



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 01 from Monday 01st to Sunday 07th of January **Macrocycle VI - week 1 (Training week 31)**

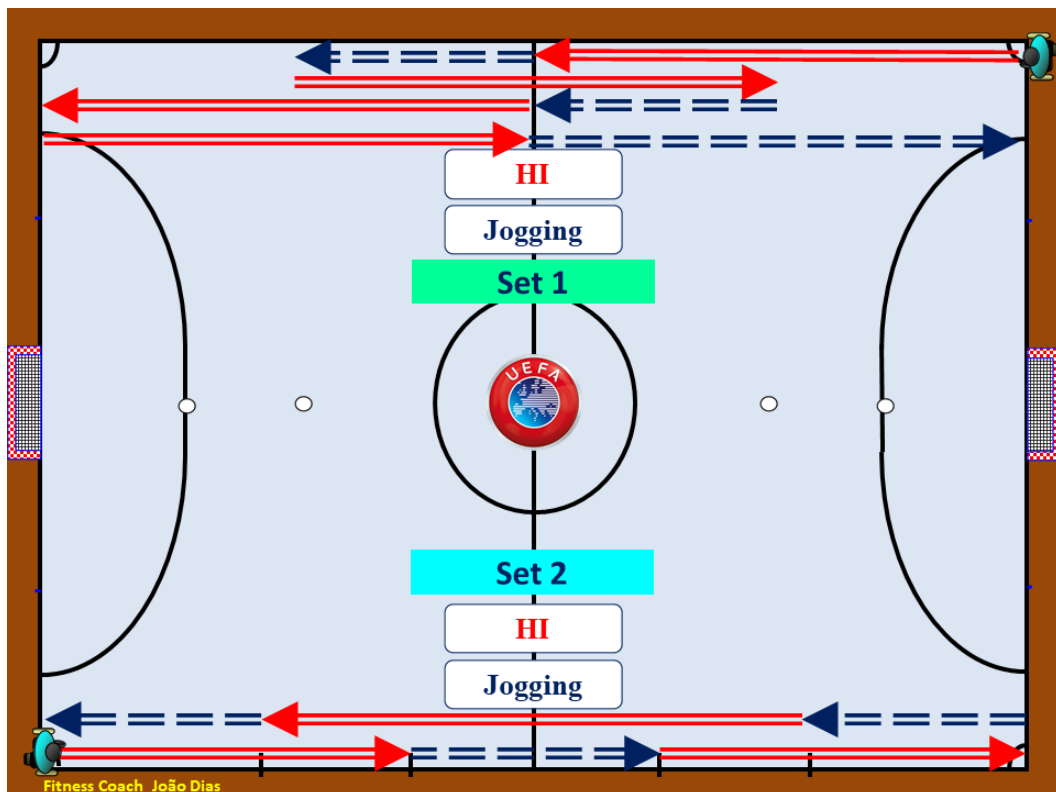
Mon. 01st: REST DAY – **I WISH YOU A HEALTHY, HAPPY AND PROSPEROUS NEW YEAR !!!**

Tue. 02nd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 122

* 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=zWj_anABsRc

* High Int. - run at 90% HRmax / jogging, according to the figure
- In total, this exercise takes 26' (4 sets of 5' – 2x in each sideline)
- 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

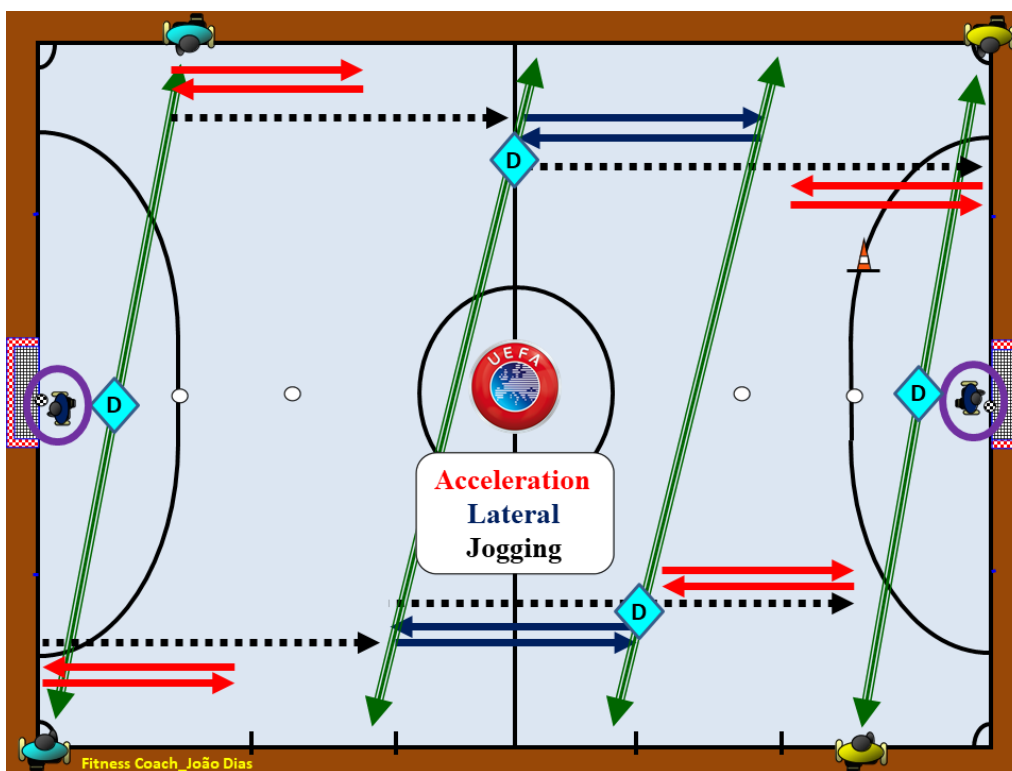
Wed. 03rd: REST DAY / Optional Training Session (Injury Prevention)

Thu. 04th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 123

* 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 (the Refs change sideline after each set).
Take technical/disciplinary decisions according to the picture.



Set 1: 5 minutes

Break: 2' – Hydration & Stretching

Set 2: 5 minutes

Break: 2' – Hydration & Stretching

Set 3: 5 minutes

Break: 2' – Hydration & Stretching

Set 4: 5 minutes

Total of 26' exercise

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

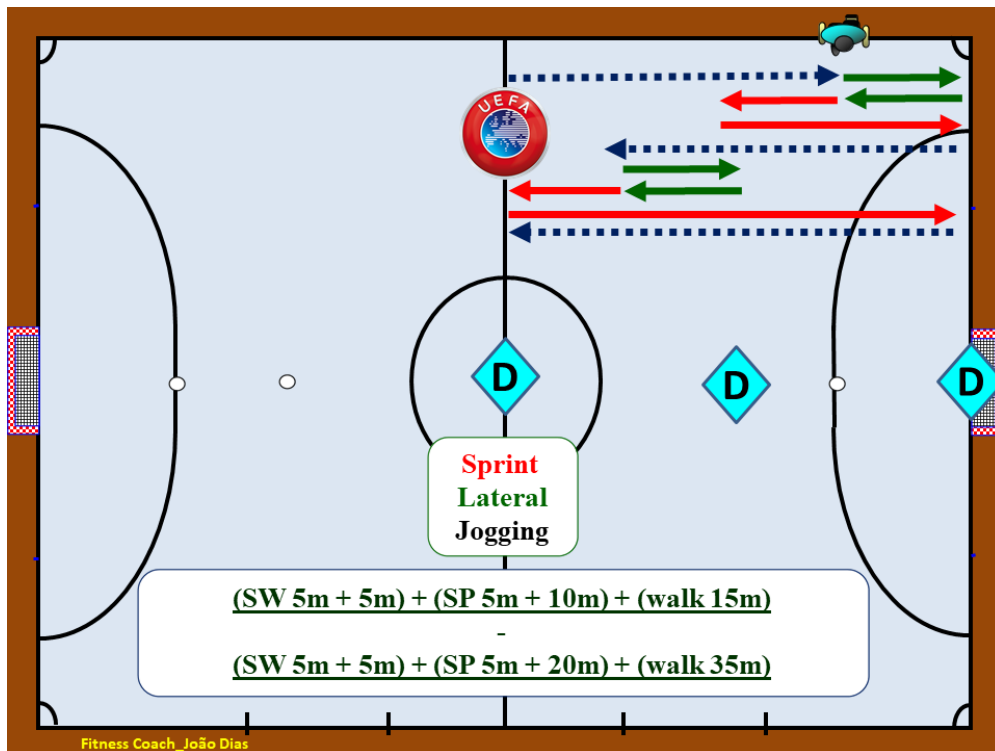
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 05th:
Tr. 124

- * 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. 06th: REST DAY

Sun. 07th: 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 02 from Monday 08th to Sunday 14th of January **Macrocycle VI - week 2 (Training week 32)**

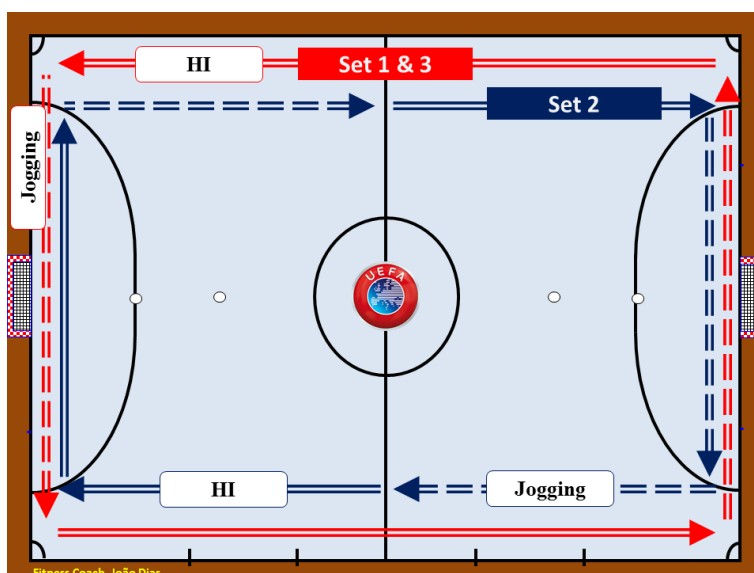
Mon. 08th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 125

- * 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. 09th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 126

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 1 workout of 12 minutes
<https://www.youtube.com/watch?v=htvBzERVNiA&t=16s>
- * 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'

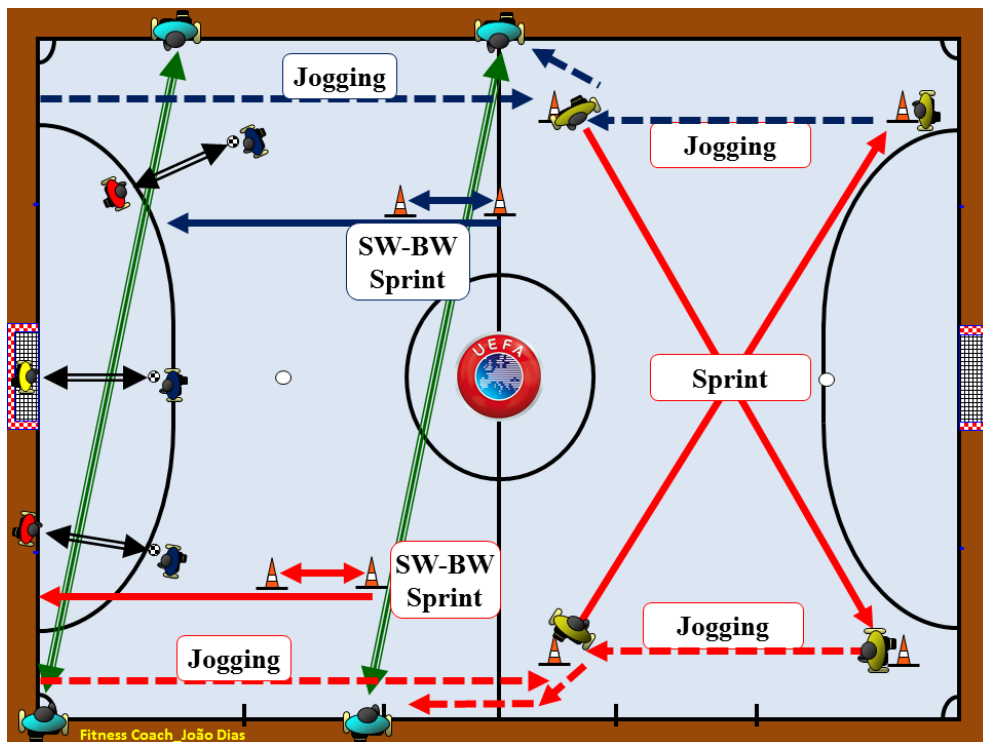


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 10th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 11th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 127

- * 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

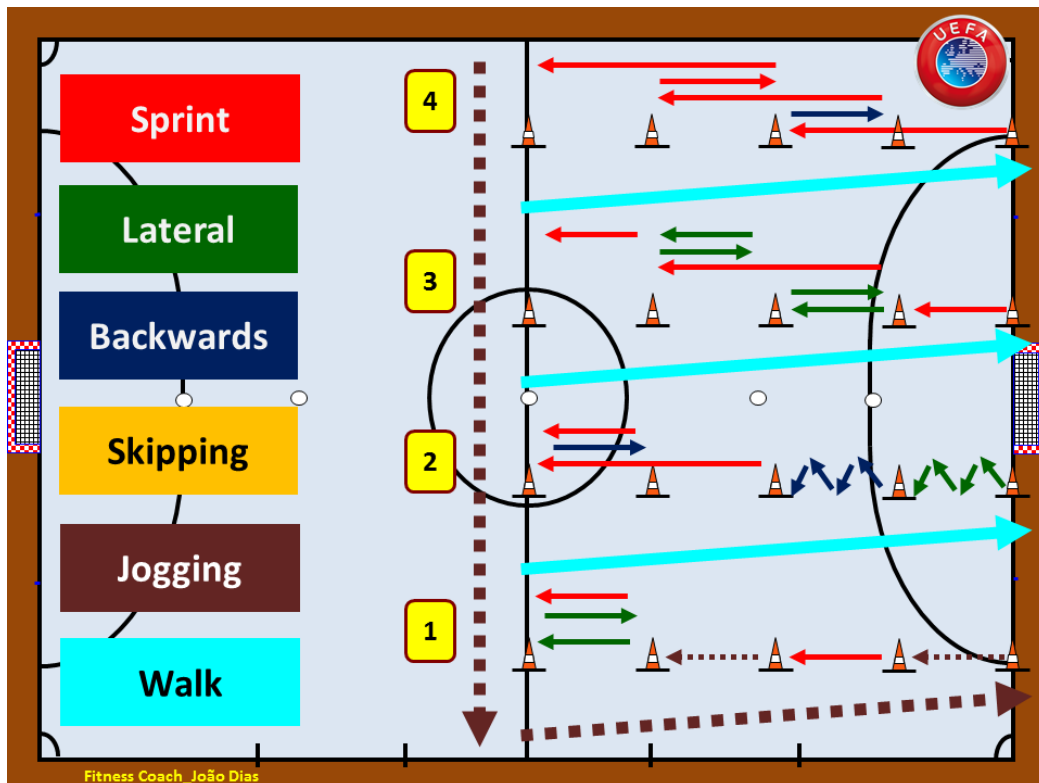
Total duration: 78'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 12th:
Tr. 128

- * 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. 13th: REST DAY

Sun. 14th: 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 03 from Monday 15th to Sunday 21st of January **Macrocycle VI - week 3 (Training week 33)**

Mon. 15th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 129

* 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

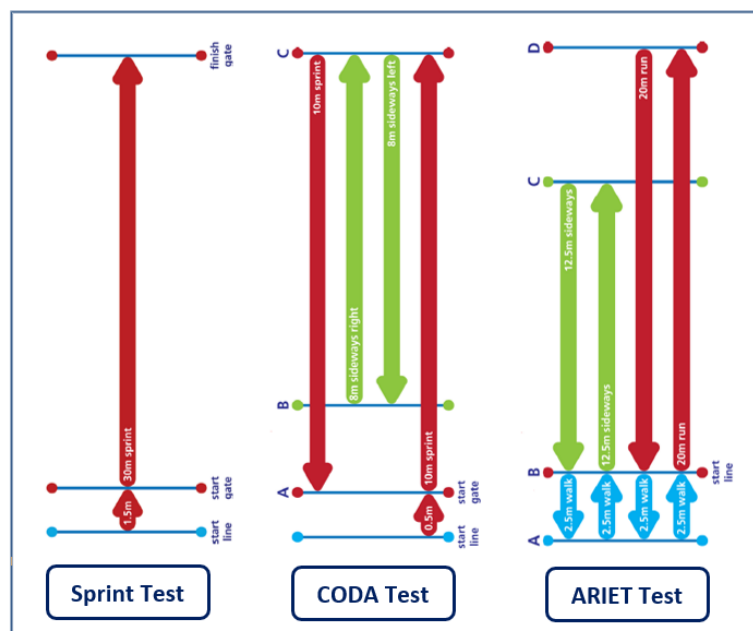
Total duration: 65'

Tue. 16th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 130

* 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=3ELbsd5tJjE>

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



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

Total duration: 74'

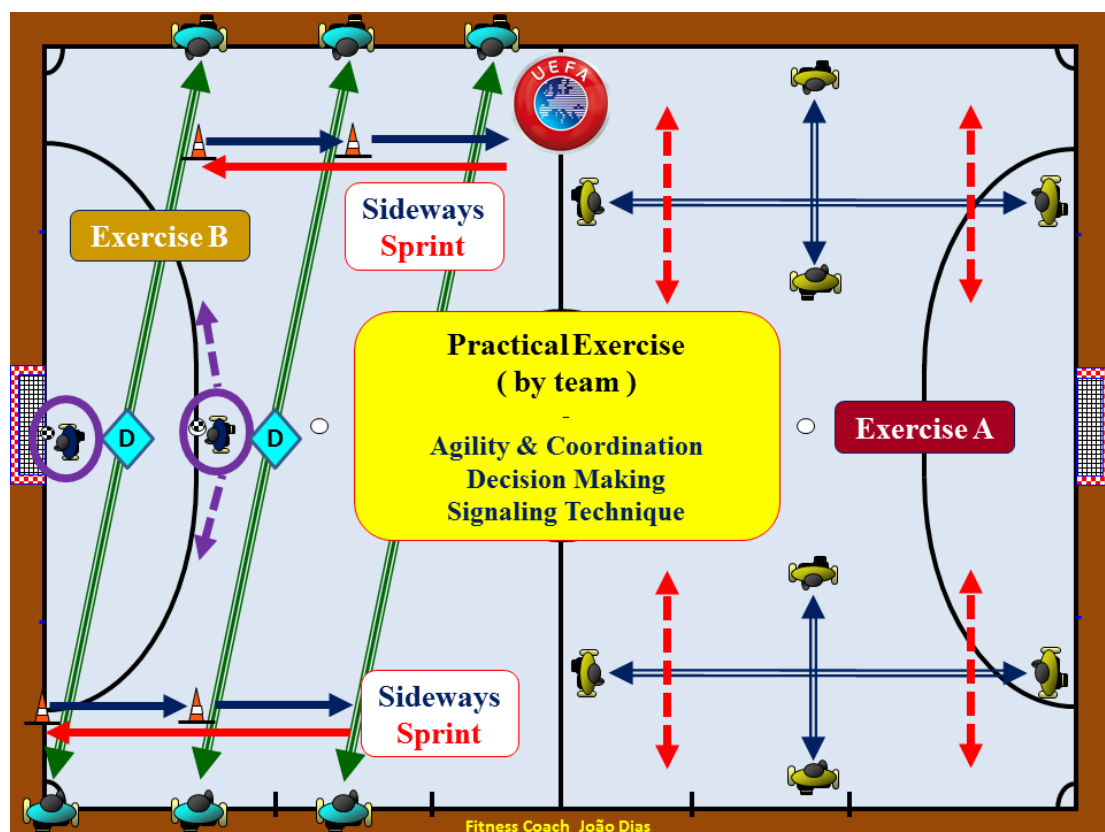


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 17th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 18th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 131

- * 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

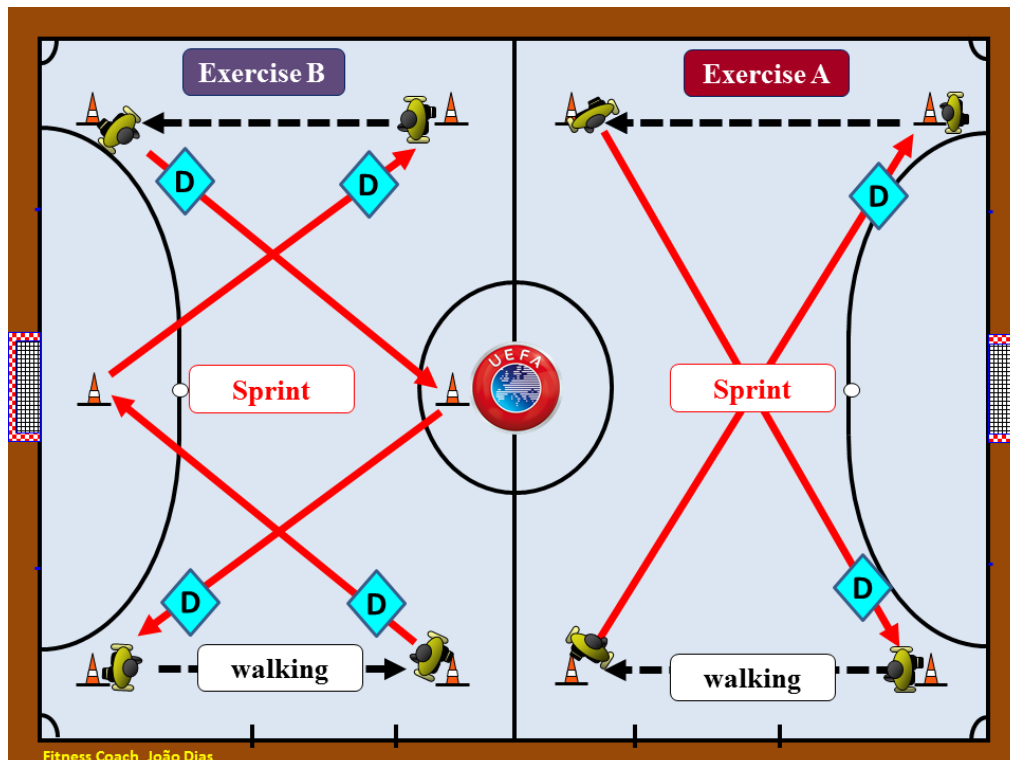
Total duration: 81'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 19th:
Tr. 132

- * 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. 20th: REST DAY

Sun. 21st: 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 04 from Monday 22nd to Sunday 28th of January **Macrocycle VI - week 4 (Training week 34)**

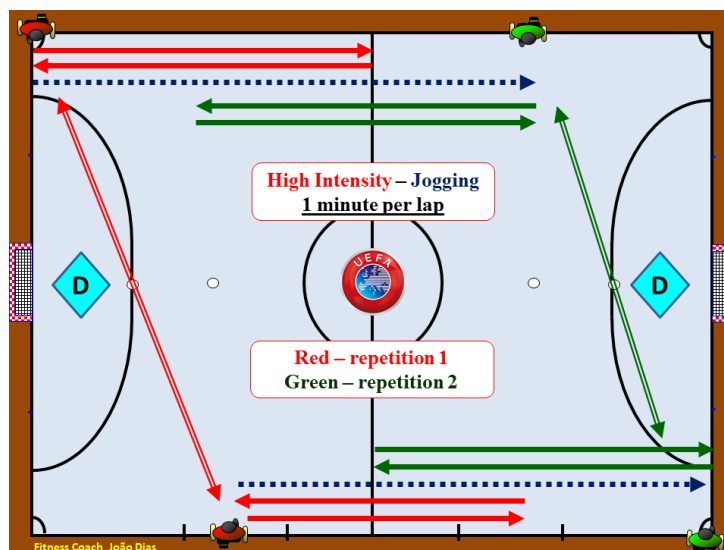
Mon. 22nd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 133

- * 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. 23rd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 134

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 1 workout of 12 minutes
<https://www.youtube.com/watch?v=m2Fi0v-grG0>
- * High Int. - run at 90% HRmax / jogging, according to the figure
- Rep 1 & 2 alternatively, with decision making every repetitions
- In total, this exercise takes 26' (4 sets of 5')
- 2' break between each set (hydration & stretching)



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

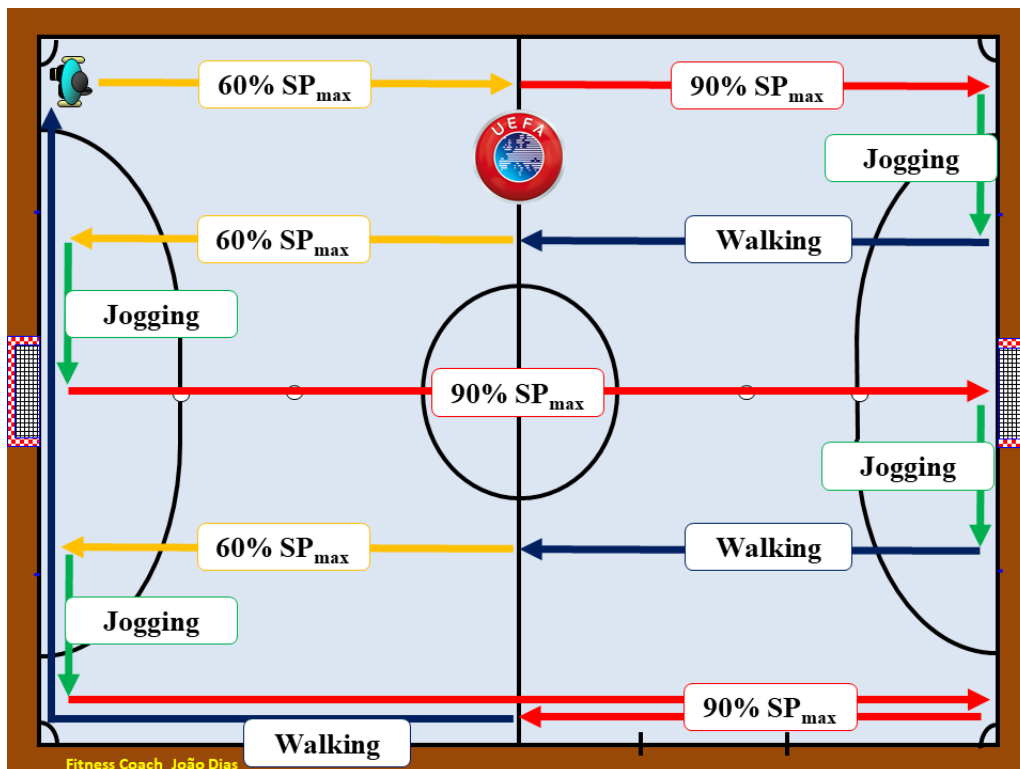
Total duration: 81'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 24th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 25th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 135
- * 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.



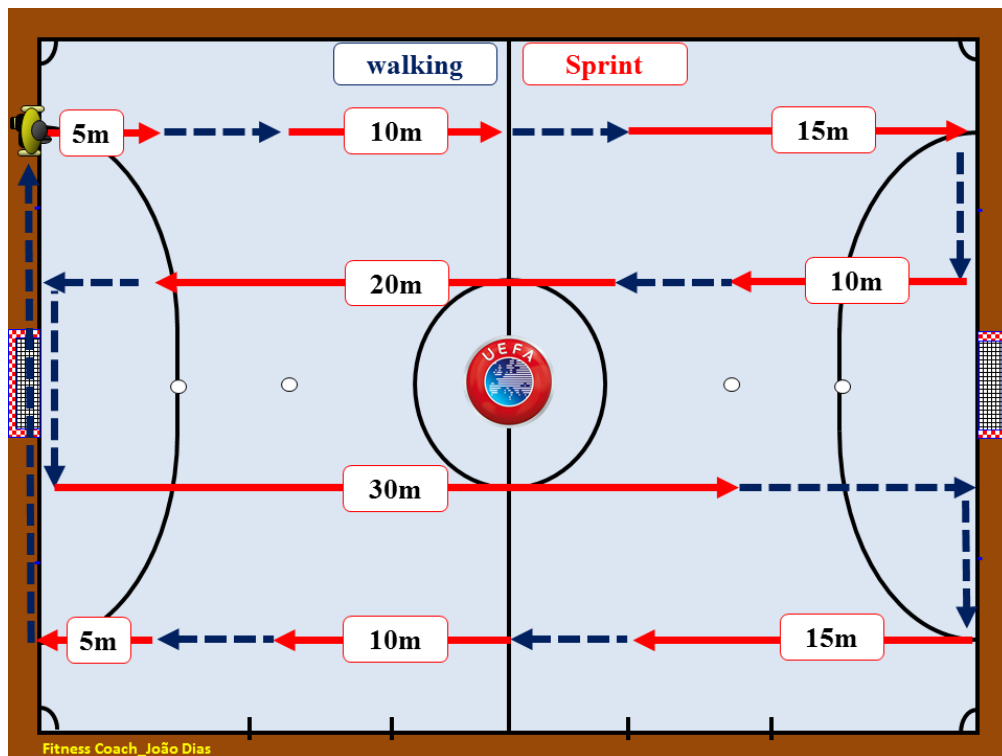
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 80'

- Fri. 26th:** * Warm up - 20' jogging, mobilisation and dynamic stretching
Tr. 136
- * Speed & Agility - Variations on the sideline pitch as follows:
 - Set 1 - 2 laps
 - 5' Hydration and Stretching
 - Set 2 - 2 laps



Performance Training in Futsal Refereeing Weekly Training Plan



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

Total duration: 50'

Sat. 27th: REST DAY

Sun. 28th: 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 05 from Monday 29th of January to Sunday 04th of February **Macrocycle VI - week 5 (Training week 35)**

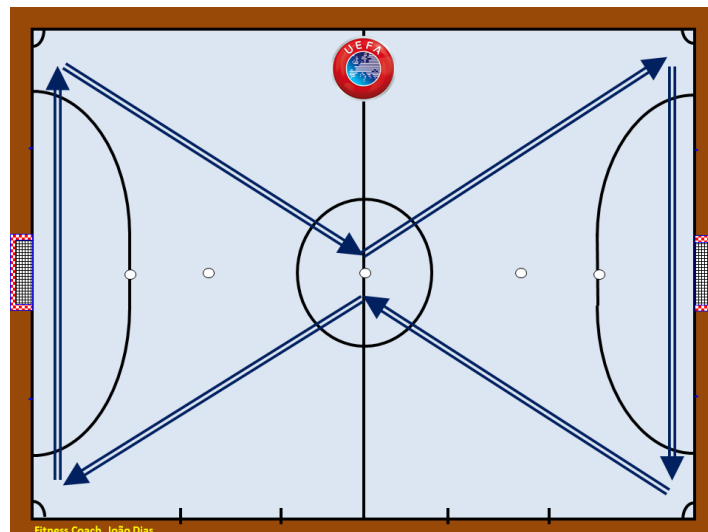
Mon. 29th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 137

- * 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. 30th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 138

- * 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=5Yq6_TmhVLI
- * 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'

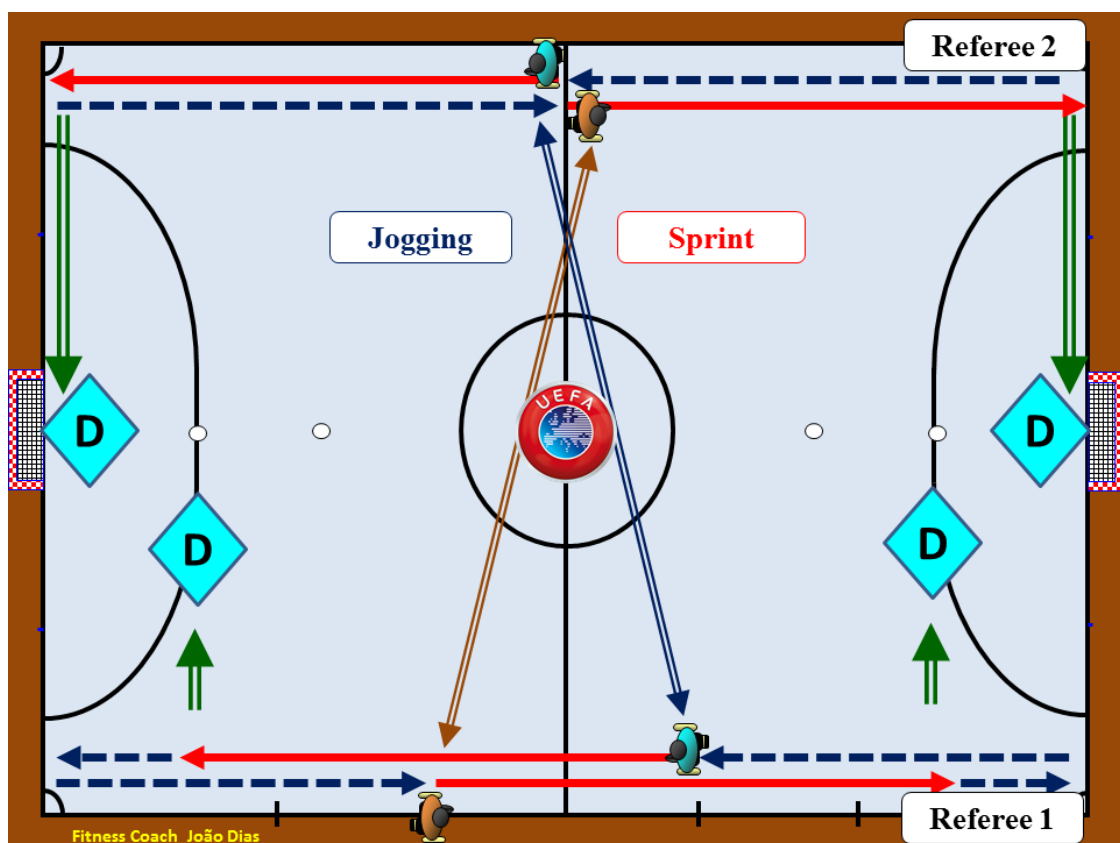


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 31st: REST DAY / Optional Training Session (Injury Prevention)

Thu. 01st: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 139

- * 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

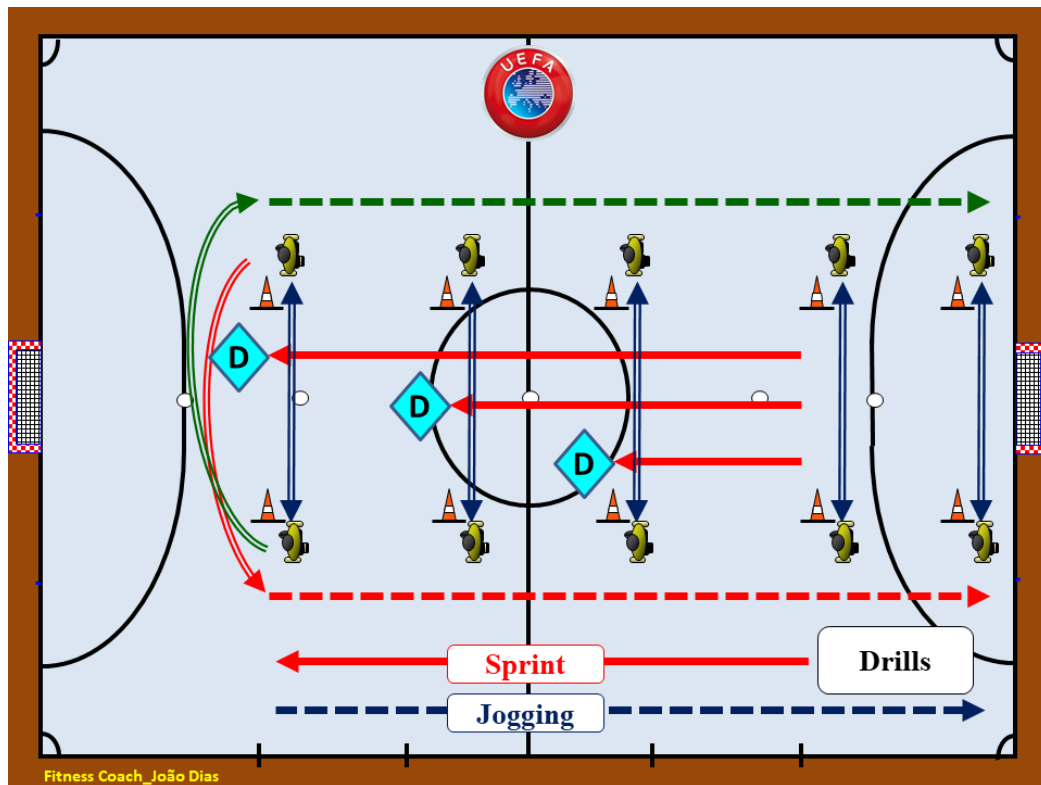
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 02nd:
Tr. 140

- * 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. 03rd: REST DAY

Sun. 04th: 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 06 from Monday 05th to Sunday 11th of February **Macrocycle VI - week 6 (Training week 36)**

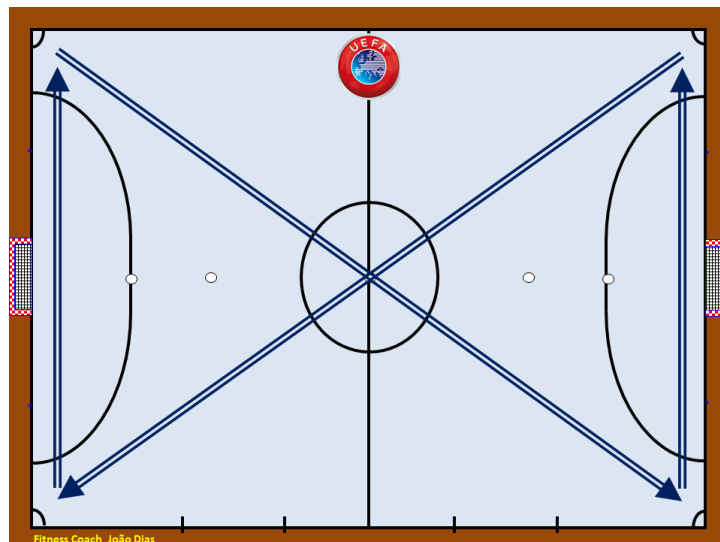
Mon. 05th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 141

- * 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. 06th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 142

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 1 workout of 12 minutes
<https://www.youtube.com/watch?v=VVSzp4woA0k>
- * 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. 07th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 08th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 143

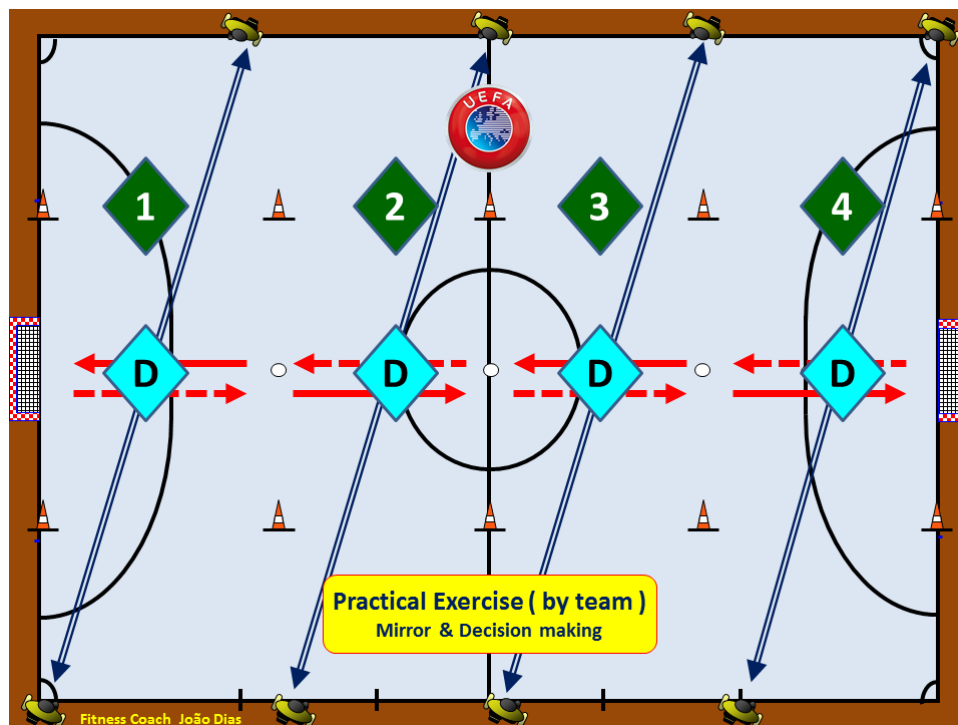
* Warm up - 20' jogging, mobilisation and dynamic stretching

* 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

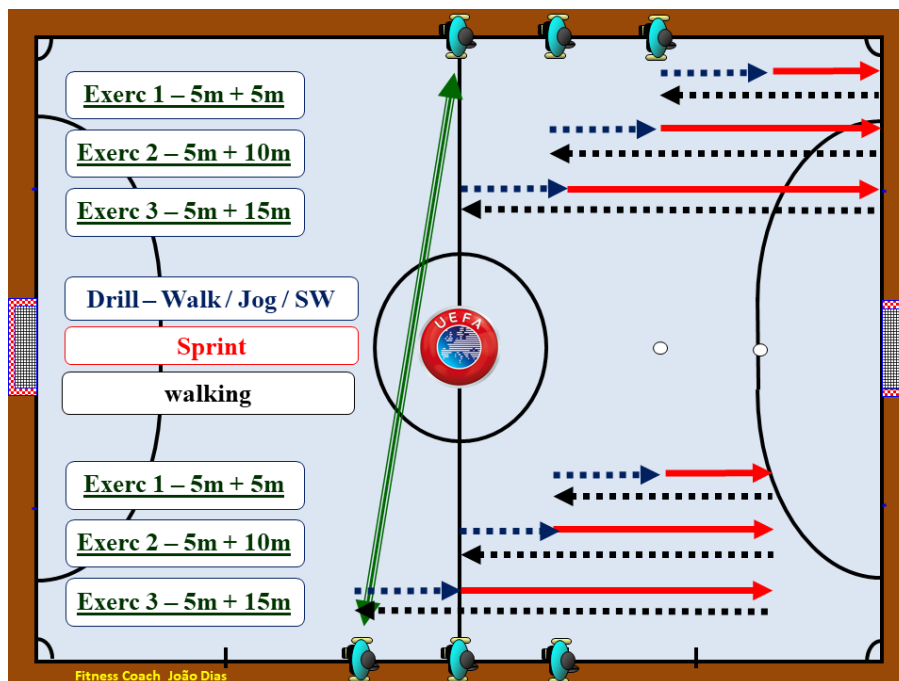
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 09th:
Tr. 144

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility
 - Variations on the sideline pitch as follows:
 - 5' Exercise - sideline Ref 1
 - 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 15m
 - Change sideline between sets



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

Total duration: 50'

Sat. 10th: REST DAY

Sun. 11th: 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.