



# Performance Training in Futsal Refereeing Weekly Training Plan

## **WEEK 29 from Monday 17<sup>th</sup> to Sunday 23<sup>rd</sup> of July** **Macrocycle II - week 1 (Training week 7)**

**Mon. 17<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 25

\* 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

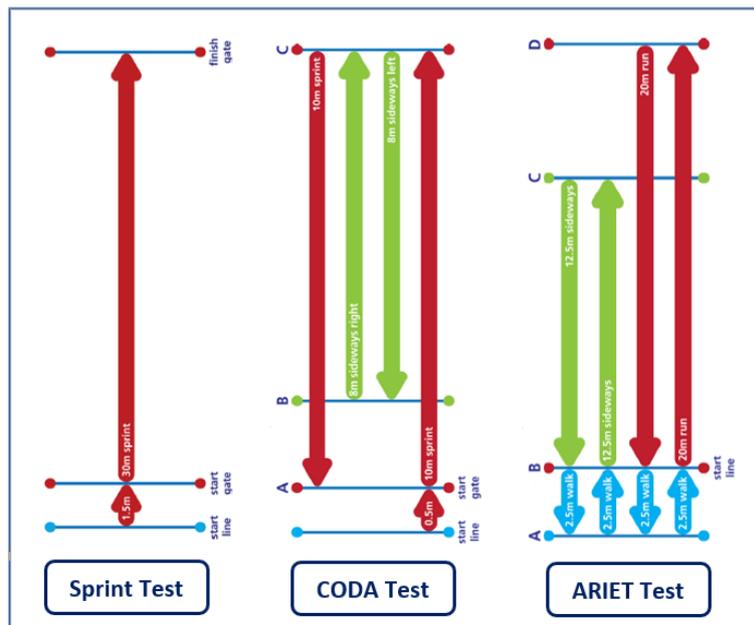
Total duration: 65'

**Tue. 18<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 26

\* 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=M1\\_kqAldOv8](https://www.youtube.com/watch?v=M1_kqAldOv8)

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



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

Total duration: 74'

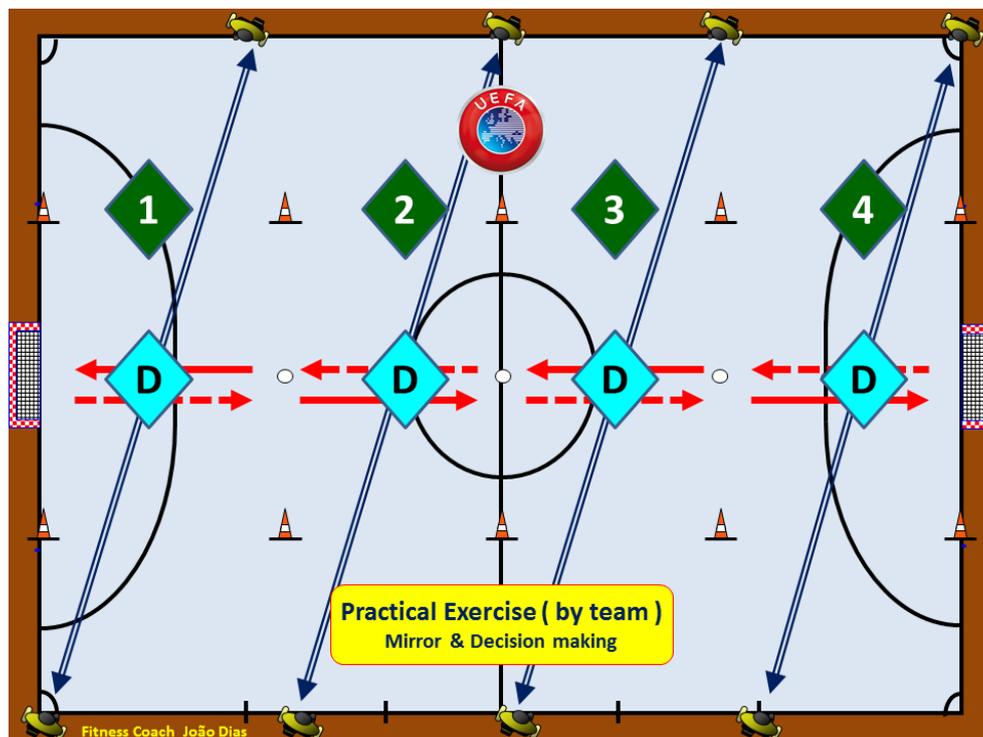


# Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 19<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 20<sup>th</sup>:**  
Tr. 27

- \* Low Int. - 5' jogging slowly building up to 70% HRmax
- \* 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 opposite sidelines, and according to the different places of the pitch (see the figure). During 30", one of the referees is the leader of the movements and decisions, and the other follows him. Immediately after 30", the leader change. After 1', each pair of referees change the position on the pitch (from 1 to 4)



- Set 1: 4x (30"+30") with 30" break & change of position
- Break: 1'30" – Hydration & Stretching
- Set 2: 4x (30"+30") with 30" break & change of position
- Break: 1'30" – Hydration & Stretching
- Set 3: 4x (30"+30") with 30" break & change of position

Total of 20' exercise, with 1'30" break between sets

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

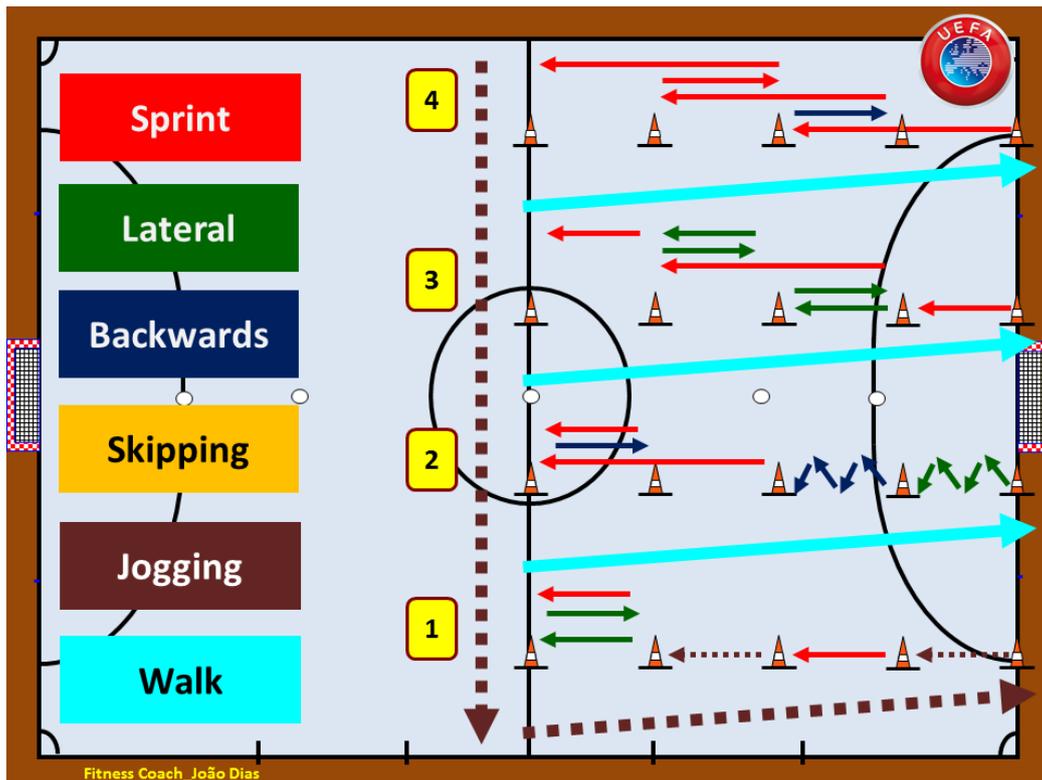
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 21<sup>st</sup>:**  
Tr. 28

- \* 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. 22<sup>nd</sup>:** REST DAY

**Sun. 23<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 30 from Monday 24<sup>th</sup> to Sunday 30<sup>th</sup> of July** **Macrocycle II - week 2 (Training week 8)**

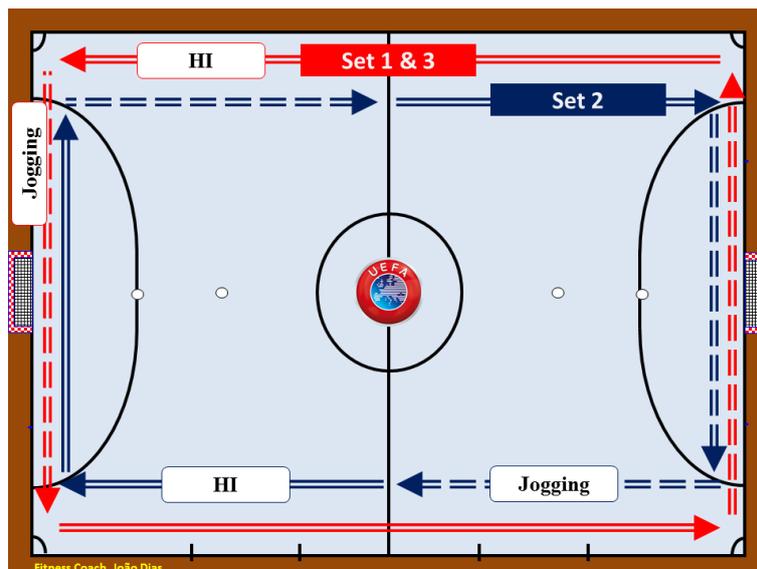
**Mon. 24<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 29

- \* 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. 25<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 30

- \* 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=MzY-pTVrPtc>
- \* High Int. - run at 90% HRmax / jogging, according to the figure  
- In total, this exercise takes 22' (3 sets of 6')  
- 2' break between each set (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. 26<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

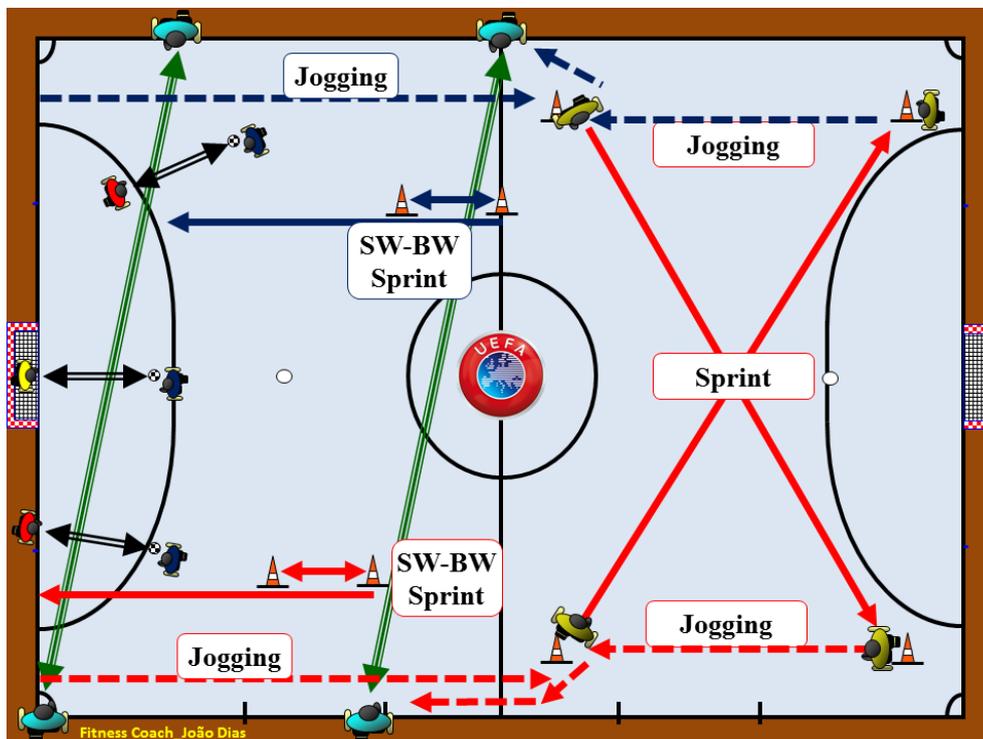
**Thu. 27<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 31

\* 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 opposite sidelines, following the movements mentioned in the figure.

Take technical/disciplinary decisions when the player touches the ball (each corridor), defender/attacker, alternatively.



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

Total of 18' exercise, with 2' break between sets

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

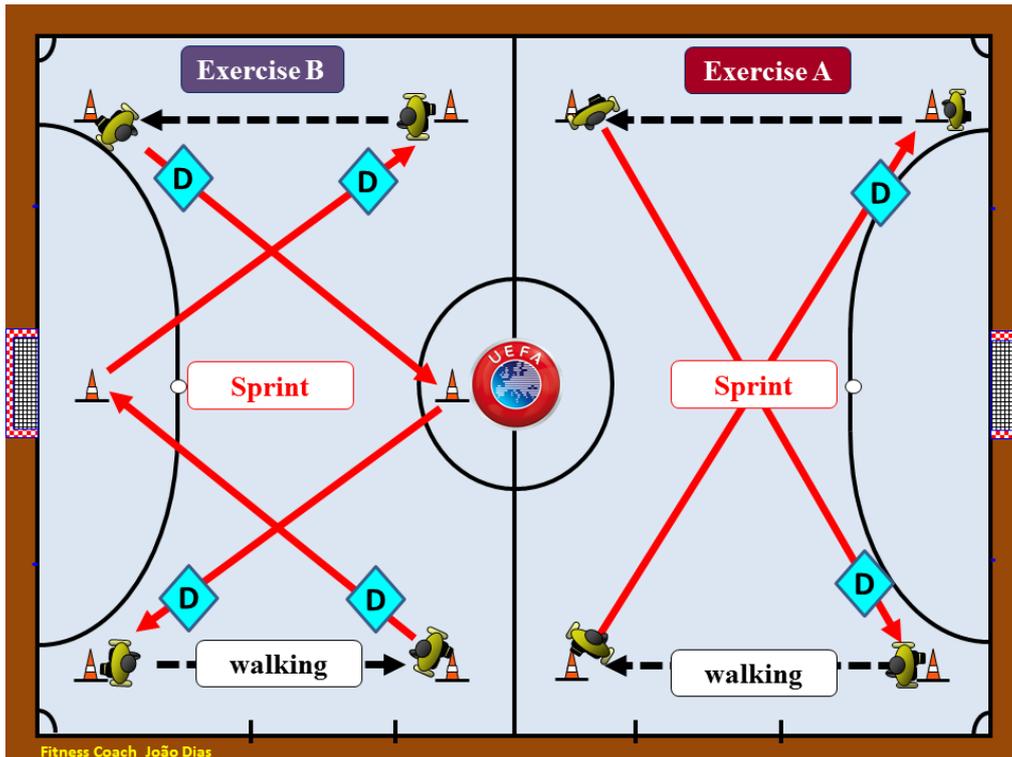
Total duration: 78'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 28<sup>th</sup>:**  
Tr. 32

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed & Agility - Variations on the sideline 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. 29<sup>th</sup>:** REST DAY

**Sun. 30<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.



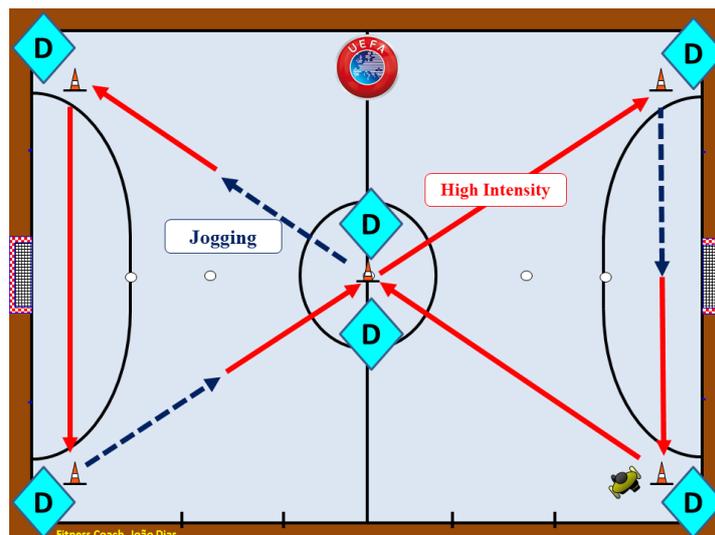
# Performance Training in Futsal Refereeing Weekly Training Plan

## **WEEK 31 from Monday 31<sup>st</sup> of July to Sunday 06<sup>th</sup> of August** **Macrocycle II - week 3 (Training week 9)**

- Mon. 31<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 33
- \* 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. 01<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 34
- \* 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=qr1Tyog6i3k>
  - \* 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'

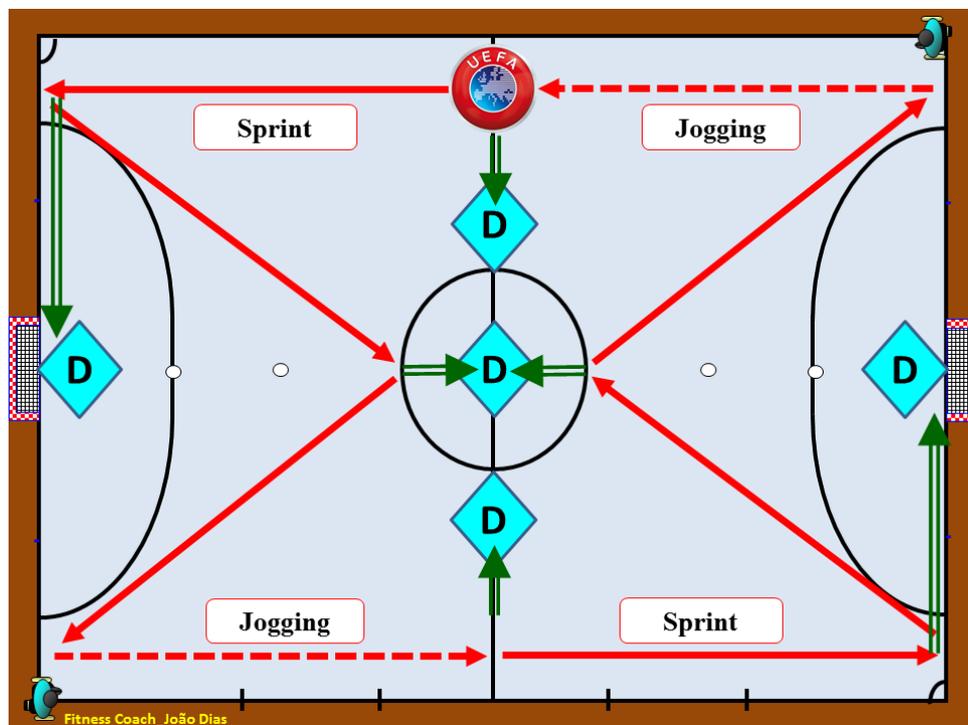


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 02<sup>nd</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 03<sup>rd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 35

- \* 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.  
Take technical/disciplinary decisions after the accelerations.



Set 1: 45'' per lap – 8 laps  
Break: 2' – Hydration & Stretching  
Set 2: 60'' per lap – 6 laps  
Break: 2' – Hydration & Stretching  
Set 3: 45'' per lap – 8 laps

Total of 18' exercise, with 2' break between sets

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

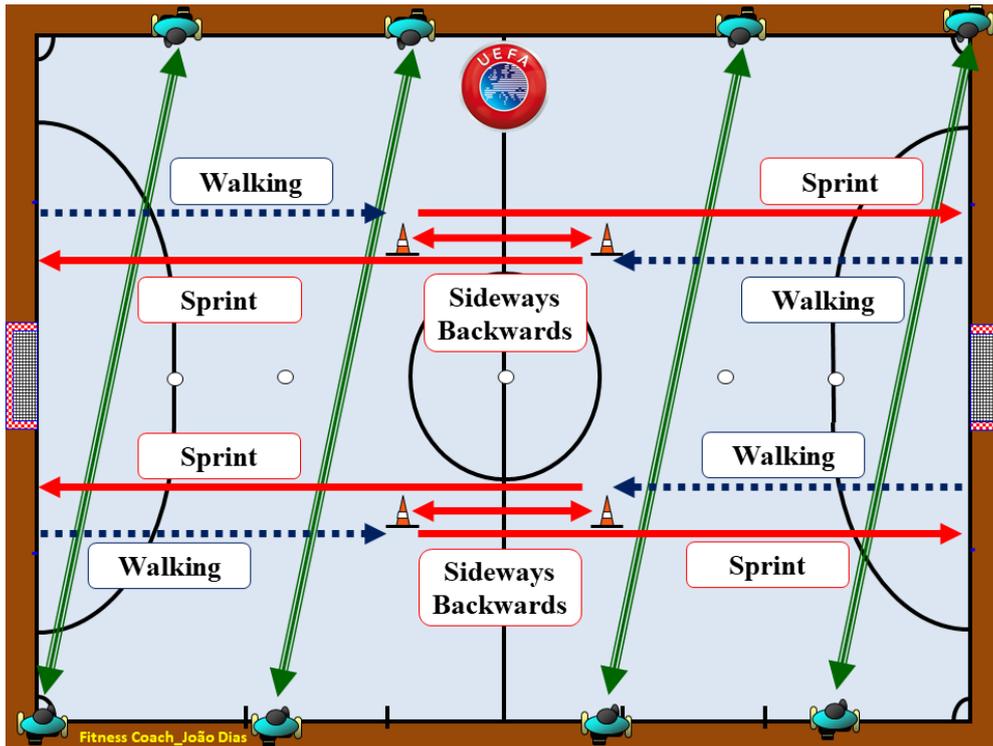
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 04<sup>th</sup>:**  
Tr. 36

- \* 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. 05<sup>th</sup>:** REST DAY

**Sun. 06<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.

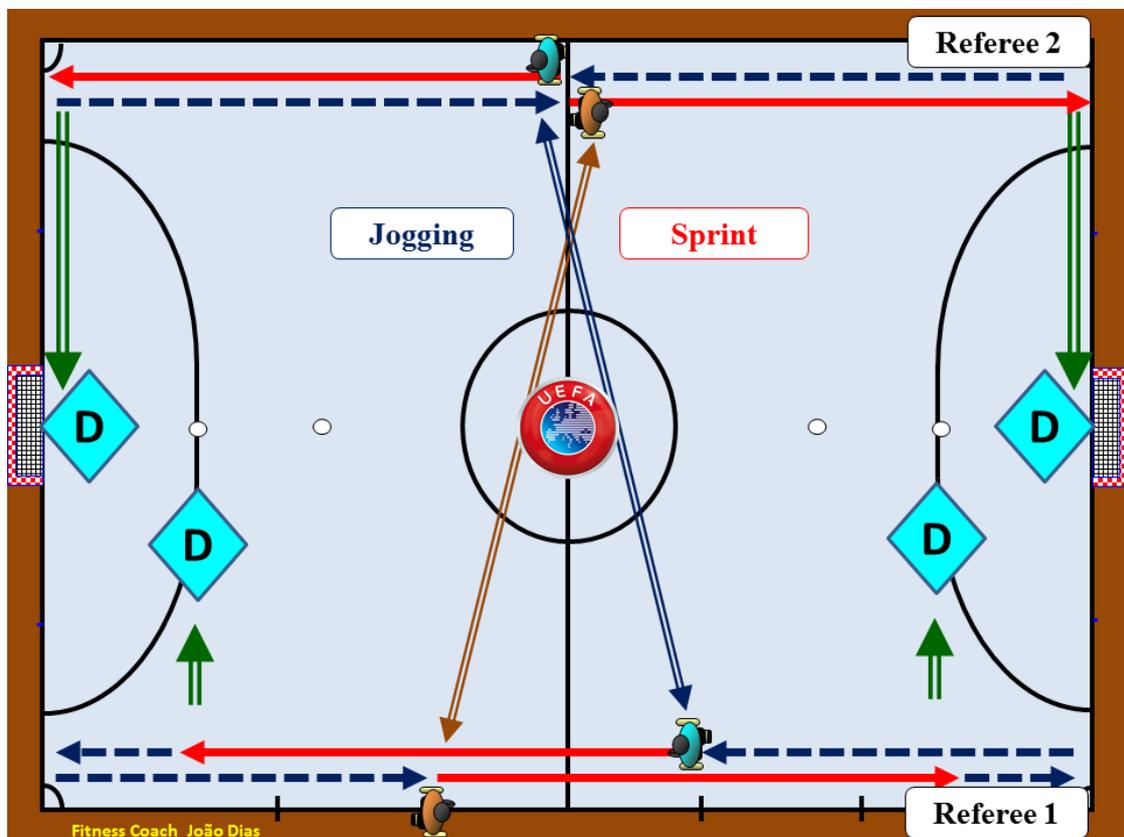




## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 09<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 10<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 39
- \* 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.  
Take technical/disciplinary decisions after the accelerations, alternatively.



Set 1 & 2: 5' + 5' - Referees stay 1 set in each sideline  
Break: 5' - Hydration & Stretching  
Set 3 & 4: 5' + 5' - Referees stay 1 set in each sideline  
Total of 25' exercise

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

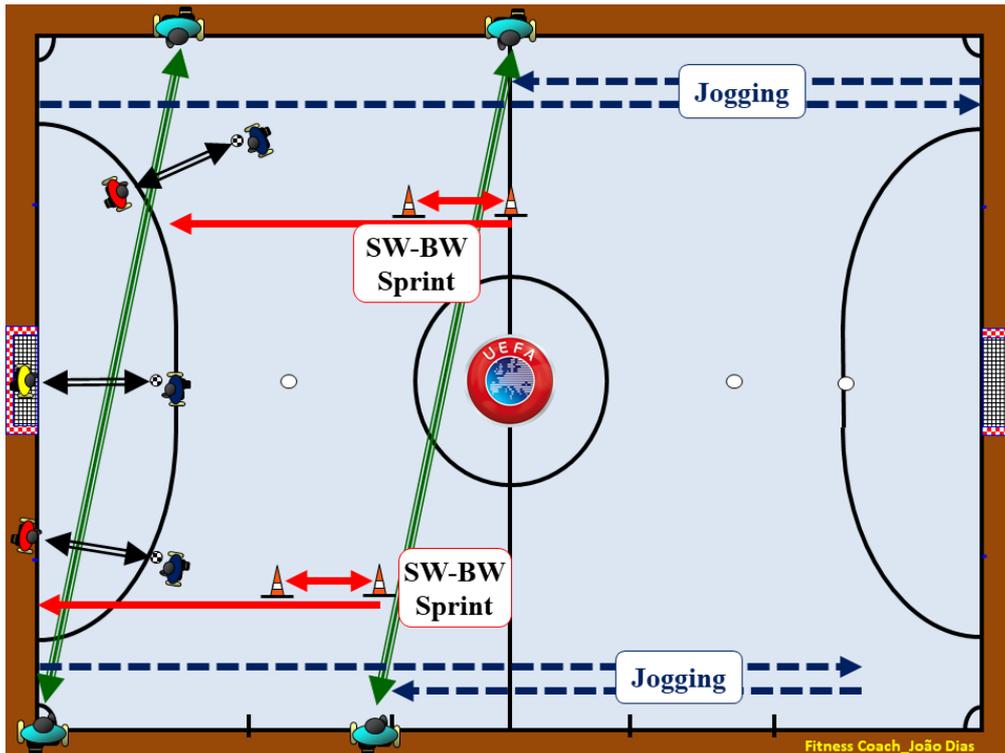
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 11<sup>th</sup>:**  
Tr. 40

- \* 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. 12<sup>th</sup>:** REST DAY

**Sun. 13<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 33 from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> of August** **Macrocycle II - week 5 (Training week 11)**

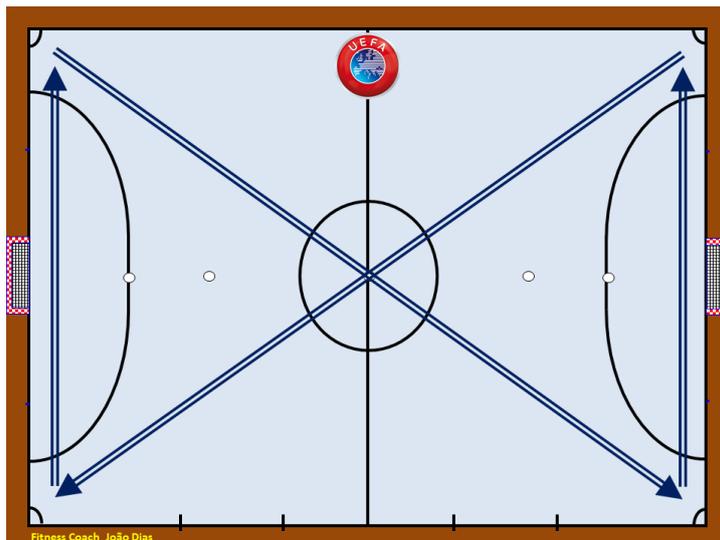
**Mon. 14<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 41

- \* 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. 15<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 42

- \* 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=Com5Jow3Hj4>
- \* High Int. - Set 1: 45'' run at 90% HRmax, 15'' jogging – 8 repetitions  
- Set 2: 40'' run at 90% HRmax, 20'' jogging – 8 repetitions  
- 3' break between sets – hydration & stretching)  
- In total, this exercise takes 21'



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

Total duration: 76'

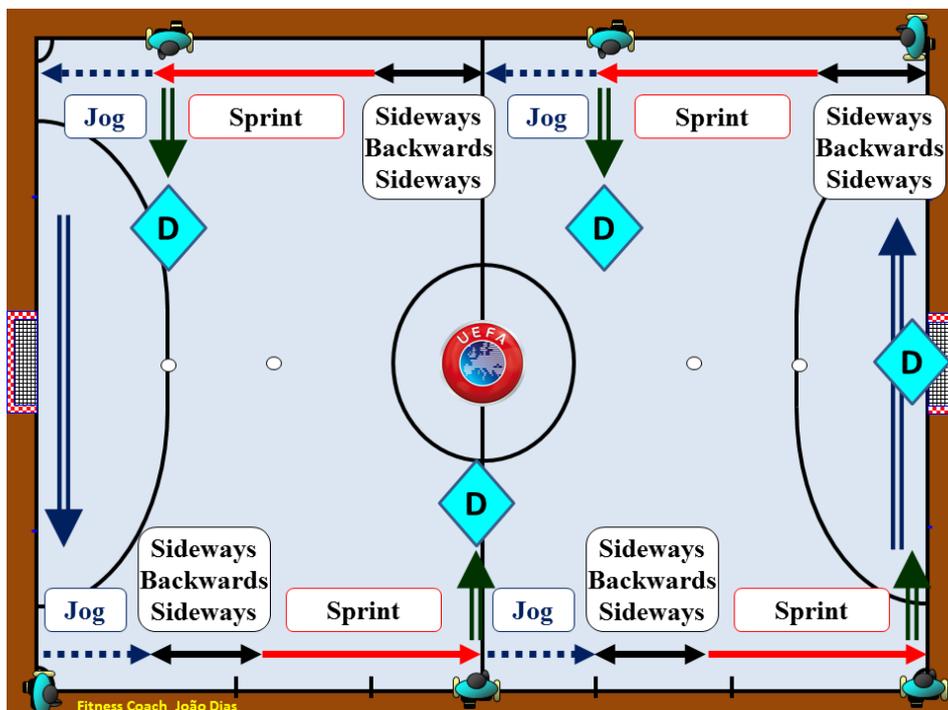


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 16<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 17<sup>th</sup>:**  
Tr. 43

- \* Low Int. - 5' jogging slowly building up to 70% HRmax
- \* 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

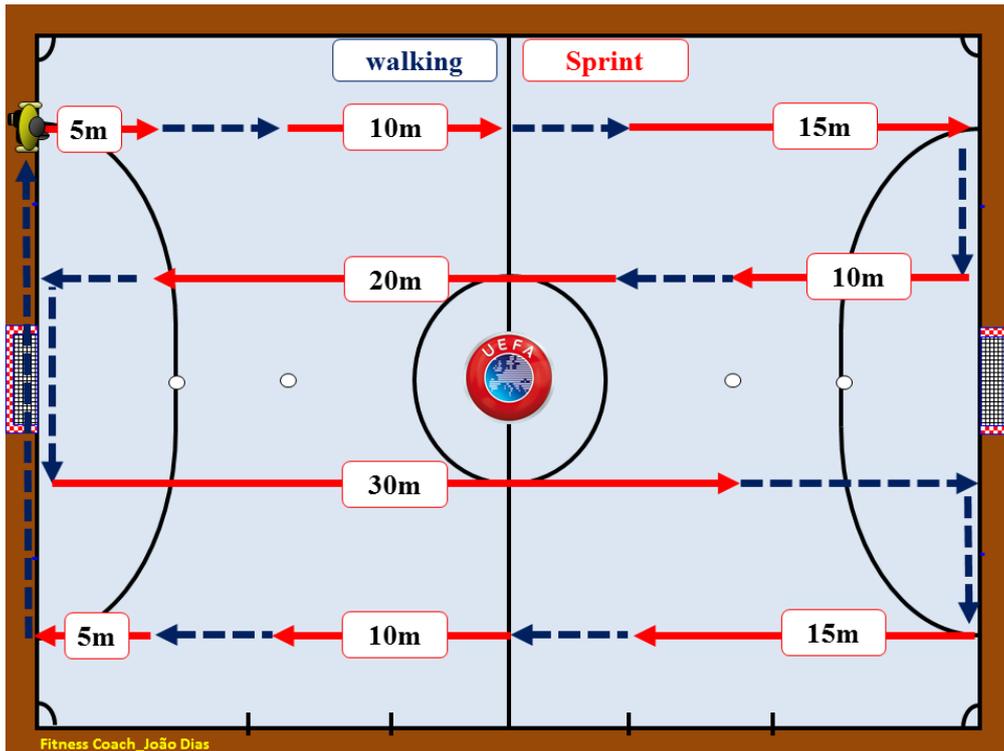
Total duration: 77'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 18<sup>th</sup>:**  
Tr. 44

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Speed - Variations on the pitch 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. 19<sup>th</sup>:** REST DAY

**Sun. 20<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.



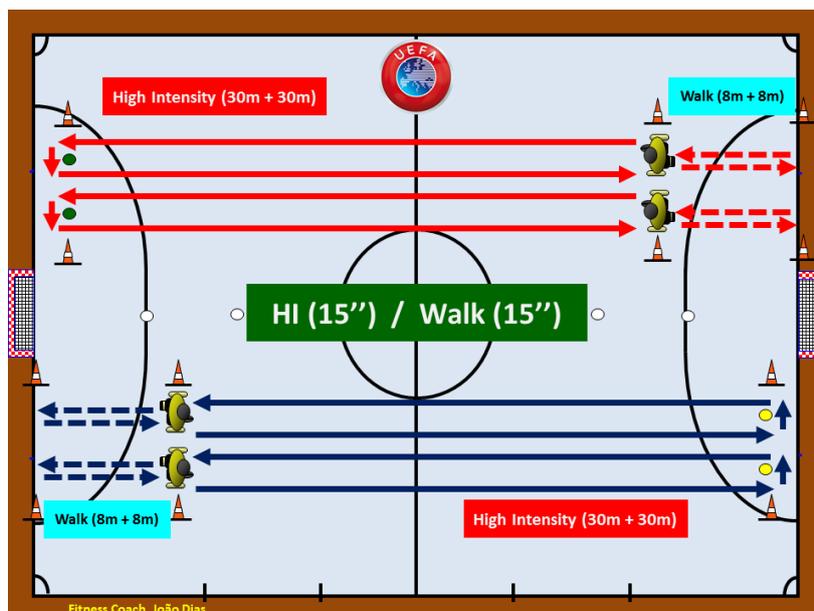
## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 34 from Monday 21<sup>st</sup> to Sunday 27<sup>th</sup> of August** **Macrocycle II - week 6 (Training week 12)**

- Mon. 21<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 45
- \* 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. 22<sup>nd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 46
- \* 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=8eEsOTLKUKg>
  - \* 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

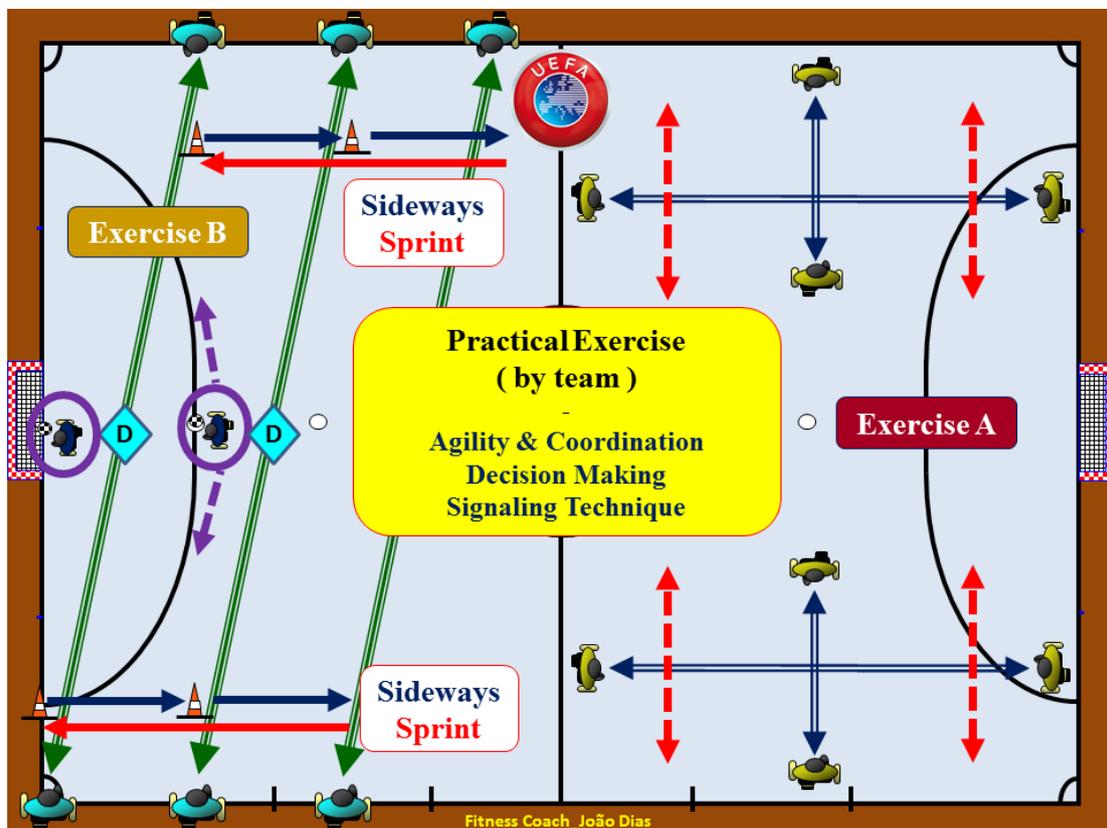
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 23<sup>rd</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 24<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 47
- \* Warm up - 20' jogging, mobilisation and dynamic stretching
  - \* Strength - 15' strength, core stability and injury prevention exercises
  - \* Integrated Technical Exercise - Two by two, following the movements mentioned in the figure.  
In exercise B take technical/disciplinary decisions after the accelerations.



Set 1 – Exercise A: 6'  
Break: 2' – Hydration & Stretching  
Set 2 – Exercise B (sideline Ref 1): 8'  
Break: 2' – Hydration & Stretching  
Set 3 – Exercise B (sideline Ref 2): 8'

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

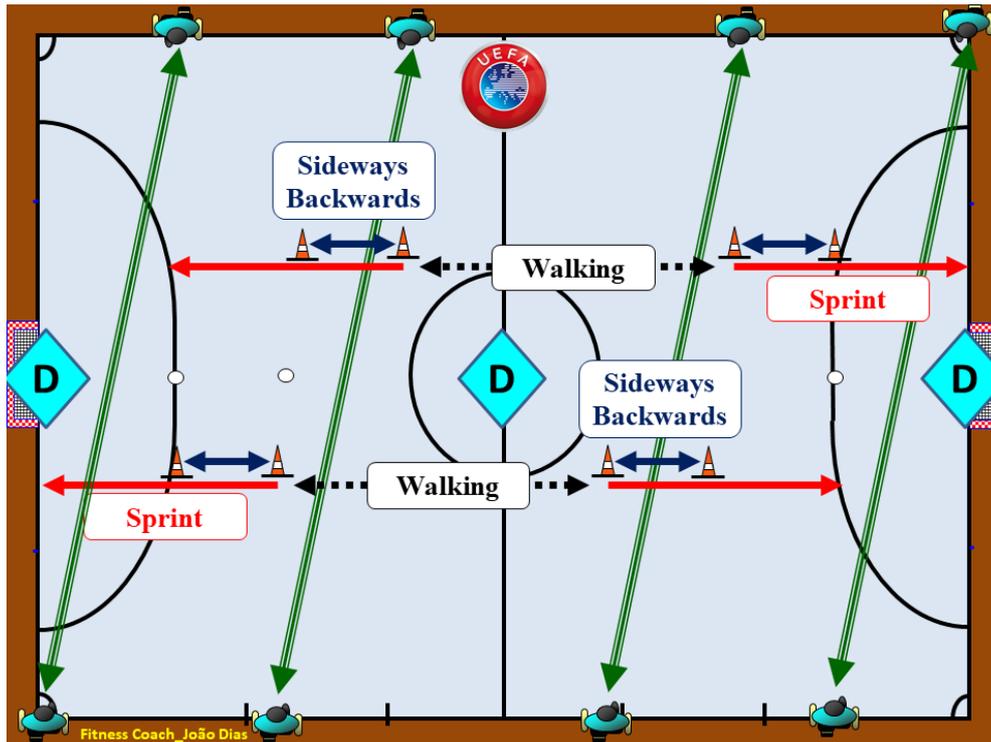
Total duration: 81'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 25<sup>th</sup>:**  
Tr. 48

- \* 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. 26<sup>th</sup>:** REST DAY

**Sun. 27<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.