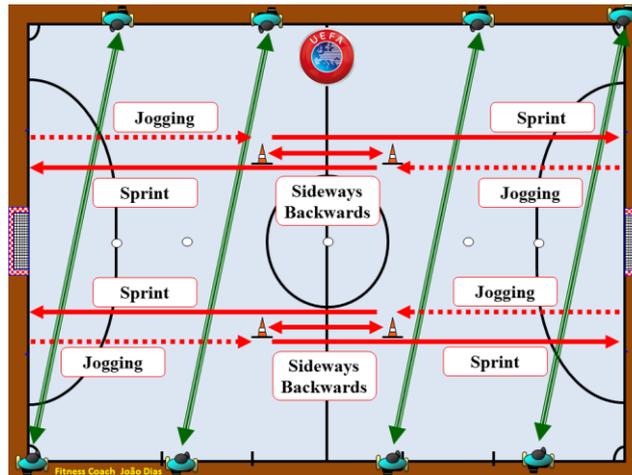
**Fri. 10<sup>th</sup>:** REST DAY



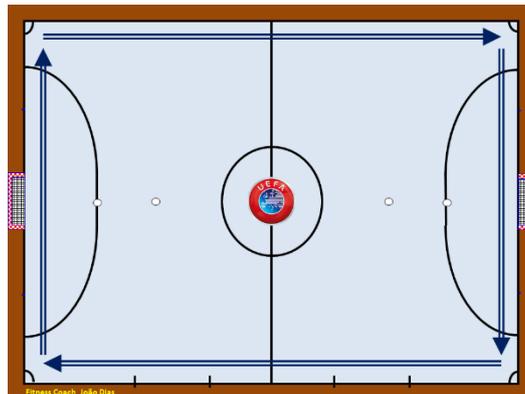
## Performance Training in Futsal Refereeing Weekly Training Plan

**Sat. 11<sup>th</sup>:**  
Tr. 4

- \* 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?v=hduQfHVLKT8>
- \* Speed - Variations on the sideline pitch as follows:
  - 5' Exercise / 5' Hydration and Stretching / 5' Exercise



- \* Med Int. - 30' run at 80% HRmax
  - In the middle of each 5' of running, perform a tempo run at 90% SPmax (one Futsal pitch lap).
  - After each acceleration, change the direction of the run.



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

Total duration: 90'

**Sun. 12<sup>th</sup>:** Additional recovery or 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 24 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of June** **Macrocycle I - week 2 (Training week 2)**

**Mon. 13<sup>th</sup>:** \* 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

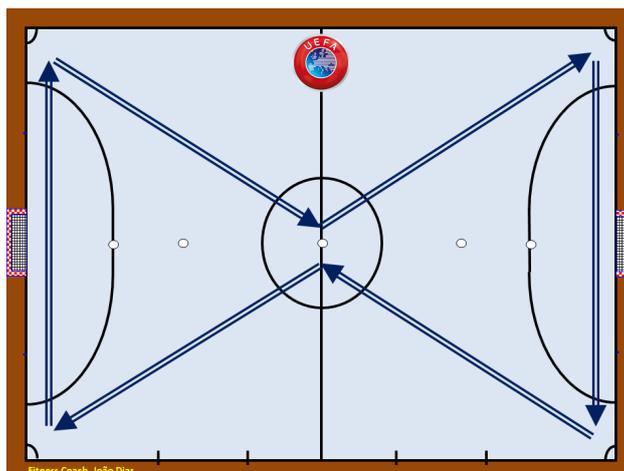
Total duration: 65'

**Tue. 14<sup>th</sup>:** \* 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>

\* Med to HI - 4' run between 86-90% HRmax, 2' jogging, 3 sets  
- This exercise needs to be performed in the Lower Range of the HI training  
- All together this exercise takes 18'  
(4' per Set + 2' jogging) x 3



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

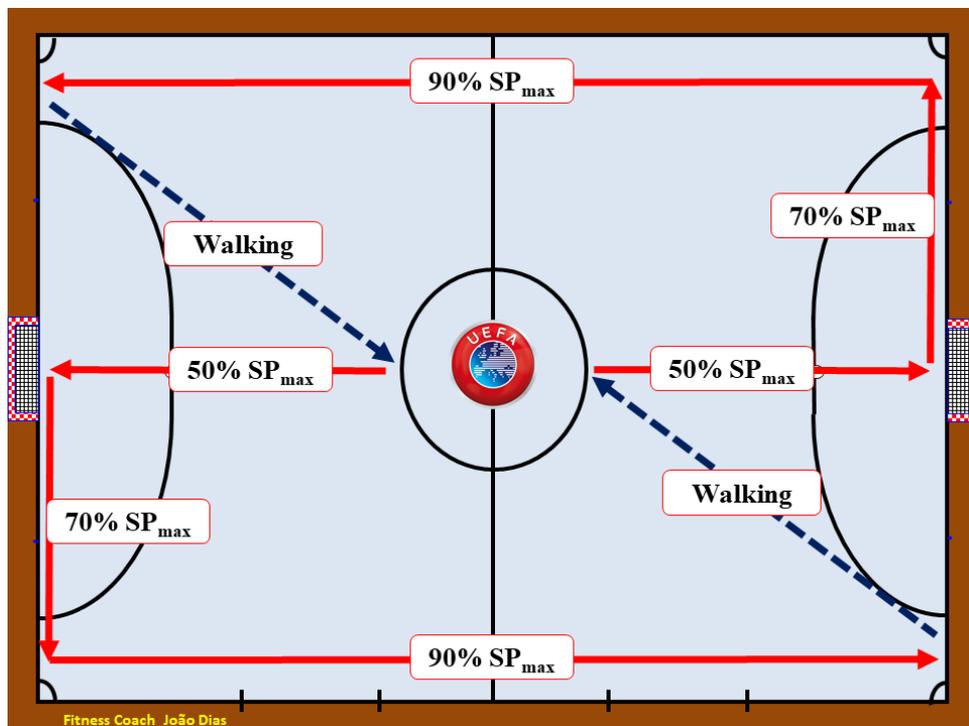
Total duration: 75'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 15<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 16<sup>th</sup>:** \* 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
  - \* Speed End - 2 sets of 10' each, with 3' recovery between
    - The running speed is expressed as a % of the maximal speed.



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

Total duration: 80'

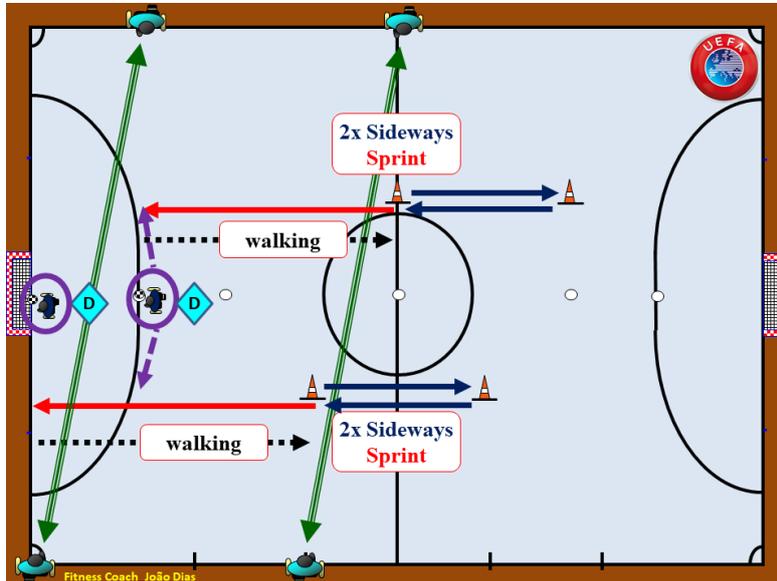
**Fri. 17<sup>th</sup>:** REST DAY

- Sat. 18<sup>th</sup>:** \* Warm up - 20' jogging, mobilisation and dynamic stretching  
Tr. 8
- \* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?v=9QJnzfxezjs>

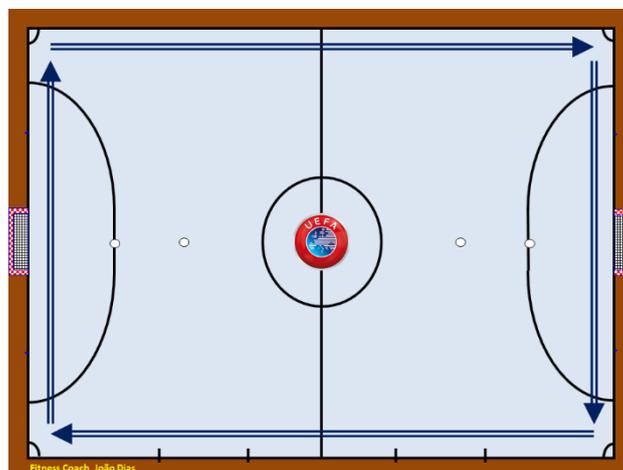


# Performance Training in Futsal Refereeing Weekly Training Plan

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



- \* Med Int.
  - 35' run at 80% HRmax
  - In the middle of each 5' of running, perform a tempo run at 90% SPmax (one Futsal pitch lap).
  - After each acceleration, change the direction of the run.



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

Total duration: 90'

**Sun. 19<sup>th</sup>:** Additional recovery or 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 25 from Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> of June** **Macrocycle I - week 3 (Training week 3)**

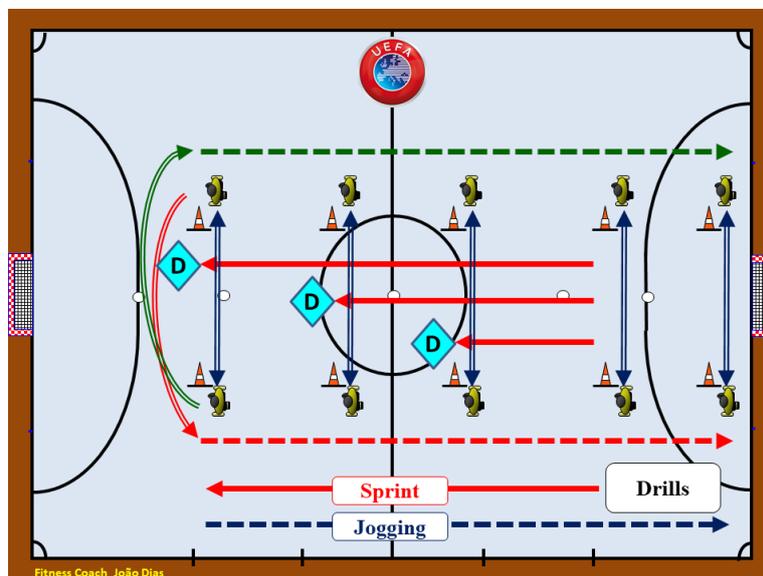
**Mon. 20<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 9

- \* 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. 21<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 10

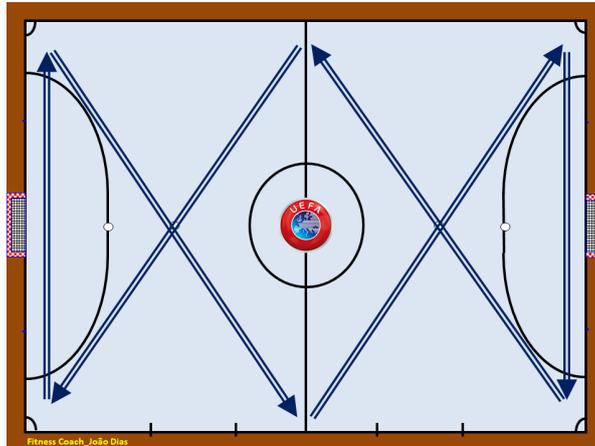
- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?app=desktop&v=PhVIFo6aAU8>
- \* Speed - Variations on the pitch as follows:  
- 5' Exercise / 5' Hydration and Stretching / 5' Exercise



- \* Med to HI - 3' run between 86-90% HRmax, 1'30'' jogging, 4 sets  
- This exercise needs to be performed in the Lower Range of the HI training  
- All together this exercise takes 18'  
(3' per Set + 1'30'' jogging) x 4



# Performance Training in Futsal Refereeing Weekly Training Plan



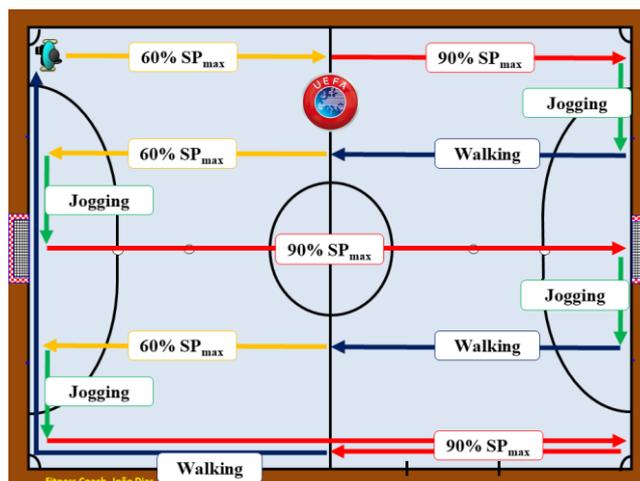
- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 90'

**Wed. 22<sup>nd</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 23<sup>rd</sup>:**  
Tr. 11

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub>
- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Strength - 15' strength, core stability and injury prevention exercises
- \* Speed End - 2 sets of 10' each, with 3' recovery between
  - The running speed is expressed as a % of the maximal speed.



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

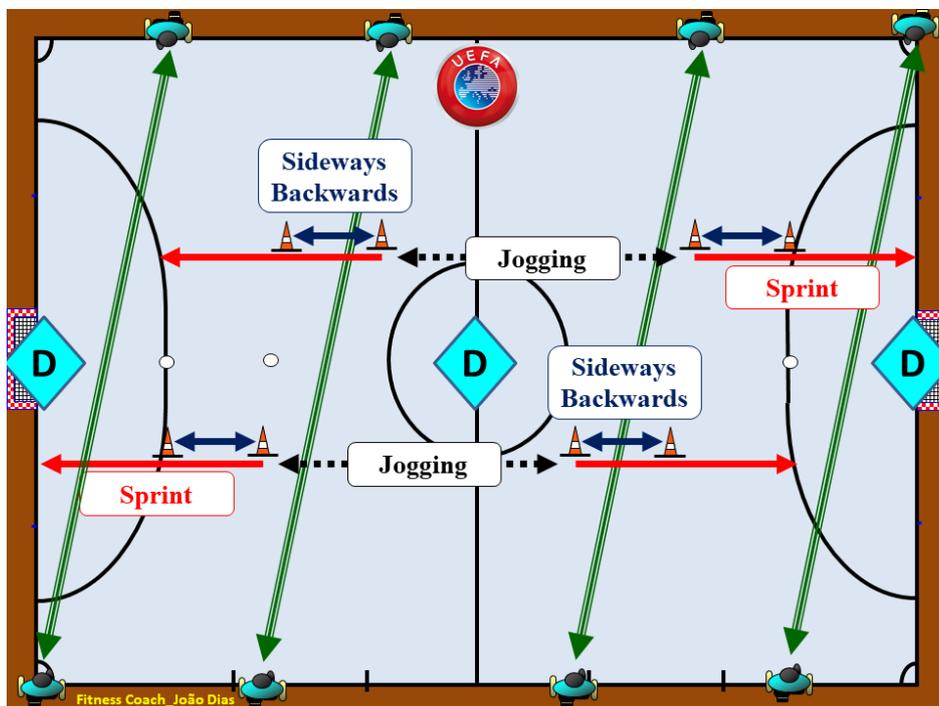
Total duration: 80'



# Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 24<sup>th</sup>:** REST DAY

- Sat. 25<sup>th</sup>:** \* Warm up - 20' jogging, mobilisation and dynamic stretching  
Tr. 12
- \* Functional Training Session – 3 sets of 4 minutes (1' rest between each set)  
<https://www.youtube.com/watch?v=4dH528sDhGA&t=13s>
  - \* Speed - Variations on the sideline pitch as follows:
    - 5' Exercise / 5' Hydration and Stretching / 5' Exercise



- \* High Int. - Referees run 10' at 80% HRmax. This corresponds to  $\pm 2$  km. Then they run the same distance but now at 90% HRmax, so that they are back at the start after only 8'.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 90'

**Sun. 26<sup>th</sup>:** Additional recovery or 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 26 from Monday 27<sup>th</sup> of June to Sunday 03<sup>rd</sup> of July** **Macrocycle I - week 4 (Training week 4)**

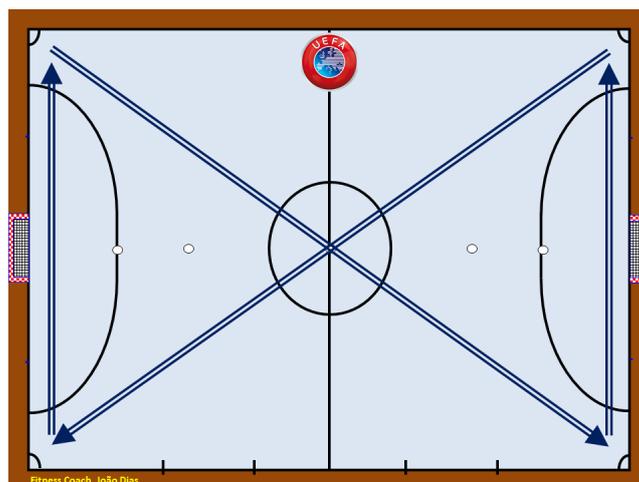
**Mon. 27<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 13

- \* Warm up - 15' mobilisation and dynamic stretching
- \* Med Int. - 40' run at 80% HRmax  
- In the middle of each 5' of running, perform a tempo run at 90% SPmax (one diagonal Futsal pitch).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 75'

**Tue. 28<sup>th</sup>:** \* 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. - 2' run at 90% HRmax, 1' jogging (6 sets)  
- This exercise has to be performed in the normal range of the HI training zone (85 to 95% HRmax)  
- In total, this exercise takes 18'



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

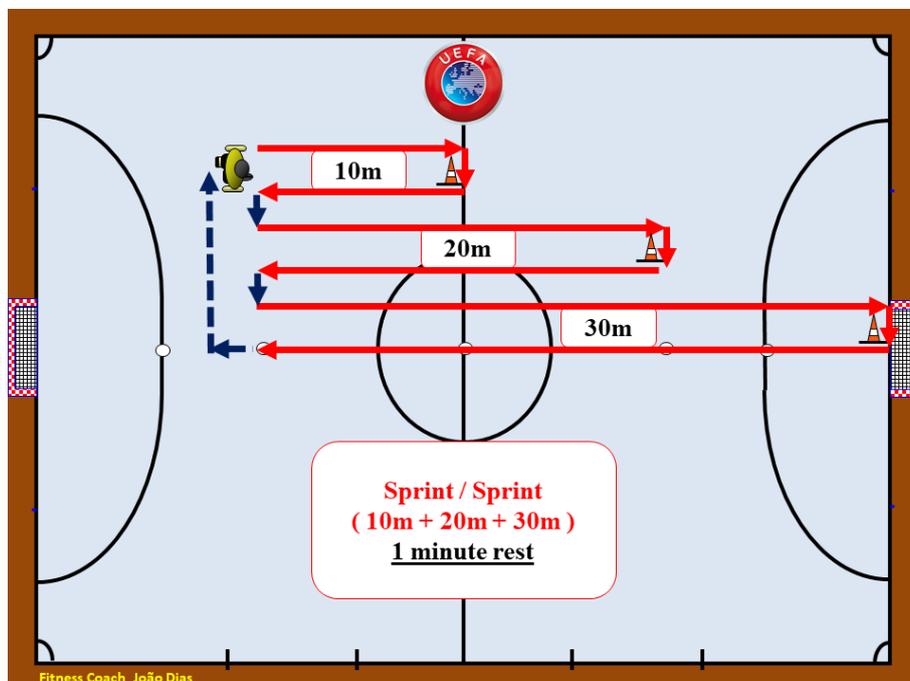
Total duration: 75'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 29<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 30<sup>th</sup>:** \* 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
  - \* Speed End - Suicide run: 10m sprint + 20m sprint + 30m sprint (both ways)
    - One-minute rest and then repeat 4 times the exercise.
    - 4 sets, with 4' recovery & hydration



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

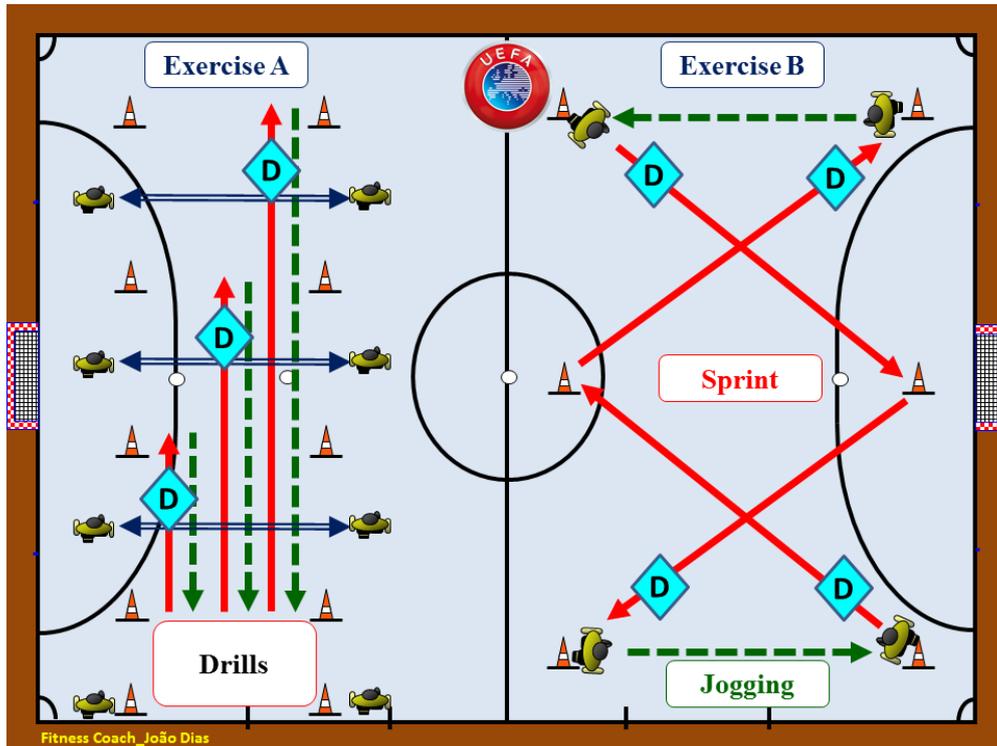
Total duration: 75'

**Fri. 01<sup>st</sup>:** REST DAY

- Sat. 02<sup>nd</sup>:** \* Warm up - 20' jogging, mobilisation and dynamic stretching  
Tr. 16
- \* Speed - Variations on the sideline pitch as follows:
    - 5' Exercise A
    - 5' Hydration and Stretching
    - 5' Exercise B



## Performance Training in Futsal Refereeing Weekly Training Plan



- \* 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% HRmax, followed by 30" active recovery (jogging)
  - 2' at 90% HRmax, followed by 1' active recovery (jogging)
  - 3' at 90% HRmax, followed by 1'30" active recovery (jogging)
  - 3' at 90% HRmax, followed by 1'30" active recovery (jogging)
  - 2' at 90% HRmax, followed by 1' active recovery (jogging)
  - 1' at 90% HRmax, 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: 75'

### **Sun. 03<sup>rd</sup>: 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 27 from Monday 04<sup>th</sup> to Sunday 10<sup>th</sup> of July** **Macrocycle I - week 5 (Training week 5)**

**Mon. 04<sup>th</sup>:** \* 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

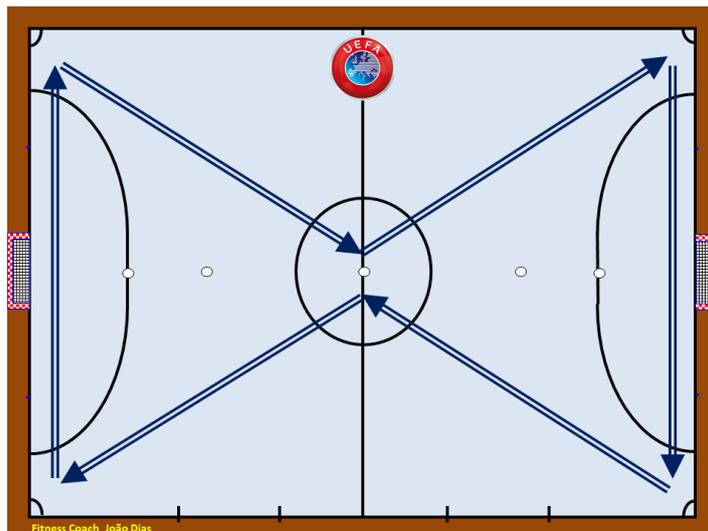
Total duration: 65'

**Tue. 05<sup>th</sup>:** \* 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. - 1' run at 90% HRmax / 30'' jogging (12 sets)  
- This exercise has to be performed in the normal range of the HI training zone (85 to 95% HRmax).  
- In total, this exercise takes 18'



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

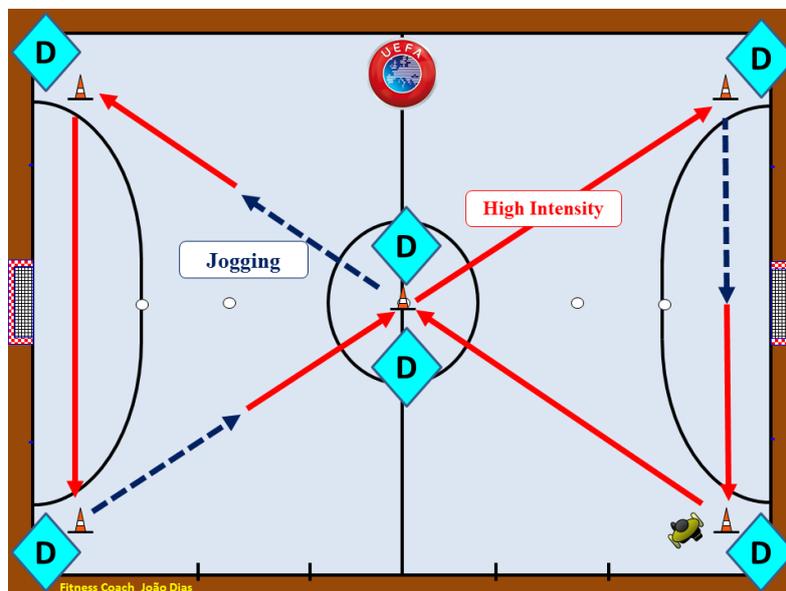
Total duration: 75'



# Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 06<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 07<sup>th</sup>:** \* 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
  - \* 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

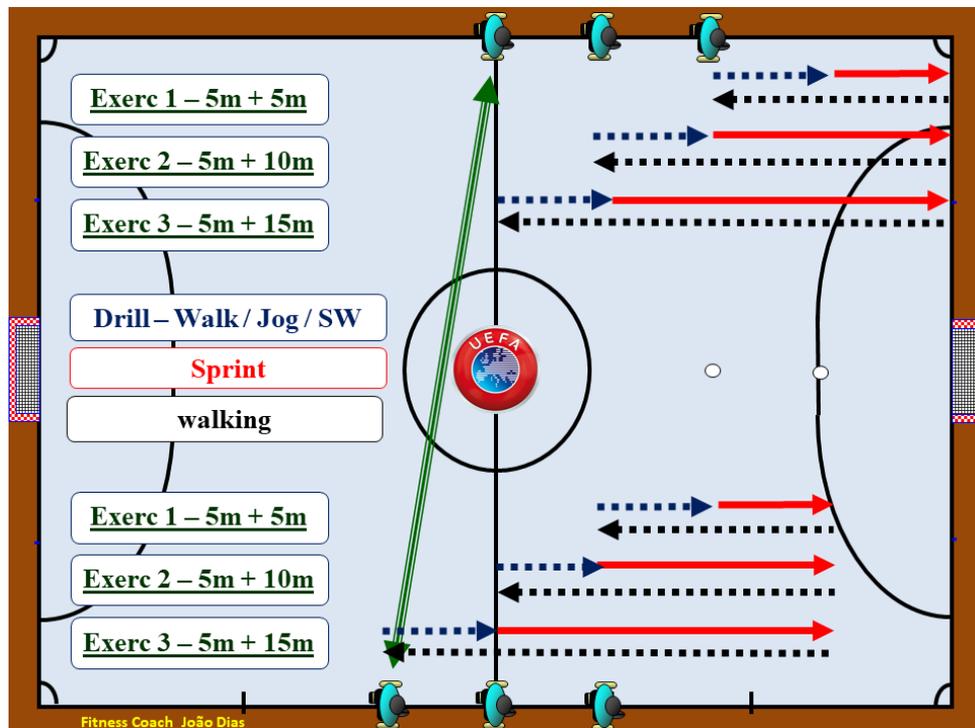
Total duration: 75'

**Fri. 08<sup>th</sup>:** REST DAY

- Sat. 09<sup>th</sup>:** \* Warm up - 20' jogging, mobilization and dynamic stretching  
Tr. 20
- \* 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 15mChange sideline between sets



## Performance Training in Futsal Refereeing Weekly Training Plan



- \* 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% HRmax, followed by 3' active recovery (jogging)
  - 4' at 90% HRmax, followed by 2' active recovery (jogging)
  - 3' at 90% HRmax, followed by 1'30" active recovery (jogging)
  - 2' at 90% HRmax, followed by 1' active recovery (jogging)
  - 1' at 90% HRmax, followed by 30" active recovery (jogging)
  - All together, this exercise takes 23'.

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

Total duration: 75'

### Sun. 10<sup>th</sup>: 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 28 from Monday 11<sup>th</sup> to Sunday 17<sup>th</sup> of July** **Macrocycle I - week 6 (Training week 6)**

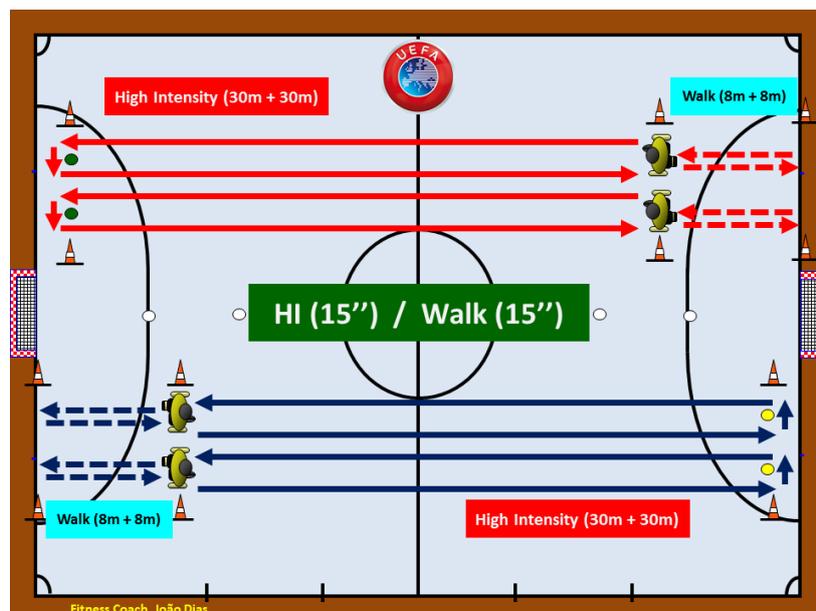
**Mon. 11<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 21

- \* 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. 12<sup>th</sup>:** \* 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](https://www.youtube.com/watch?app=desktop&v=1Go-ZYq_5E4)
- \* 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

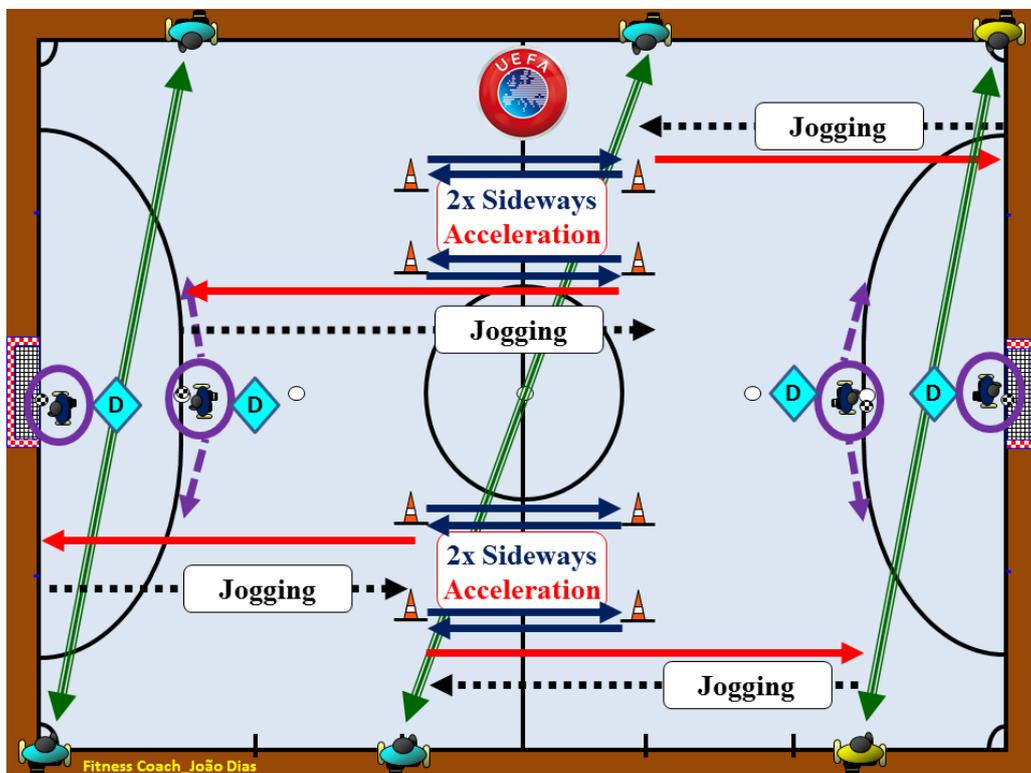
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 13<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 14<sup>th</sup>:** \* 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

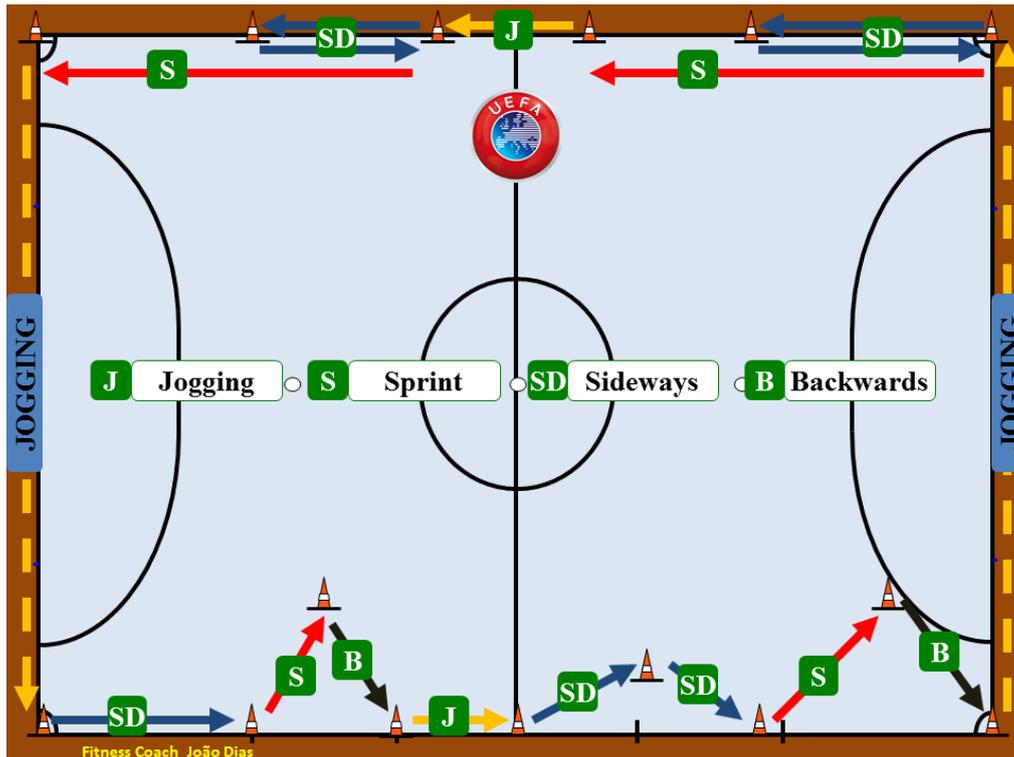
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 15<sup>th</sup>:**  
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. 16<sup>th</sup>:** REST DAY

**Sun. 17<sup>th</sup>:** 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.