



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. 5th:</u>		REST DAY
<u>Tue. 6th:</u> Tr. 1	* 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: 70'</u>
<u>Wed. 7th:</u>		REST DAY
<u>Thu. 8th:</u> Tr. 2	* 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=aUYRVSZ_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: 68'</u>
<u>Fri. 9th:</u>		REST DAY
<u>Sat. 10th:</u> Tr. 3	* 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.



Performance Training in Football Refereeing Weekly Training Plan

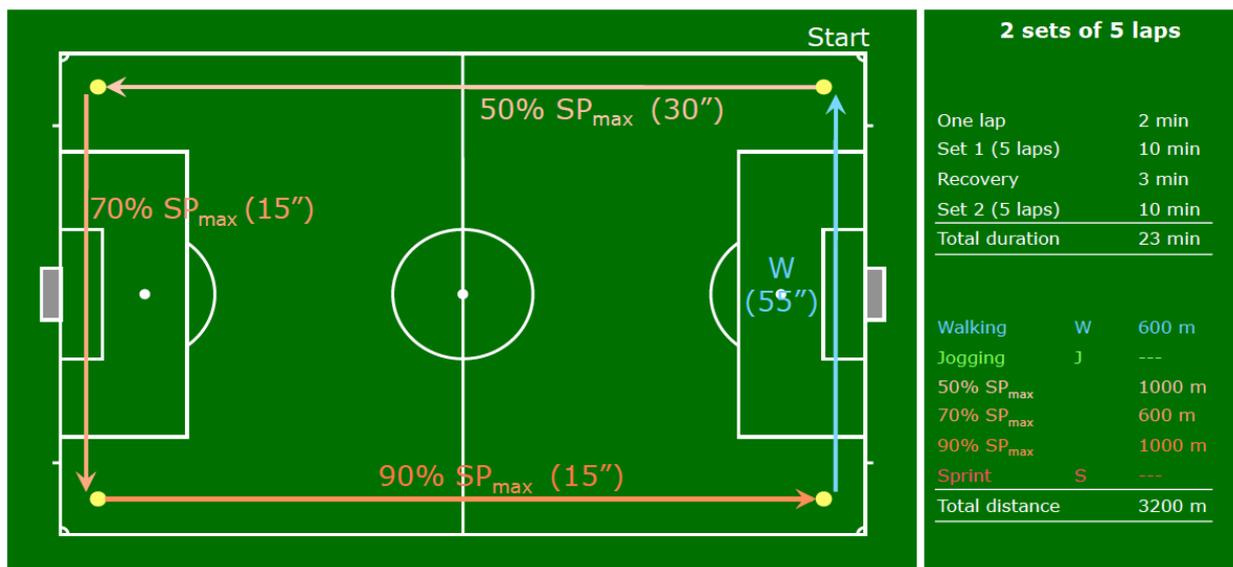
WEEK 24 from Monday 12th to Sunday 18th of June Macrocycle I, week 2 (Training week 2)

<u>Mon. 12th:</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. 13th:</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. 14th:</u>		REST DAY
<u>Thu. 15th:</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.



Performance Training in Football Refereeing

Weekly Training Plan



- 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. 16th:

REST DAY

Sat. 17th
Tr. 7

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

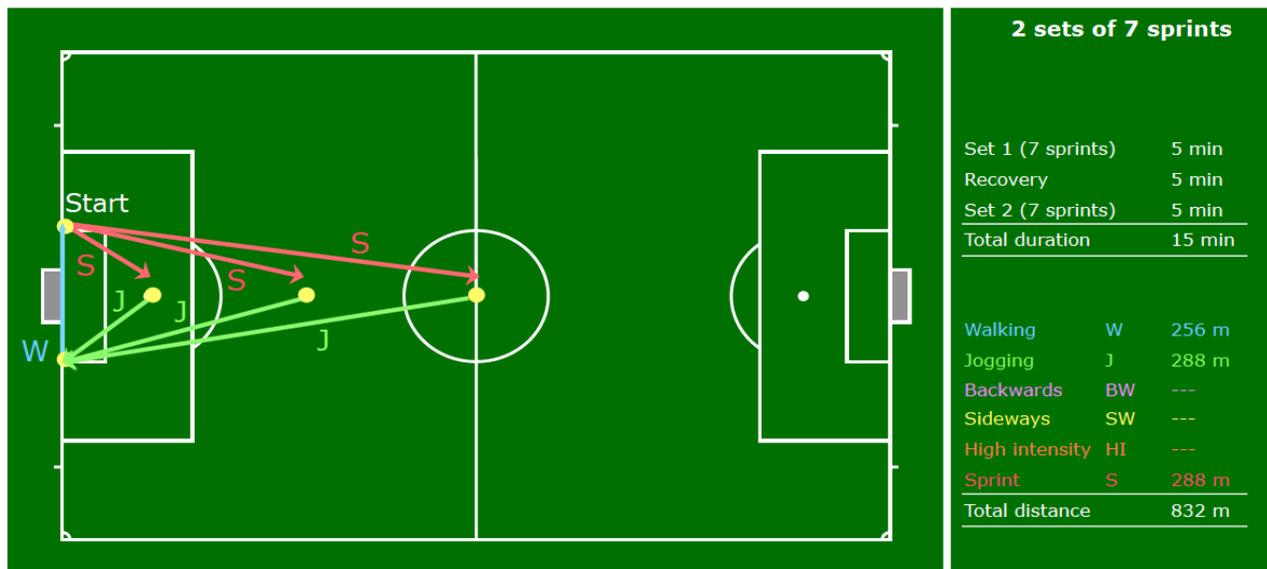
* Warm-up - 20' jogging, mobilisation, and dynamic stretching.

* Functional Tr. - 3 sets of 4 min each (1' rest between Sets)
<https://www.youtube.com/watch?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



Performance Training in Football Refereeing Weekly Training Plan



- * 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. 18th: 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...). On UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, squash, or tennis to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 25 from Monday 19th to Sunday 25th of June Macrocycle I, week 3 (Training week 3)

Mon. 19th:

REST DAY

Tue. 20th:

Tr. 8

- * 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=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.

2 sets of 10 sprints		
Set 1 (10 sprints)		5 min
Recovery		5 min
Set 2 (10 sprints)		5 min
Total duration		15 min
Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	300 m
Total distance		600 m

- 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'

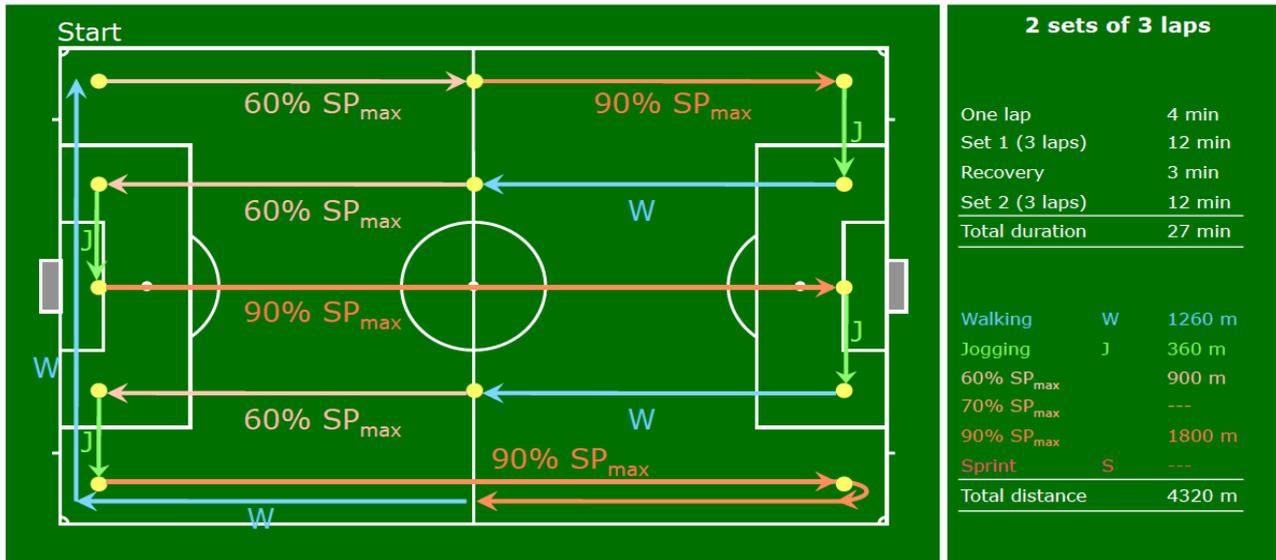
Wed. 21st:

REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 22nd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 9
- * 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.

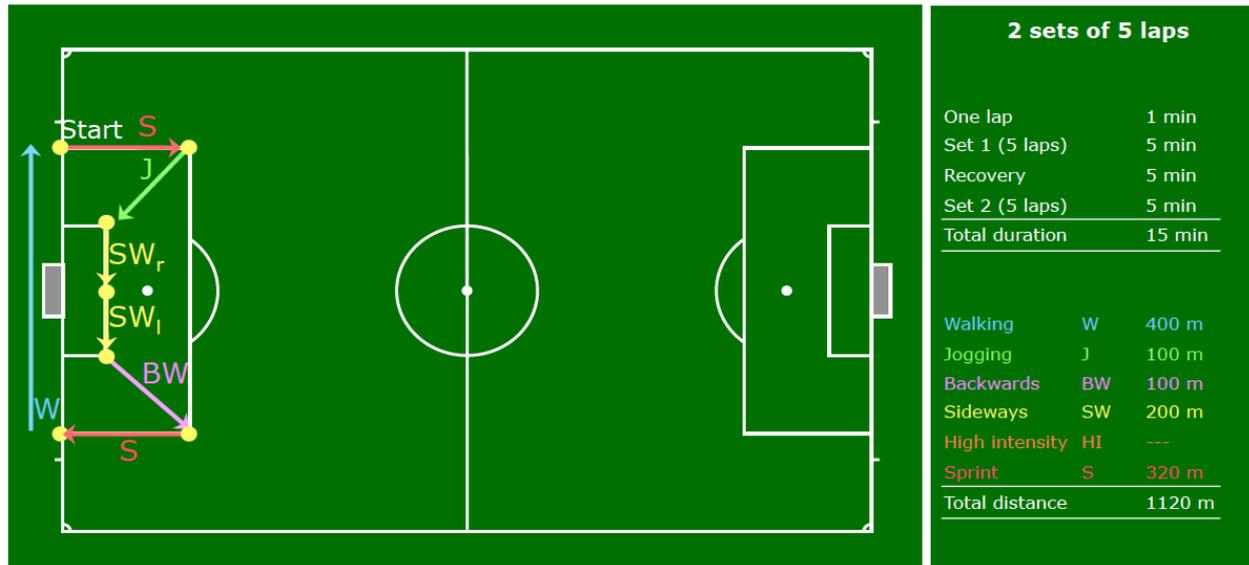
Total duration: 78'

Fri. 23rd: REST DAY

- Sat. 24th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 10
- * 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.



Performance Training in Football Refereeing Weekly Training Plan



- 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. 25th: 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 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...). On UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, squash, or tennis to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



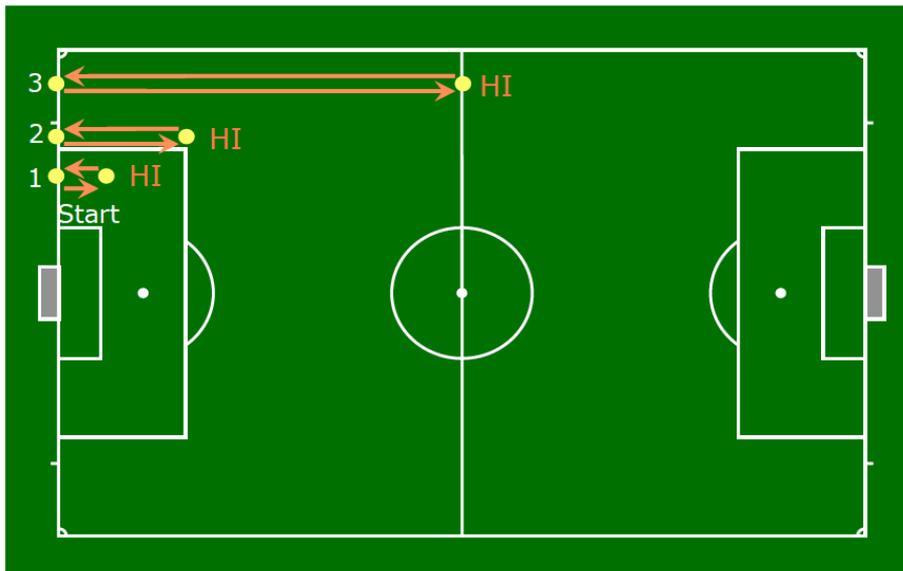
Performance Training in Football Refereeing Weekly Training Plan

WEEK 26 from Monday 26th of June to Sunday 2nd of July Macrocycle I, week 4 (Training week 4)

- Mon. 26th:
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.
- Total duration: 80'
- Tue. 27th:
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.
- Total duration: 68'
- Wed. 28th:
REST DAY
- Thu. 29th:
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. - Set 1: 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



Performance Training in Football Refereeing 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

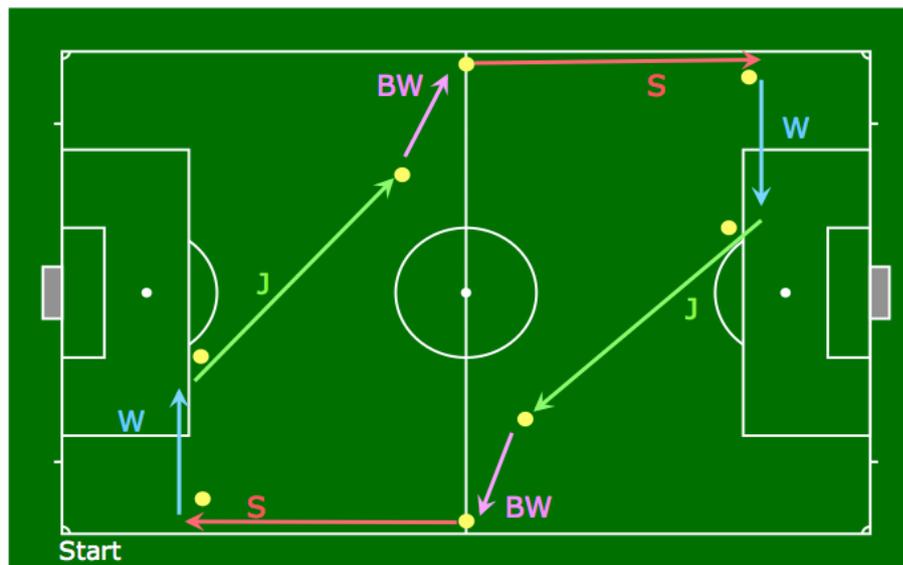
Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1152 m
Sprint	S	---
Total distance		1152 m

- 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. 30:

REST DAY

Sat. 1st:

* Low Int.

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

Tr. 14

* Warm-up

- 20' jogging, mobilisation, and dynamic stretching.

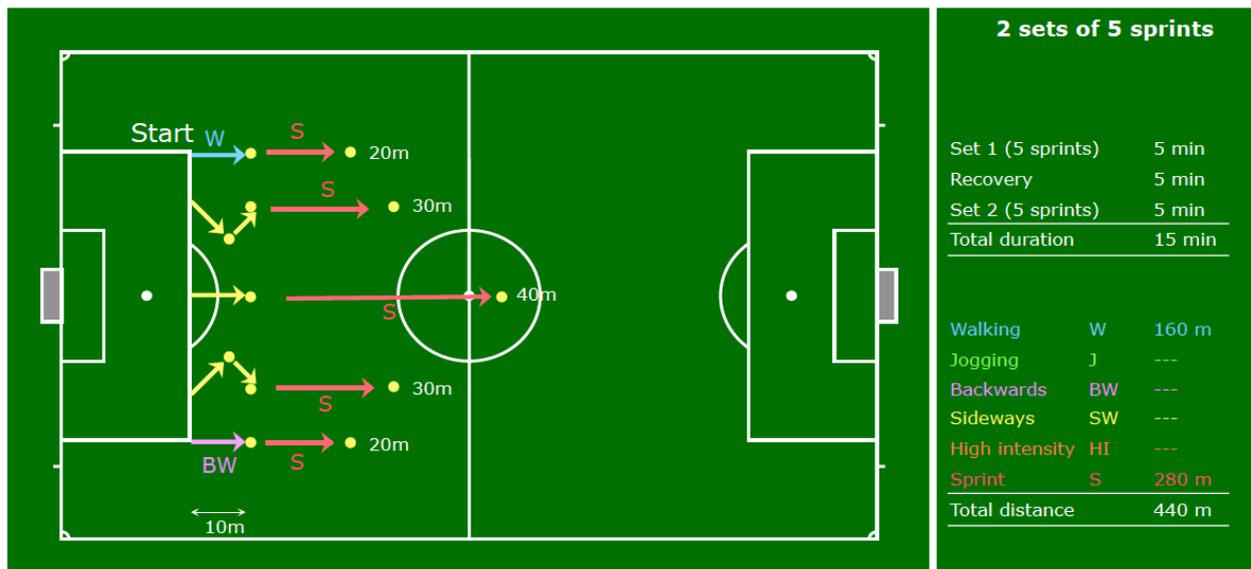
* Speed

- Set 1 of the following speed exercise.



Performance Training in Football Refereeing

Weekly Training Plan



- 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. 2nd:

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 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...). On UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, squash, or tennis to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



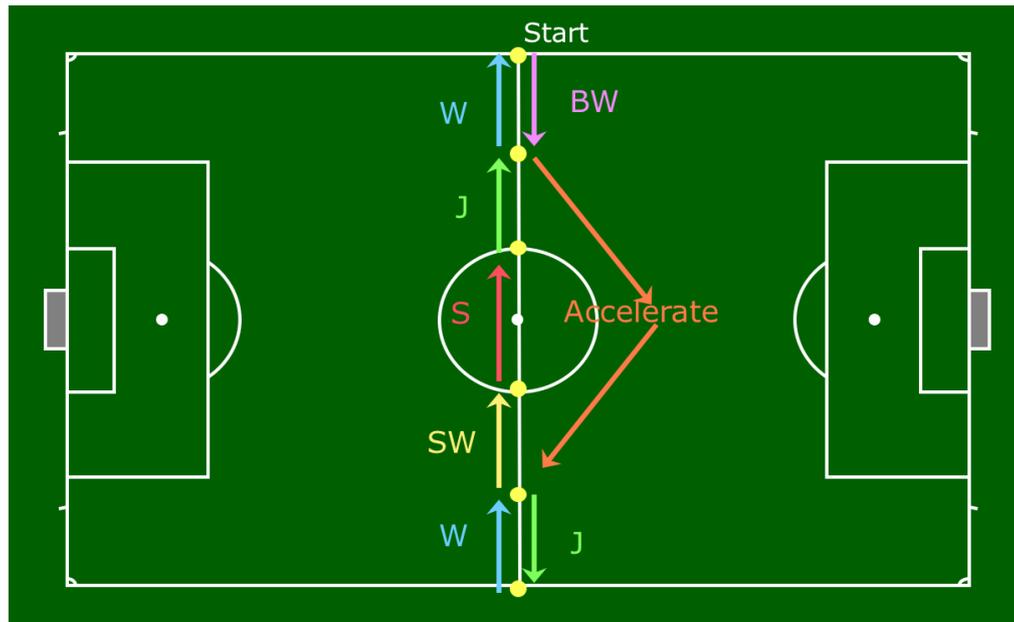
Performance Training in Football Refereeing

Weekly Training Plan

WEEK 27 from Monday 3rd to Sunday 9th of July

Macrocycle I, week 5 (Training week 5)

<u>Mon. 3rd:</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. 4th:</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?app=desktop&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. 5th:</u>	REST DAY	
<u>Thu. 6th:</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"



- 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. 9th:

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 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...). On UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, squash, or tennis to benefit from complementary mental and physical stimulation if you are used to these leisure activities.

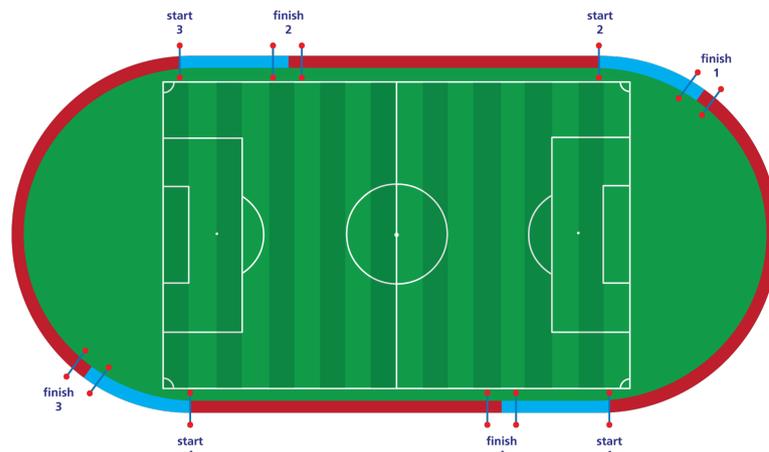


Performance Training in Football Refereeing Weekly Training Plan

WEEK 28 from Monday 10th to Sunday 16th of July Macrocycle I, week 6 (Training week 6)

Mon. 10th: REST DAY

- Tue. 11th: * 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 must 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 must 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 must 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

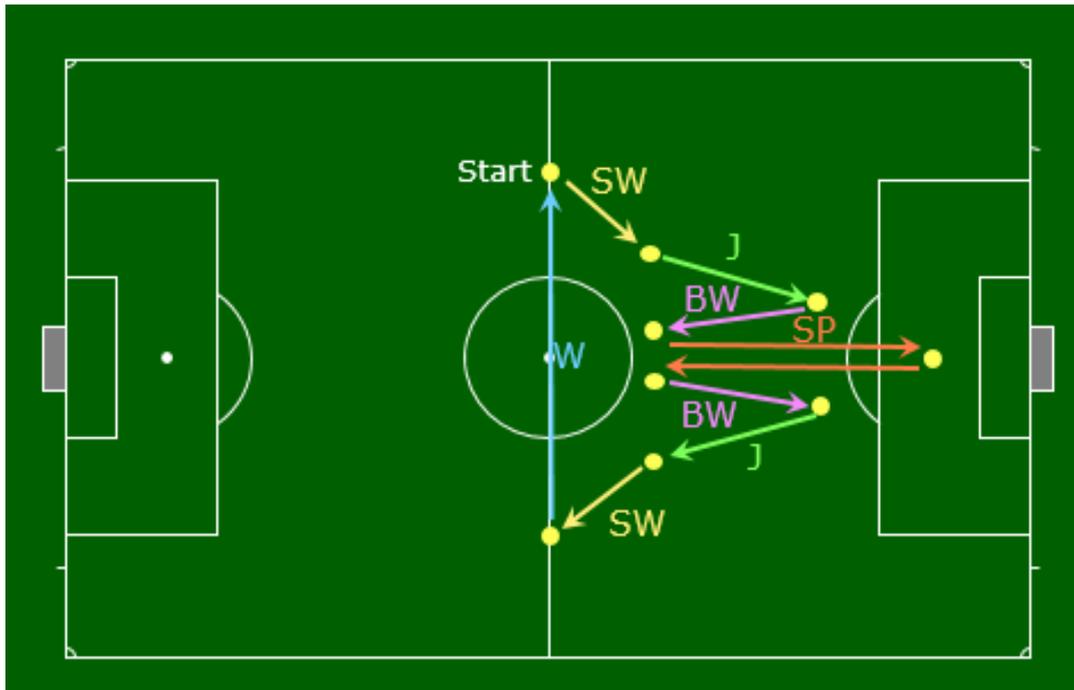
Total duration: 87'

Wed. 12th:

REST DAY

Thu. 13th:
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. 14th:

REST DAY

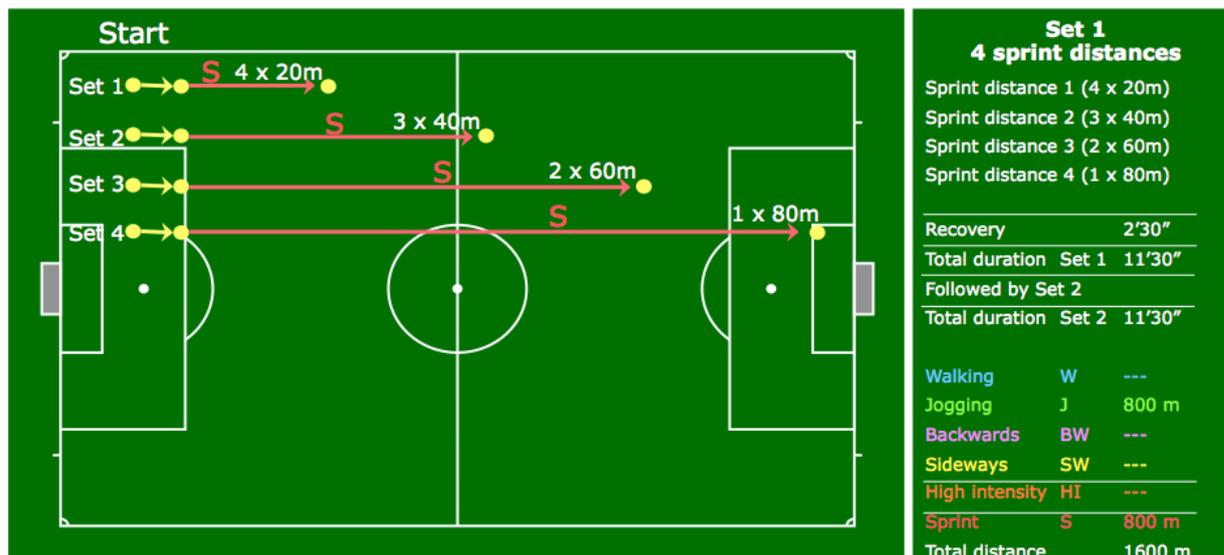
Sat. 15th:
Tr. 21

- * 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)

- > 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.

* 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'



Performance Training in Football Refereeing Weekly Training Plan

Sun. 16th: 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 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...). On UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th official to compensate for not being physically involved in the game.

Alternatively, you may also consider other intermittent activities such as badminton, football, squash, or tennis to benefit from complementary mental and physical stimulation if you are used to these leisure activities.