



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 07 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of February** **Macrocycle VII - week 1 (Training week 37)**

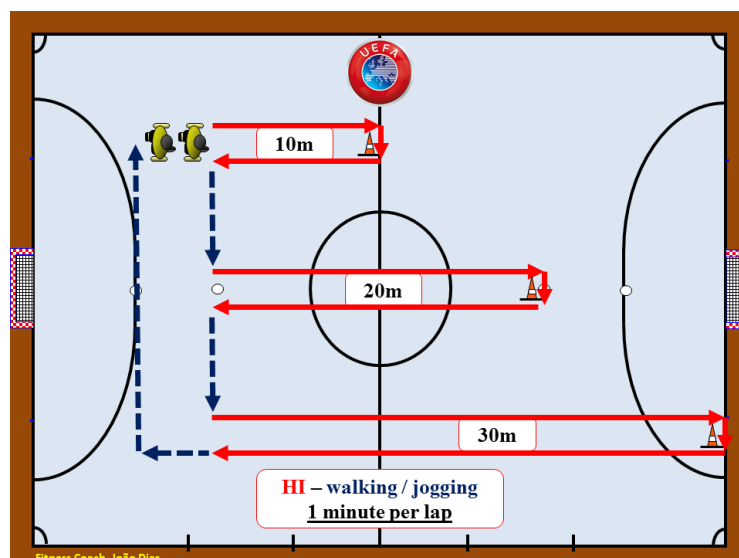
**Mon. 13<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 145

- \* 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. 146

- \* 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=a2J-5NN\\_2Tw](https://www.youtube.com/watch?v=a2J-5NN_2Tw)
- \* 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'

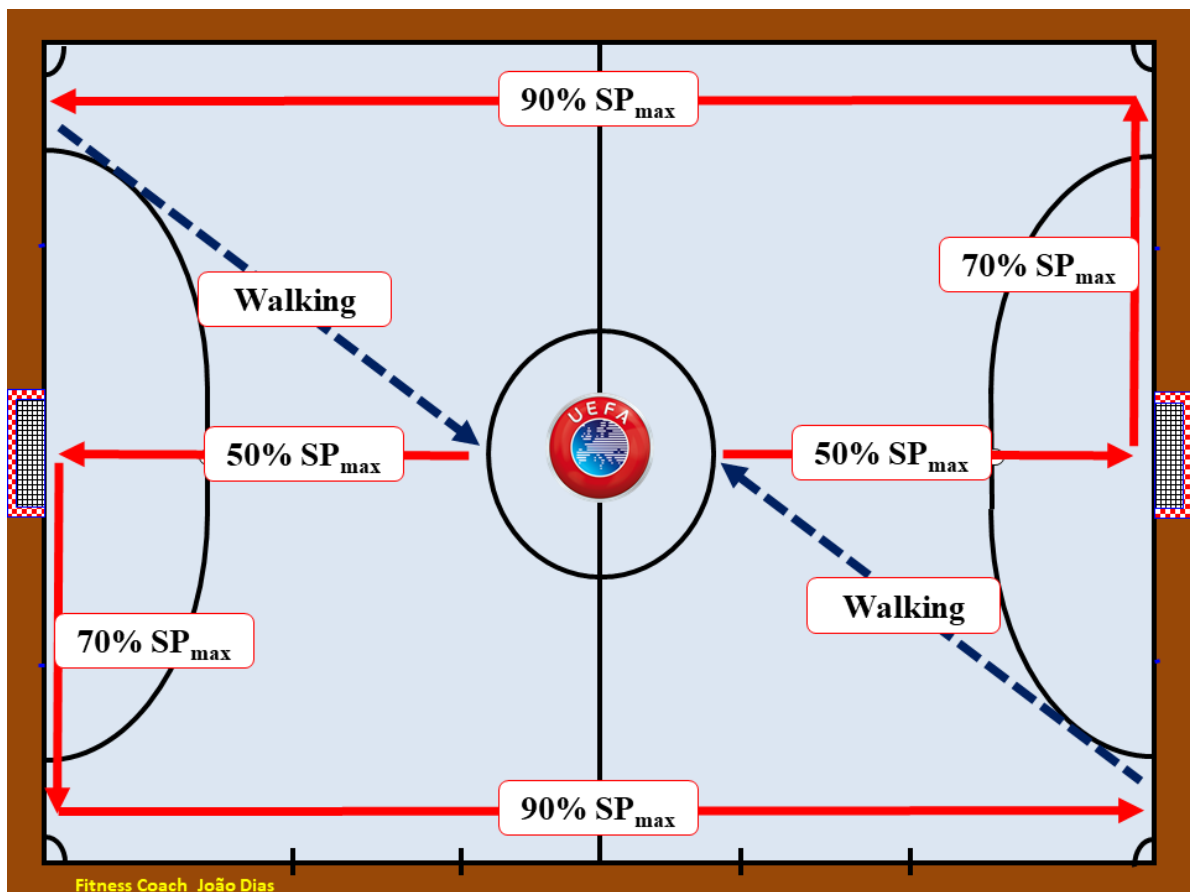


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 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% HR<sub>max</sub>  
Tr. 147

- \* 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

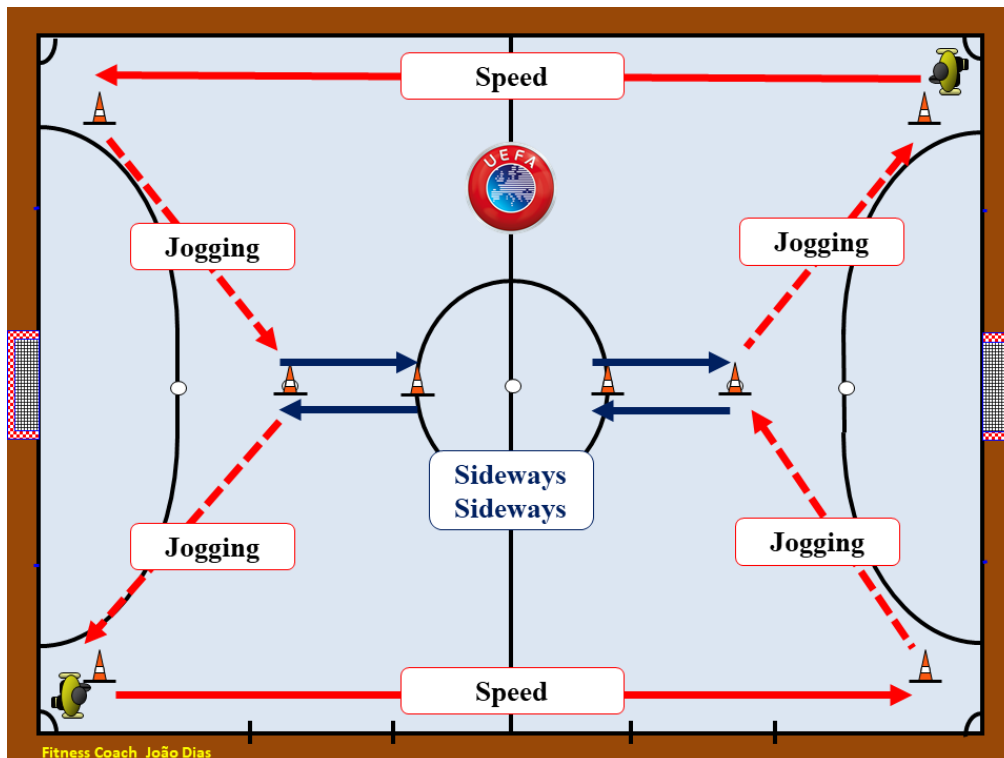
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 17<sup>th</sup>:**  
Tr. 148

- \* 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. 18<sup>th</sup>:** REST DAY

**Sun. 19<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 08 from Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> of February** **Macrocycle VII - week 2 (Training week 38)**

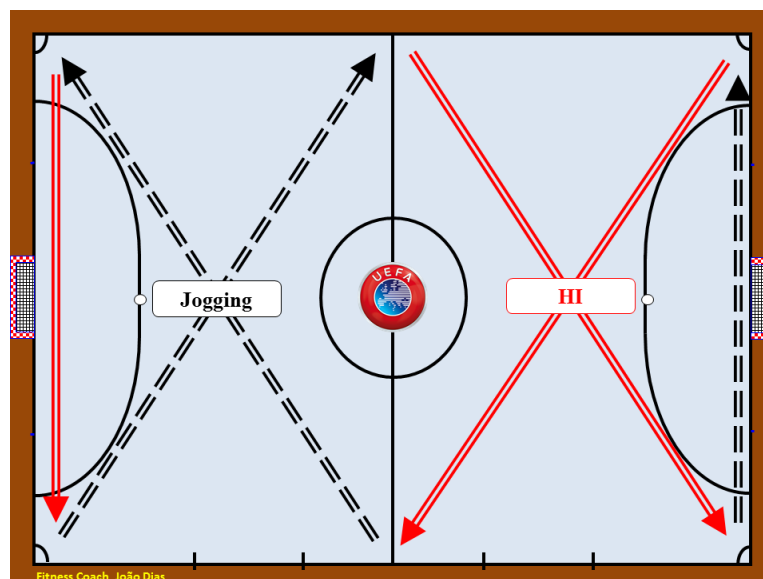
**Mon. 20<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 149

- \* 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. 150

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
[https://www.youtube.com/watch?v=Goo0g\\_zmFBY](https://www.youtube.com/watch?v=Goo0g_zmFBY)
- \* High Int. - 8' run at 90% HRmax / Jogging (see the figure), 3 sets  
- 2' break between each set (hydration & stretching)  
- In total, this exercise takes 28'



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

Total duration: 83'



## Performance Training in Futsal Refereeing Weekly Training Plan

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

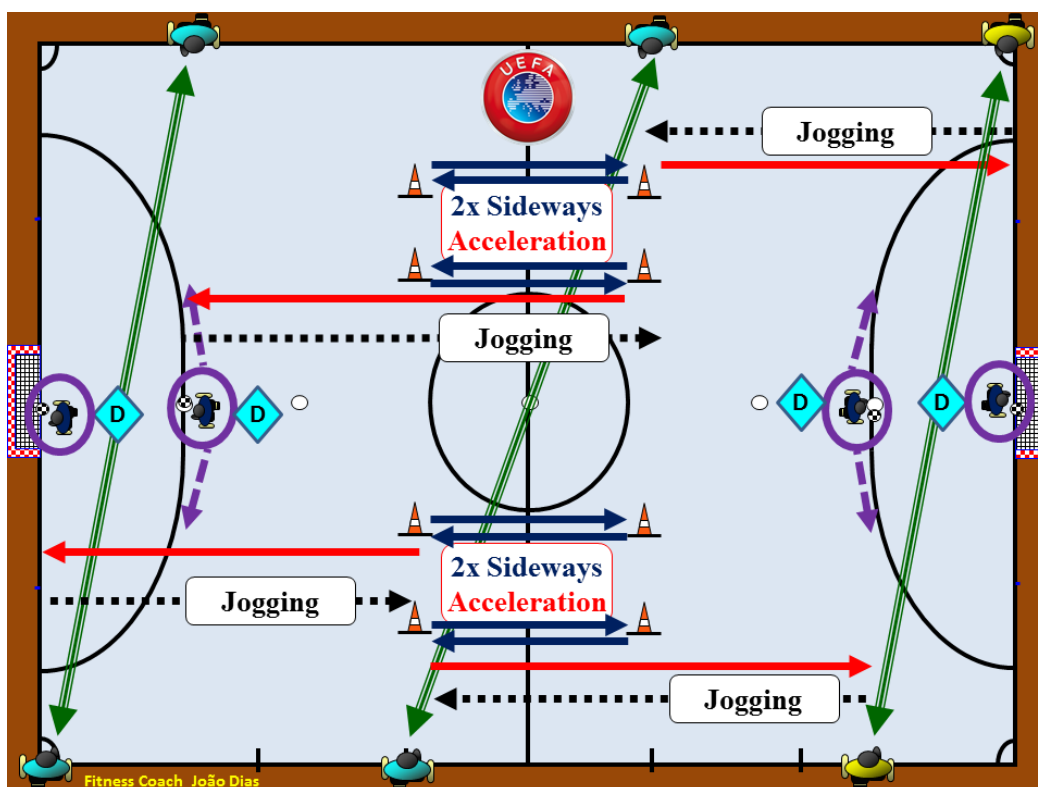
**Thu. 23<sup>rd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 151

\* 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

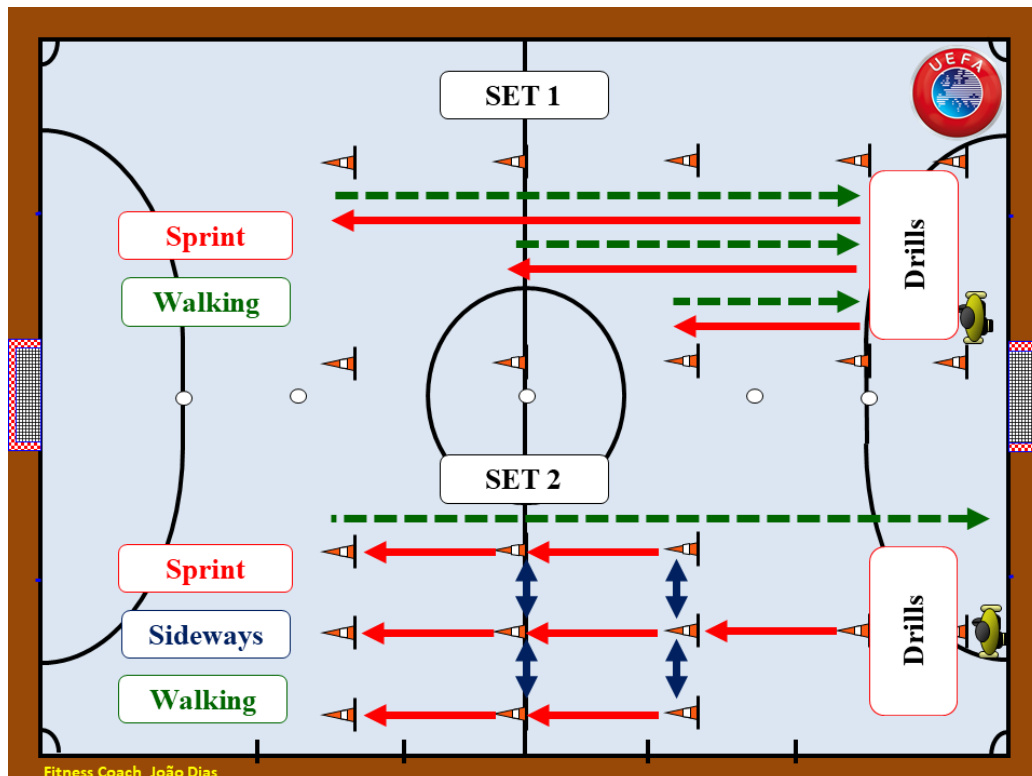
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 24<sup>th</sup>:**  
Tr. 152

- \* 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. 25<sup>th</sup>:** REST DAY

**Sun. 26<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 09 from Monday 27<sup>th</sup> February to Sunday 05<sup>th</sup> of March** **Macrocycle VII - week 3 (Training week 39)**

**Mon. 27<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 153

\* 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

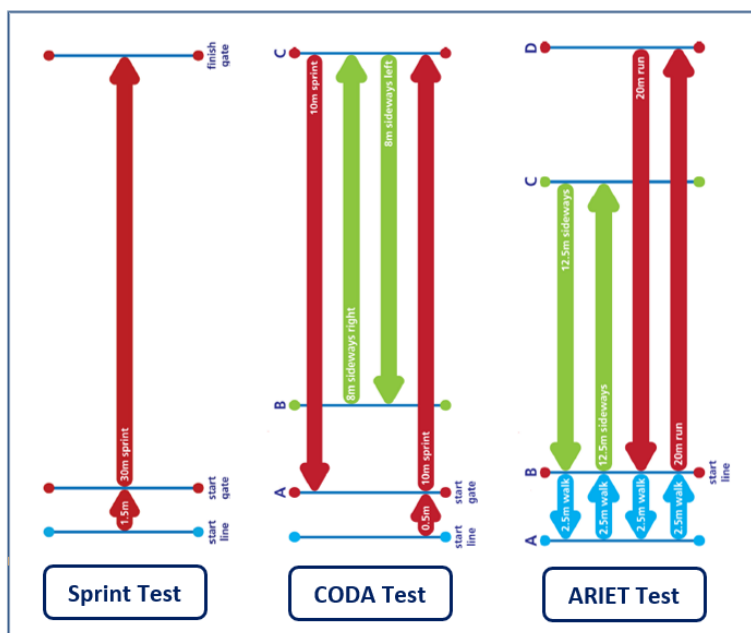
Total duration: 65'

**Tue. 28<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 154

\* 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=ZCcX2Egirp4>

\* High Int. - Practice the Futsal fitness assessment (international reference times)



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

Total duration: 74'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 01<sup>st</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 02<sup>nd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 155

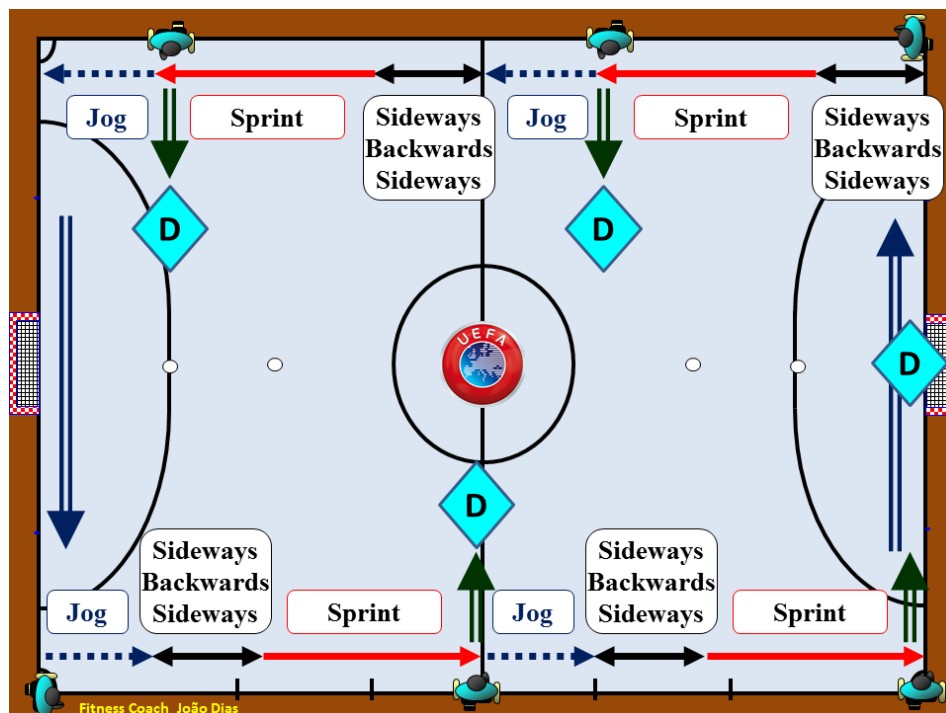
\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* 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'

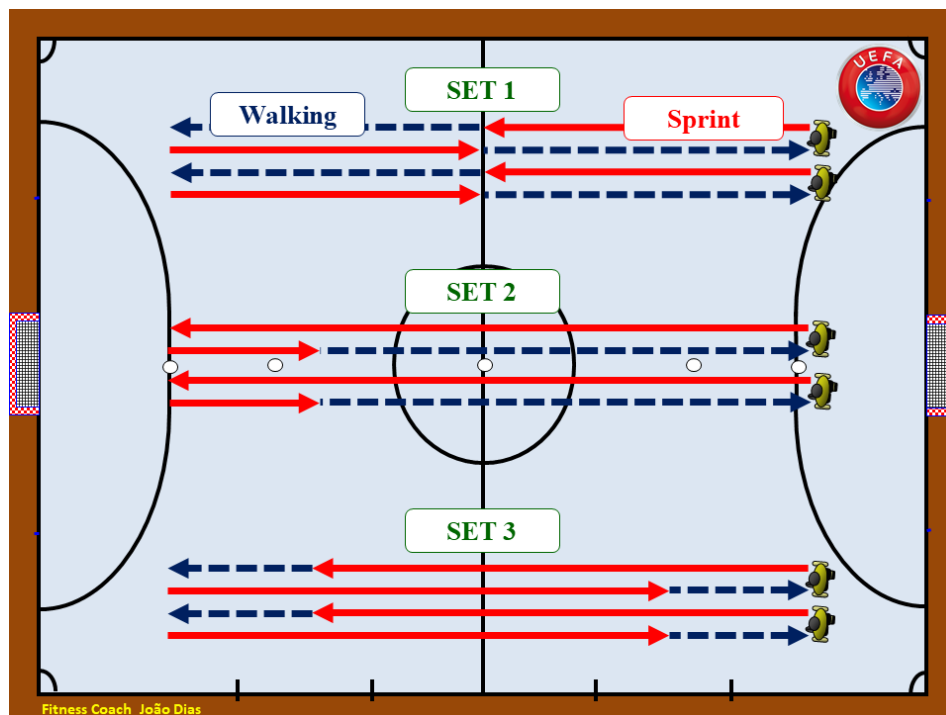




## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 03<sup>rd</sup>:**  
Tr. 156

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility - Variations on the sideline pitch as follows:
  - 5' Set 1
  - 5' Hydration and Stretching
  - 5' Set 2
  - 5' Hydration and Stretching
  - 5' Set 3



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

Total duration: 50'

**Sat. 04<sup>th</sup>:** REST DAY

**Sun. 05<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 10 from Monday 06<sup>th</sup> to Sunday 12<sup>th</sup> of March** **Macrocycle VII - week 4 (Training week 40)**

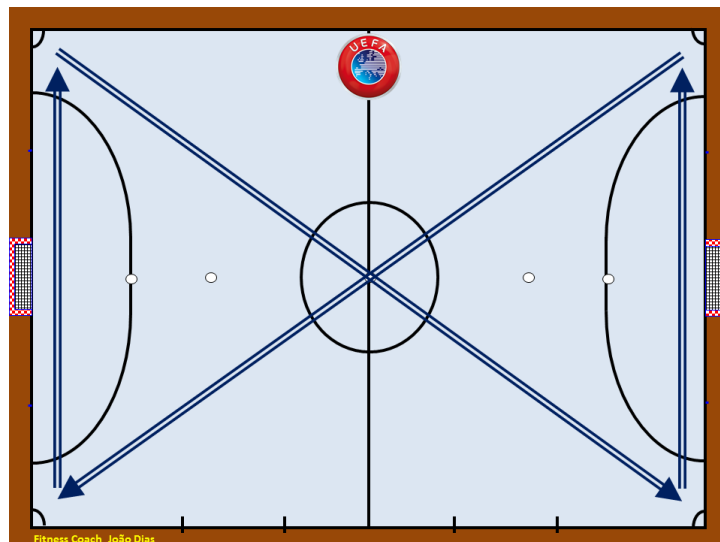
**Mon. 06<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 157

- \* 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. 158

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
<https://www.youtube.com/watch?v=KNlhyiA3h9o>
- \* 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. 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. 159  
\* Warm up - 20' jogging, mobilisation and dynamic stretching  
\* Strength - 15' strength, core stability and injury prevention exercises  
\* Integrated Technical Exercise – One by one, on the sideline, following the movements mentioned in the figure.  
Change sideline after each decision making (by jogging).



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

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

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

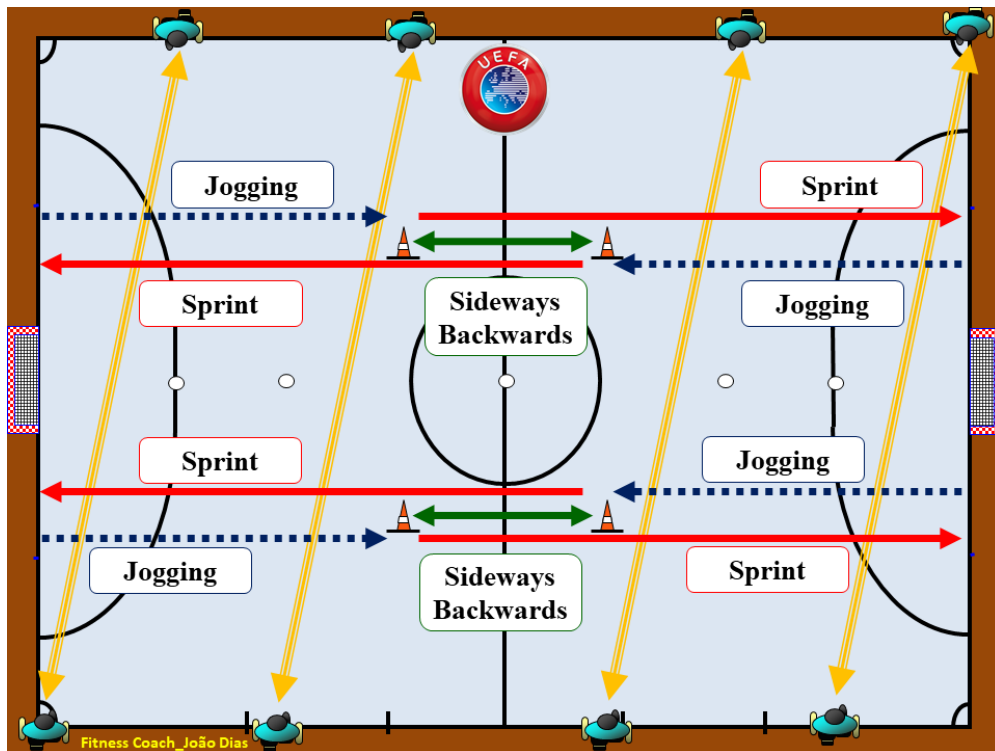
Total duration: 79'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 10<sup>th</sup>:**  
Tr. 160

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



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

Total duration: 50'

**Sat. 11<sup>th</sup>:** REST DAY

**Sun. 12<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 11 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of March** **Macrocycle VII - week 5 (Training week 41)**

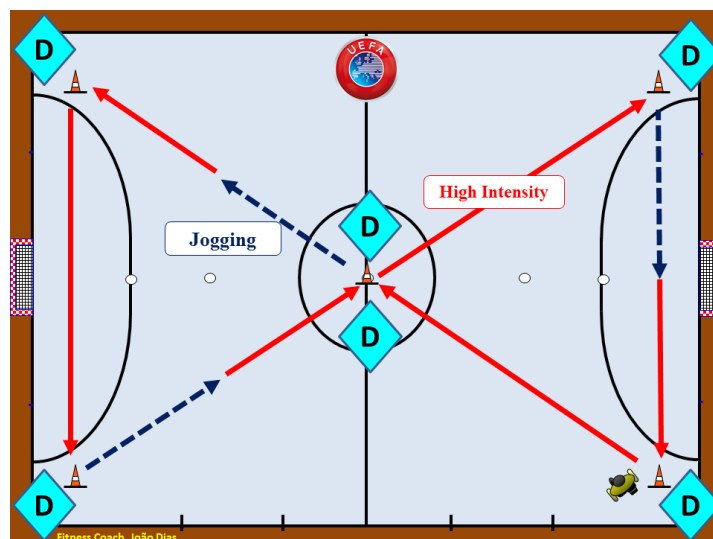
**Mon. 13<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 161

- \* 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. 162

- \* 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=7GiegQW556Y>
- \* High Int. - run at 90% HRmax / jogging, according to the figure  
- In total, this exercise takes 26' (4 sets of 5')  
- 2' break between each set (hydration & stretching)  
- Decision making after the HI runs.



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

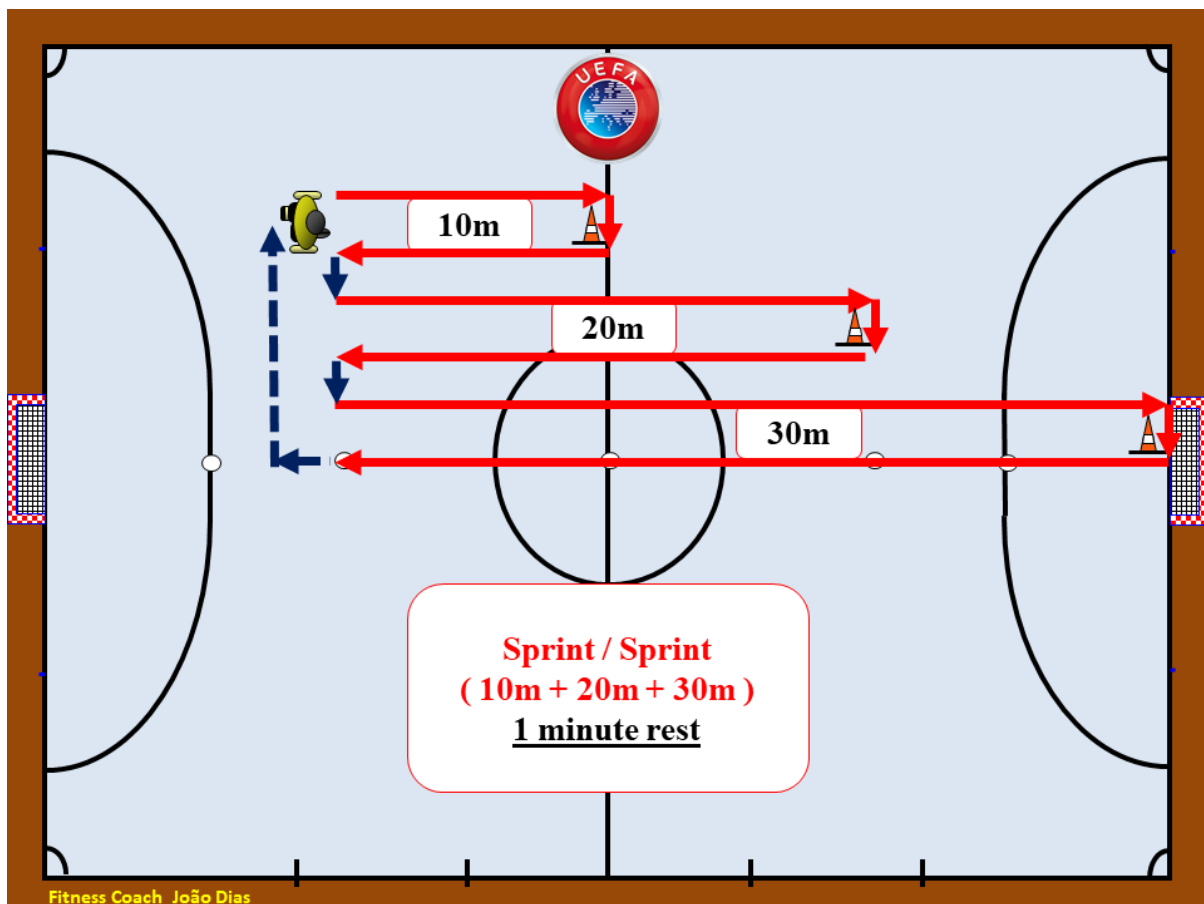
Total duration: 74'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 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. 163
- \* 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

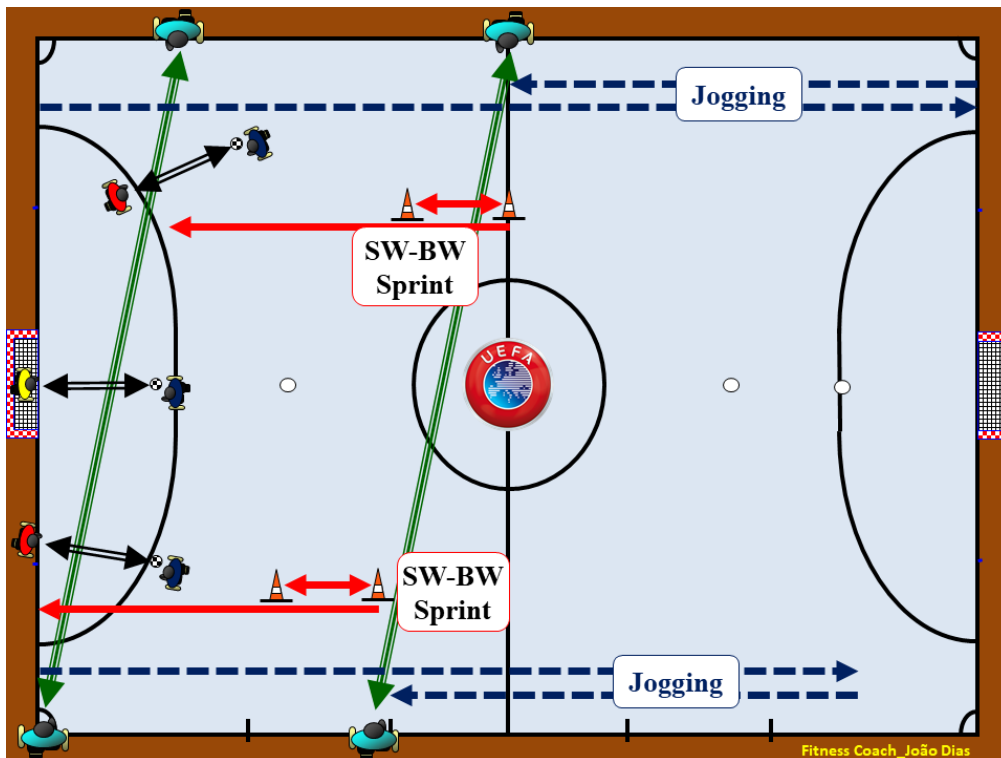
Total duration: 75'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 17<sup>th</sup>:**  
Tr. 164

- \* 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. 18<sup>th</sup>:** REST DAY

**Sun. 19<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 12 from Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> of March** **Macrocycle VII - week 6 (Training week 42)**

**Mon. 20<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 165

\* 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

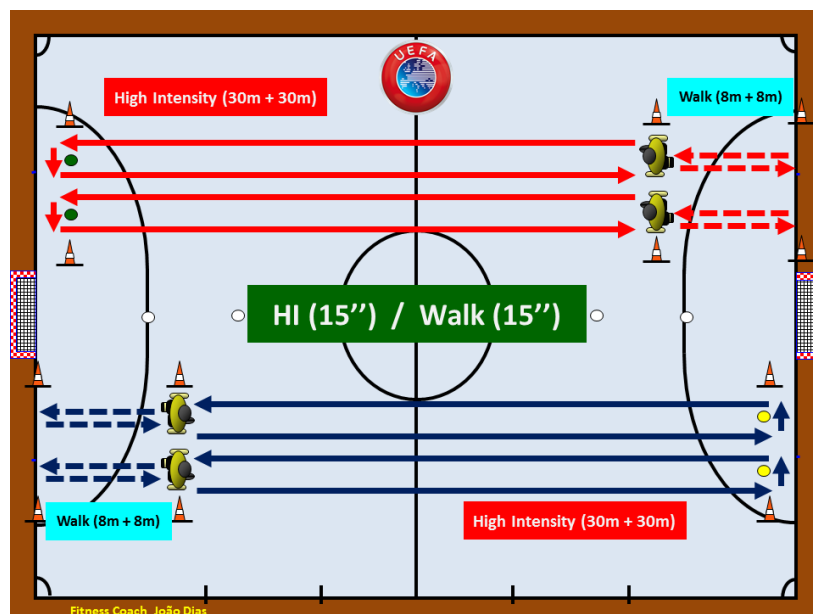
Total duration: 65'

**Tue. 21<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 166

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

\* Functional Training Session – 1 workout of 12 minutes  
<https://www.youtube.com/watch?v=xEoCXW09-pk>

\* 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'



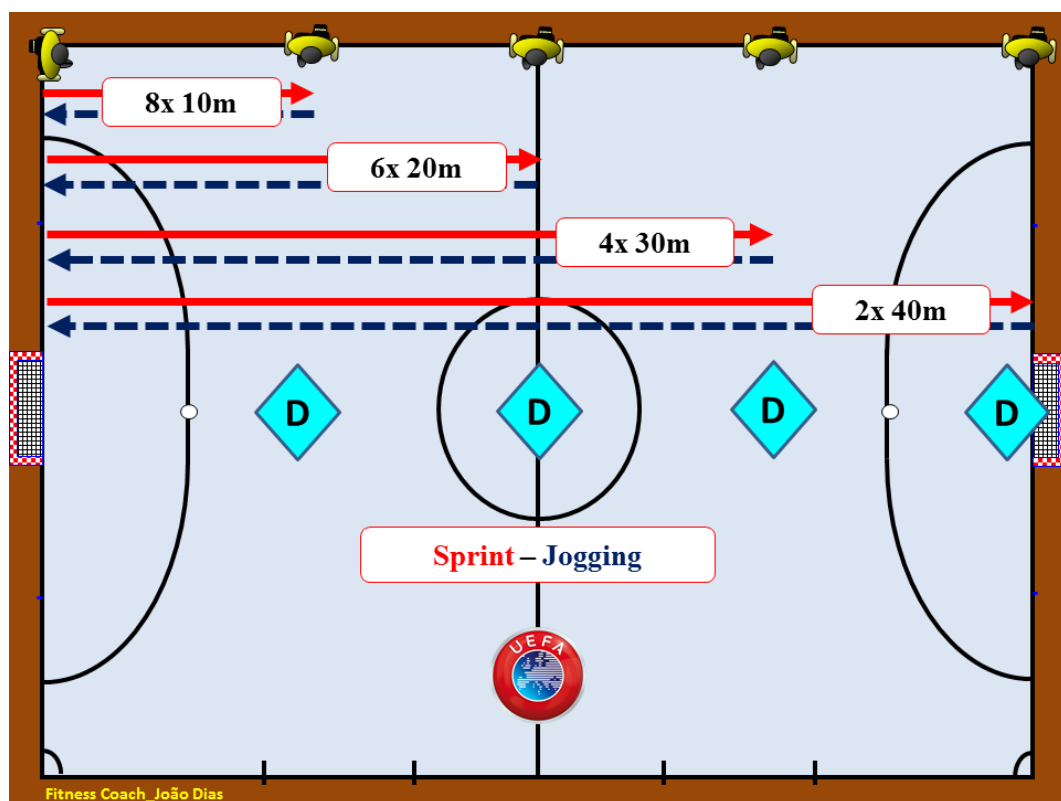


## Performance Training in Futsal Refereeing Weekly Training Plan

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

**Thu. 23<sup>rd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 167

- \* 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 1<sup>st</sup> set

Break: 3' – Hydration & Stretching

Set 2 – after each sprint, take a decision (sideline Ref 2)  
- 1 lap jogging after the 2<sup>nd</sup> set

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

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

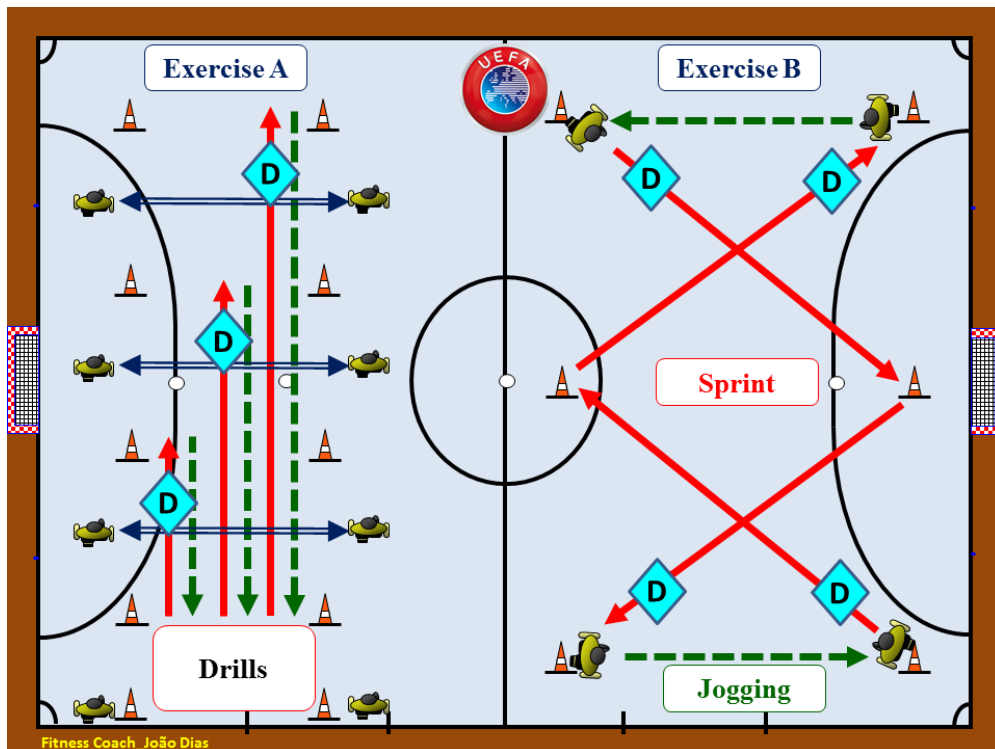
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 24<sup>th</sup>:**  
Tr. 168

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility
  - 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. 25<sup>th</sup>:** REST DAY

**Sun. 26<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.