



Performance Training in Football Refereeing Weekly Training Plan

WEEK 7 from Monday 12th to Sunday 18th of February Macrocycle VII, week 1 (Training week 37)

- Mon. 12th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 139
- Tue. 13th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 140
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 3 sets of 4' each (1' rest between Sets)
https://www.youtube.com/watch?v=a2J-5NN_2Tw
- * Speed End. - Run for 10m at 90% max speed, walk to the end (40m)
- Turn and run 20m at 90% SPmax, walk to the end (30m)
- Turn and run 30m at 90% SPmax, walk to the end (20m)
- Turn and run 40m at 90% SPmax, walk to the end (10m)
- Turn and run 50m at 90% SPmax, turn and run another 50m (100m)
- Your heart rate should peak at >90% HR_{max} at the end of each rep

- Rest for 90" then repeat 5 x. Total time is 15'.
- 4' passive recovery (until bpm < 65% HR_{max})



- The total duration of this session is ± 15'.
- * High Int. - Set 1: Run from goal line to midline at high intensity in 10". Then, jog to the opposite goal line in 20". Continue from goal line to the opposite goal line in 20". Recovery time of 20", 25", 30" recovery according to level. 10 reps.
- 2-4 min according to level.
- Set 2: Again 10 reps.



Performance Training in Football Refereeing Weekly Training Plan

Set 1 (10 reps)	11:40 min
Recovery	2-4 min
Set 2 (10 reps)	11:40 min
Total duration	± 26 min

Walking	W	600 m
Jogging	J	1000 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4600 m

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

Total duration: 98'

Wed. 14th: Rest day / Complementary strength and/or injury prevention training

- Thu. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 141
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1: Referees perform 5 laps
- Run at the appropriate intensity around the pitch perimeter.
- However, on lap 1 run around cone 1, and so on up to cone 5 on lap 5, thus increasing the run distance with each subsequent lap.
- The target zone should be 90%HR_{max}.

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	300 m
Jogging	J	1300 m
Backwards	BW	---
Sideways	SW	---
High Int.	HI	1800 m
Sprint	S	---
Total distance		3400 m

- 2' recovery
- Set 2:
- However, on lap 1 start with cone 5, and on LAP 5 finish with cone 1, thus decreasing the run distance with each subsequent lap.
- This exercise takes ± 22' (10' Set 1 + 2' recovery + 10' Set 2).

- * Match - 10' match play
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

Fri. 16th: Rest day / Complementary strength and/or injury prevention training

- Sat. 17th: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 142
- * Speed - 5 maximal sprints in the order illustrated below.
 - Walk back to the start after each individual sprint.
 - Once the 5 sprints (140 m total sprinting distance) have been completed take a 5' stretching break.

2 sets of 5 sprints

Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
Total duration	15 min

Walking	W	160 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	280 m
Total distance		440 m

- Then perform a second set of sprints for a session total of 10 sprints. Start the sprints this time sideways right and turn on the opposite shoulder to the first set when turning from backwards jogging to sprinting.

- The total exercise time is 15'.

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

Total duration: 50'



Performance Training in Football Refereeing Weekly Training Plan

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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.

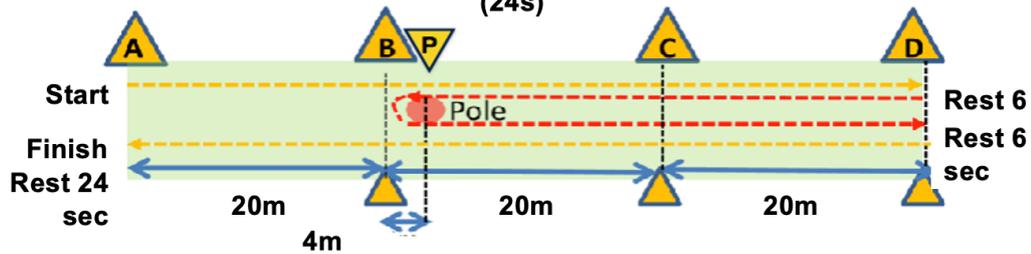


Performance Training in Football Refereeing Weekly Training Plan

WEEK 8 from Monday 19th to Sunday 25th of February Macrocycle VII, week 2 (Training week 38)

- Mon. 19th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 143
- Tue. 20th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 144
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
https://www.youtube.com/watch?v=Goo0g_zmFBY
 - * High Int. - 3 Sets of the typical SDS exercise with the newest audio file, i.e. without countdown!

1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)



	Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
Timetable by set	1	0:00	0:12	0:18	0:34	0:40	0:52
	2	1:16	1:28	1:34	1:50	1:56	2:08
	3	2:32	2:44	2:50	3:06	3:12	3:24
	4	3:48	4:00	4:06	4:22	4:28	4:40
	5	5:04	5:16	5:22	5:38	5:44	5:56

- This exercise takes 21'15" and covers 2.880 m of HI running.

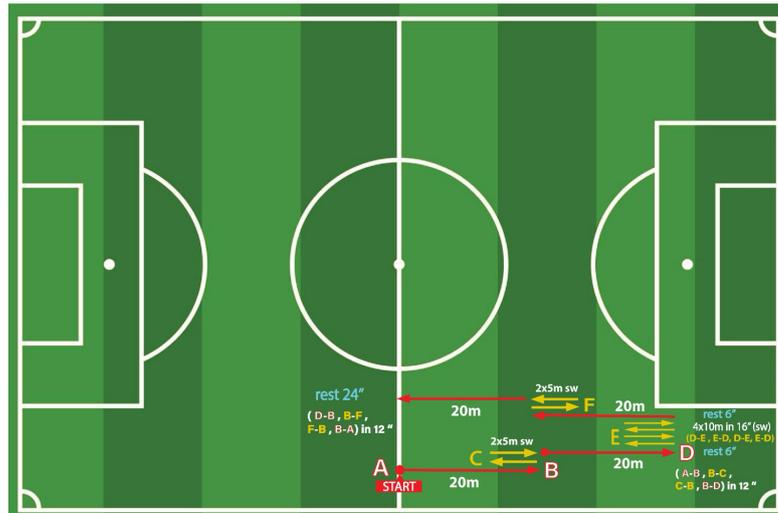
- For ARs, there is a new variation that is using the same sound file as for the regular SDS for Referees. For 3 Sets, it takes about 21'.

Timetable						
Lap	Recovery	A - B - A	Rest	AC - CA AC - CA	Rest	A - B - A
		Double		Quadruple		Double
1	00:00	00:12	00:18	00:34	00:40	00:52
2	01:16	01:28	01:34	01:50	01:56	02:08
3	02:32	02:44	02:50	03:06	03:12	03:24
4	03:48	04:00	04:06	04:22	04:28	04:40
5	05:04	05:16	05:22	05:38	05:44	05:56
72" rest						

COMPARING TESTS		
ARIET		F - S - F
1470	DISTANCE (m)	2100
930	FORWARD (m)	1200
540	SIDEWAYS (m)	900
45	TURNS	135
11'15"	TOTAL TIME OF THE TEST	20'12"
3'40"	TOTAL TIME OF THE REST	10'12"
7'35"	TOTAL TIME OF ACTIVITY	10'
7 TO 8	SUBJECTIVE FEELING OF THE TEST	8 TO 9



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- A video clip is available on <https://www.perception4perfection.eu>

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

Total duration: 78'

Wed. 21st:

Rest day / Complementary strength and/or injury prevention training

Thu. 22nd:

* Low Int.

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

Tr. 145

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

- 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).

* Speed End.

- Set 1:
- 2 laps of the following field exercise.
- The running speed should be minimum 95% SP_{max}.
- One lap consists of 7 (sub)maximal sprints followed by 7 recovery jogs. The jogging should take 3 times longer than the duration of the tempo run. After reaching the finish, the referees jog all along the goal line until the next corner and then walk back to the start position. It takes ± 13' to do 2 full laps.

- 4' recovery

- Set 2: Again 2 laps of 7 sprints.

One lap	6.5 min
Set 1 (2 laps)	13 min
Recovery	4 min
Set 2 (2 laps)	13 min
Total duration	30 min

Walking	W	400 m
Jogging	J	1640 m
Backwards	BW	---
Sideways	SW	---
Speed End.	SE	1400 m
Sprint	S	---
Total distance		3440 m

- The exercise takes ± 31' (13' Set 1 + 4' recovery + 13' Set 2).

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

Total duration: 86'

Fri. 23rd: Rest day / Complementary strength and/or injury prevention training

Sat. 24th:
Tr. 146

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed
 - Set 1:
 - (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.
 - 3' recovery

Set 1 (1 lap)	2 min
Recovery	2 min
Set 2 (1 lap)	2 min
Recovery	2 min
Set 3 (1 lap)	2 min
Total duration	10 min

Walking	W	420 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	---
Sprint	S	300 m
Total distance		720 m

* Speed

- Set 2:
- Now start first with 40m and then work down to 10 m.



Performance Training in Football Refereeing Weekly Training Plan

- 3' recovery
- * Speed - Set 3: Repeat set 1
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 25th: 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.

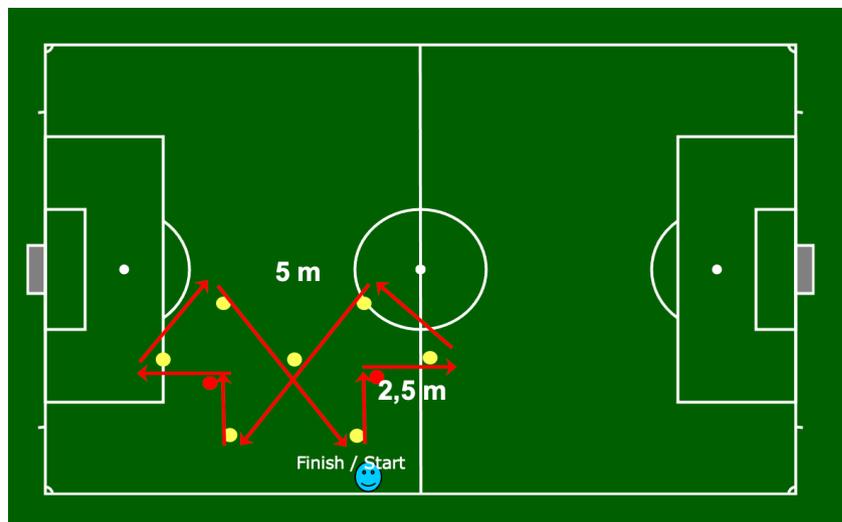


Performance Training in Football Refereeing

Weekly Training Plan

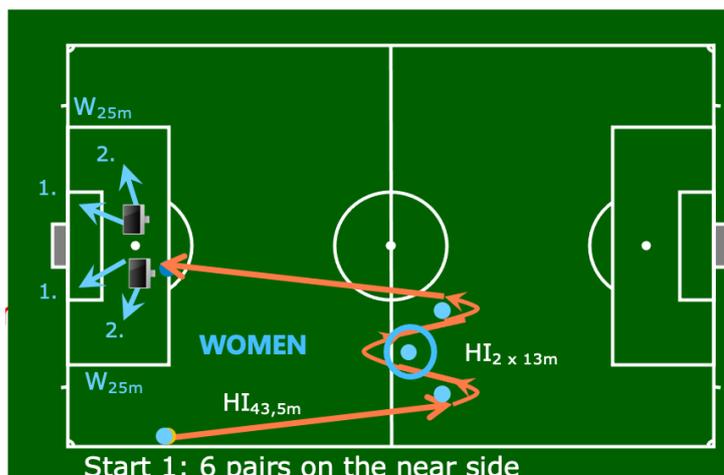
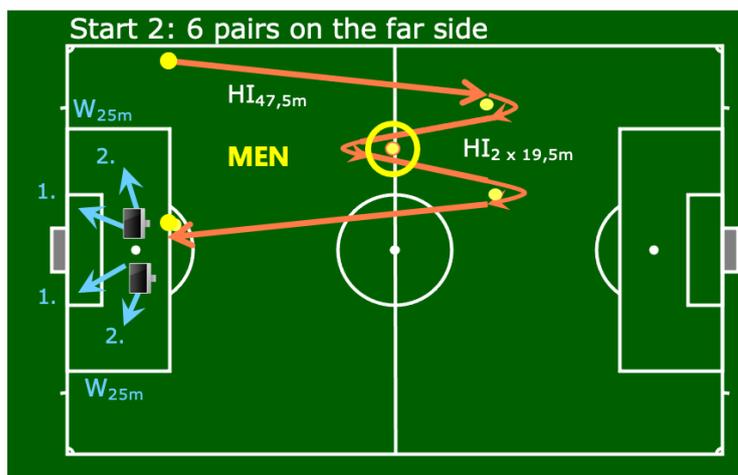
WEEK 9 from Monday 26th of February to Sunday 3rd of March Macrocycle VII, week 3 (Training week 39)

- Mon. 26th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 147
- Tue. 27th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 148
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises)
- Alternatively, you can consider a Functional Training Session:
- 3 sets of 4' each (1' rest between Sets)
<https://www.youtube.com/watch?v=ZCcX2Egirp4>
- * Speed/Agility - This **new** agility exercise takes place in a square of 5 x 5 m as follows:
- Set 1: 3 Reps of the following sequence
 - 2,5 m forward > 2,5 m sideways > Short diagonal > Long diagonal
 - 2,5 m forward > 2,5 m sideways > Short diagonal > Long diagonal
 - 1 min recovery between Reps
 - 3' recovery
 - Set 2: Now start on the other side and complete again 3 Reps



- * High Int. - Set 1: Field exercise, 10 to 12 x
- From the start, run at high intensity to the other side of the field, turn around the 3 cones and run to the TV screens to take a decision, report your decision, and return to the starting position. The fitness level determines around which cone the referees may turn (either 134 m or 113 m in 30 sec)

- 4' recovery
- Set 2: Same as set 1, however, start on the opposite side.
- All together, for 10 laps this exercise takes 34 min including 2' rec.
- This is how we did it for the first-time with mixed teams during the winter course in Rome 2023 (men and women).



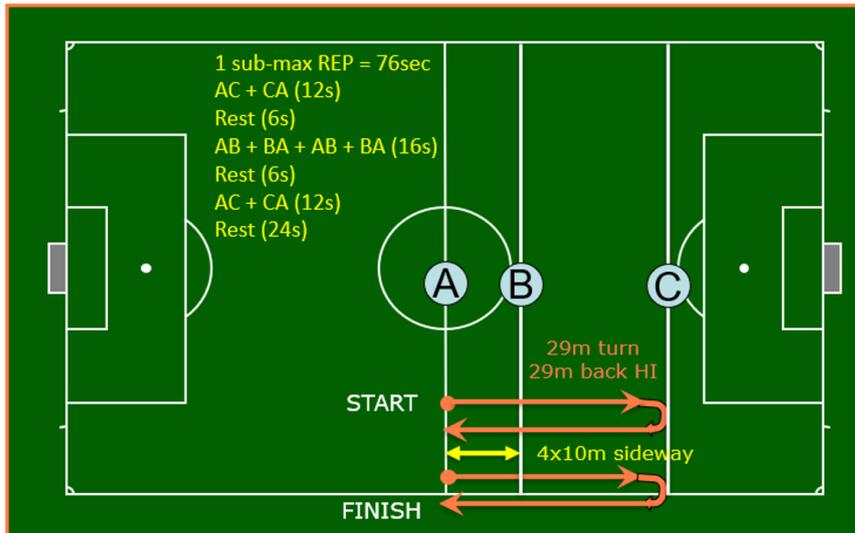
* Concentration: - In case there are no TV screens available, try the next alternative:

When the referee arrives in the penalty area after his 150 m run, the coach moves along the edge of the penalty area with a ball in his hands. When he bounces the ball on the ground, the referee must decide if it is a foul for the attacking team inside (> penalty) or outside (> free kick) the penalty area. If the referee's decision is correct > thumbs up, if not > 5 push-ups.

- For ARs, there is a new challenging exercise, the D-Q-D exercise: Your coaches have the audio file!



Performance Training in Football Refereeing Weekly Training Plan



DQD TEST	
3 Sets of 5 reps	
One rep	1 min 16 sec
Set 1 (5 reps)	5 min 56 sec
Recovery	72 sec
Set 2 (5 reps)	5 min 56 sec
Recovery	72 sec
Set 3 (5 reps)	5 min 56 sec
HI	1740 m
SW	600 m
Total distance AR	2340 m

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

Total duration: 90'

Wed. 28th:

Rest day / Complementary strength and/or injury prevention training

Thu. 29th:
Tr. 149

- * 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 & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
https://www.youtube.com/watch?v=Goo0g_zmFBY
- * Speed End. - Field exercise, 8 laps in total from the start as follows:
 - Sideways-R (\pm 15 m)
 - Jog to next cone (\pm 40 m)
 - Backwards jogging to the next cone (\pm 15 m)
 - High speed run around the top cone and to the next cone (\pm 100m)
 - The running speed should be minimum 95%SP_{max}.
 - Running backwards to the next cone (\pm 15 m)
 - Jogging at medium intensity to the next cone (\pm 40 m)
 - Sideways-L (\pm 15 m)
 - Walk back to start (\pm 60 m)
 - One full lap, arriving back at the start takes \pm 90".
 - Therefore, restart every 90".
 - Set 1 (8 laps) takes \pm 12' to complete.
- 4' recovery
- Set 2: Field exercise, again 6 laps of 2' each.

- All together, this speed endurance exercise takes $\pm 28'$
(12' Set 1 + 4' recovery + 12' Set 2)

2 sets of 8 laps		
One lap		1.5 min
Set 1 (5 laps)		10 min
Recovery		4 min
Set 2 (5 laps)		10 min
Total duration		24 min
Walking	W	960 m
Jogging	J	1300 m
Backwards	BW	640 m
Sideways	SW	480 m
Speed End	SE	1920 m
Sprint	S	---
Total distance		5300 m

* SE for ARs - While the referees perform their 2 sets of the HI exercise, the next SE exercise can be considered for the assistant referees.

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	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
Speed End	SE	1600 m
Sprint	S	---
Total distance		3200 m

- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 93'

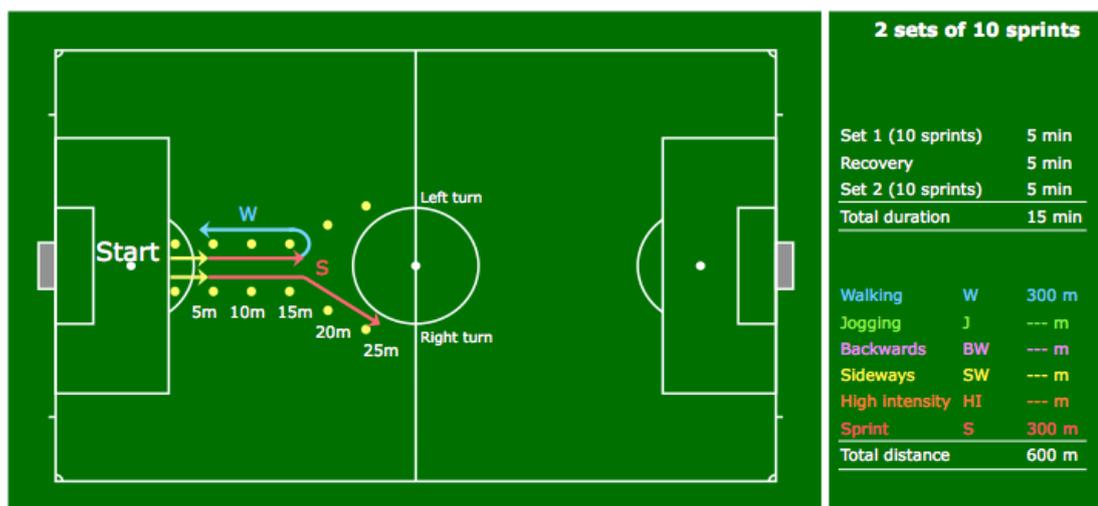
Fri. 1st: REST DAY

- Sat. 2nd:
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Speed - Short sprints from a dynamic start:
- 2 x 5 m, 2 x 10 m, 2 x 15 m, 2 x 20 m and 2 x 25 m
(with a change in direction to the left)
 - 5' recovery



Performance Training in Football Refereeing Weekly Training Plan

- The second set of the 10 sprints is done in reversed order, i.e. 2 x 25 m (with a change in direction to the right), 2 x 20 m, 2 x 15 m, 2 x 10 m and 2 x 5 m



- The total exercise time is 15'

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

Total duration: 50'

Sun. 3rd.

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.

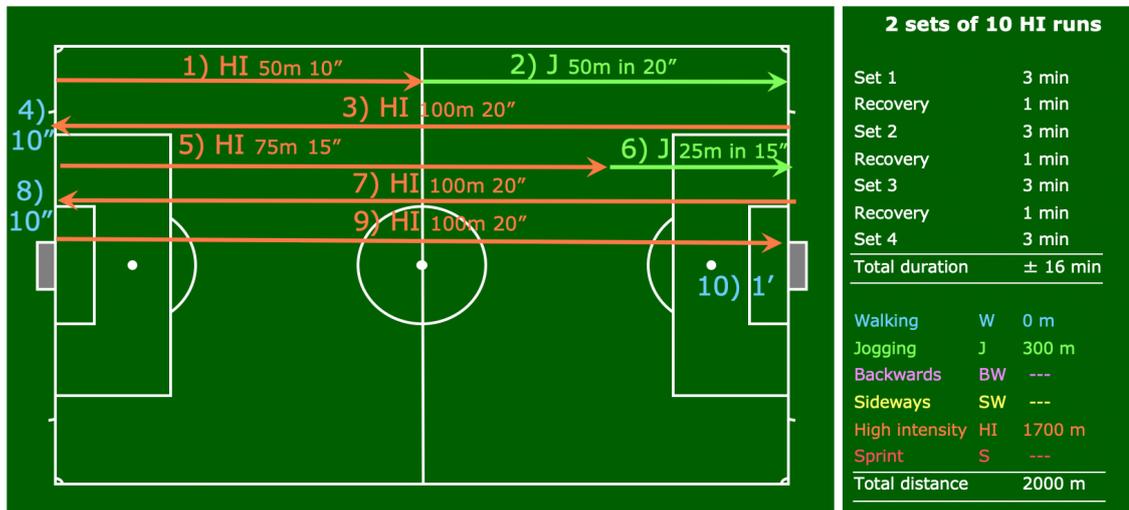
Alternatively, you may also consider other intermittent activities such as badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 10 from Monday 4th to Sunday 10th of March Macrocycle VII, week 4 (Training week 40)

- Mon. 4th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 151
- Tue. 5th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 152
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises)
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
<https://www.youtube.com/watch?v=KNlhyiA3h9o>
- * High Int. - Set 1: 1) Run from goal line to midline at high speed in 10". 2) jog to the opposite goal line in 20". 3) Run from goal line to goal line at high speed in 20". 4) 10" recovery. 5) Run from goal line to the opposite penalty arc in 15". 6) jog to the goal line in 25". 7) Run from goal line to goal line at high speed in 20". 8) 10" recovery. 9) Run from goal line to goal line at high speed in 20". 10) 1' recovery.
- 1' recovery
- Set 2-3-4: same procedure



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

Total duration: 81'

Wed. 6th: REST DAY

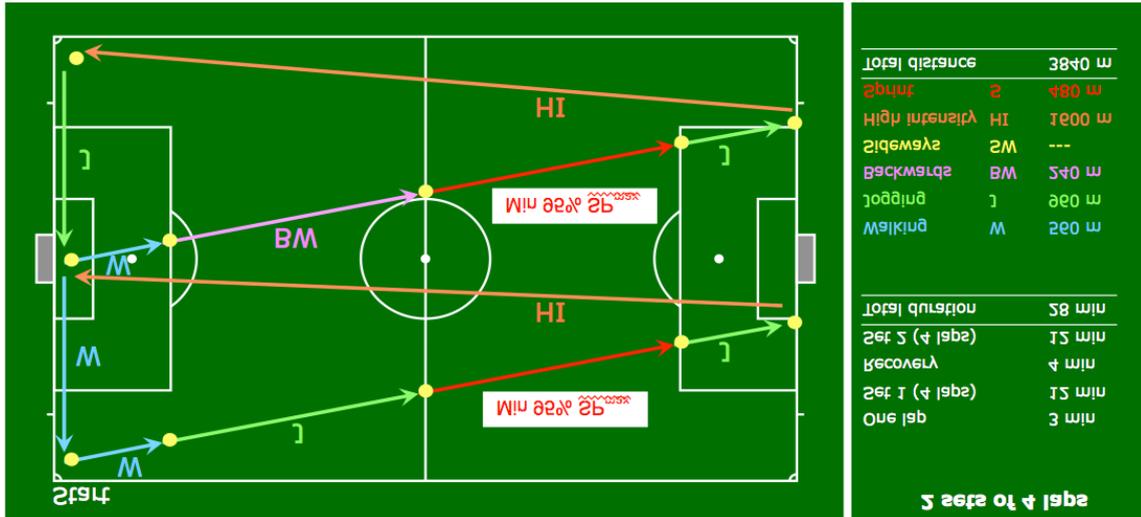
Thu. 7th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 153



Performance Training in Football Refereeing Weekly Training Plan

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Speed End. - Set 1:
- 4 laps of ± 3' each.

- 4' recovery



- Set 2:
- 5 laps of ± 2'30" each.
- This exercise takes ± 29' (12'30" Set 1 + 4' rec. + 12'30" Set 2).
- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 93'

Fri. 8th: Rest day / Complementary strength and/or injury prevention training

Sat. 9th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 154

* Speed/Agility - Penalty area exercise, as per diagram below.

- Set 1:
5 laps in the penalty area from start to finish as indicated.



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 5 laps		
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	---
Backwards	BW	200 m
Sideways	SW	200 m
High Intensity	HI	---
Sprint	S	520 m
Total distance		1320 m

- Set 2:

- Perform another 5 laps of the penalty area exercise.

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 10th:

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.

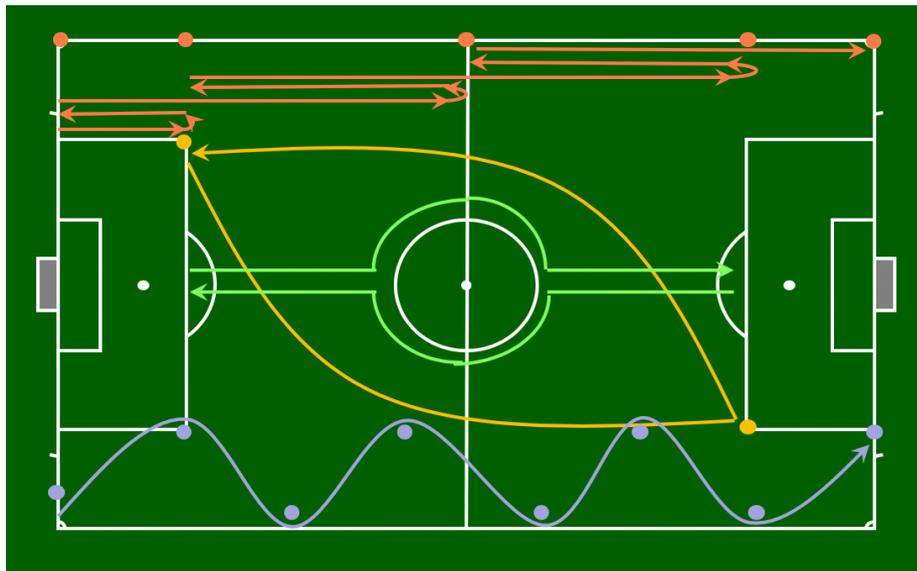
Alternatively, you may also consider other intermittent activities such as badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 11 from Monday 11th to Sunday 17th of March Macrocycle VII, week 5 (Training week 41)

- Mon. 11th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 155
- Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 156
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 3 sets of 4' each (1' rest between Sets)
<https://www.youtube.com/watch?v=7GiegQW556Y>
- * High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery
- 2 min recovery between each of the 4 sets
- The swerv (6x 30"-30")
- The diagonal (4x 40"-40")
- Across the halfway line (10x 15"-15")
- The suicide (3x 60"-60")



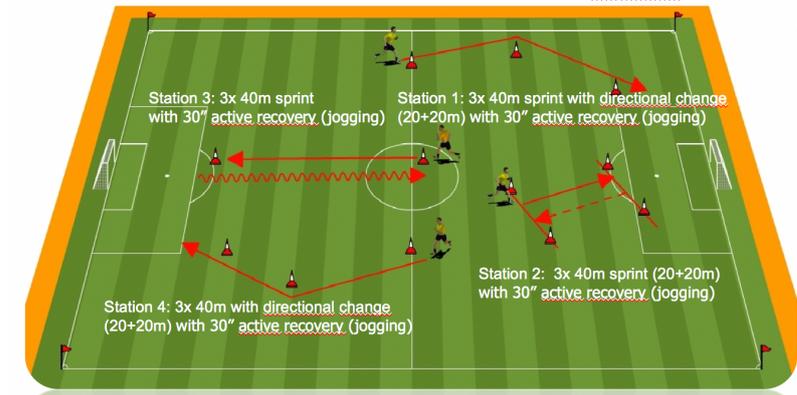
- All together this exercise takes 4 times 6 min with 2 min rec ± 30'.

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

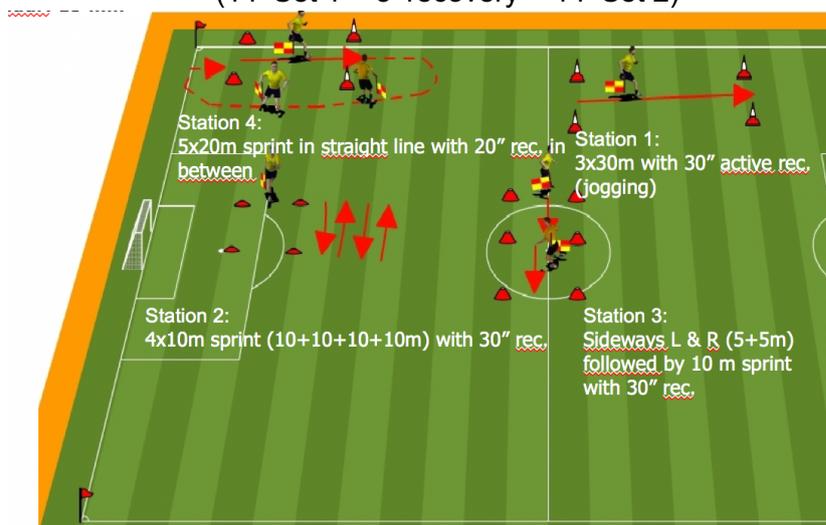
Wed. 13th: Rest day / Complementary strength and/or injury prevention training Total duration: 85'

- Thu. 14th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 157
- * Warm up - 20' jogging, mobilisation and dynamic stretching.

- * Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Rep. Spr. Ab. - **Referees** are organized in 4 stations
 - They repeat 3 reps of 40 m and have 1' recovery between stations
 - Between Set 1 and Set 2, there is 3-4' recovery
 - The RSA distance = $(3 \times 40\text{m}) \times 4 \text{ stations} = 480\text{m}) \times 2 \text{ sets} = 960\text{m}$
 - All together, these 2 RSA sets take $\pm 26'$ (14' Set 1 + 3' recovery + 14' Set 2)



- * Rep. Spr. Ab. - **Assistant Referees** are organized in 4 stations
 - They repeat 3 reps of 40 m and have 1' recovery between stations
 - Between Set 1 and Set 2, there is 3-4' recovery
 - The RSA distance = $(3 \times 40\text{m}) \times 4 \text{ stations} = 480\text{m}) \times 2 \text{ sets} = 960\text{m}$
 - All together, these 2 RSA sets take $\pm 26'$ (14' Set 1 + 3' recovery + 14' Set 2)



- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

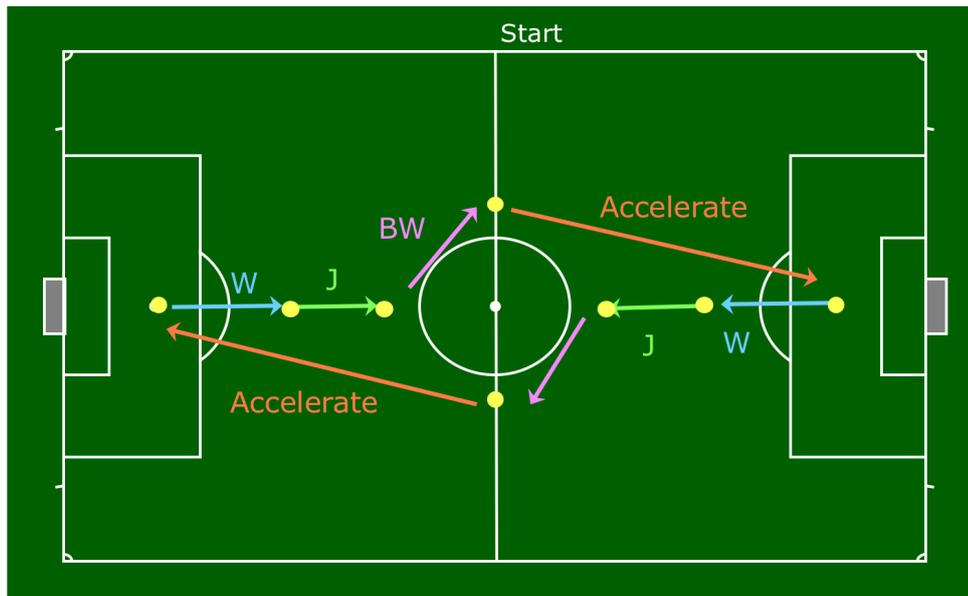
Total duration: 91'

Fri. 15th:

REST DAY

Sat. 16th:
Tr. 158

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed - Variations on the centre circle sprint:
 - Set 1: 4 laps in total (8 accelerations).
 - 3' recovery
 - Set 2: 4 laps in total (8 accelerations).



- The total exercise time is 15'.

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

Total duration: 51'

Sun. 17th:

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.

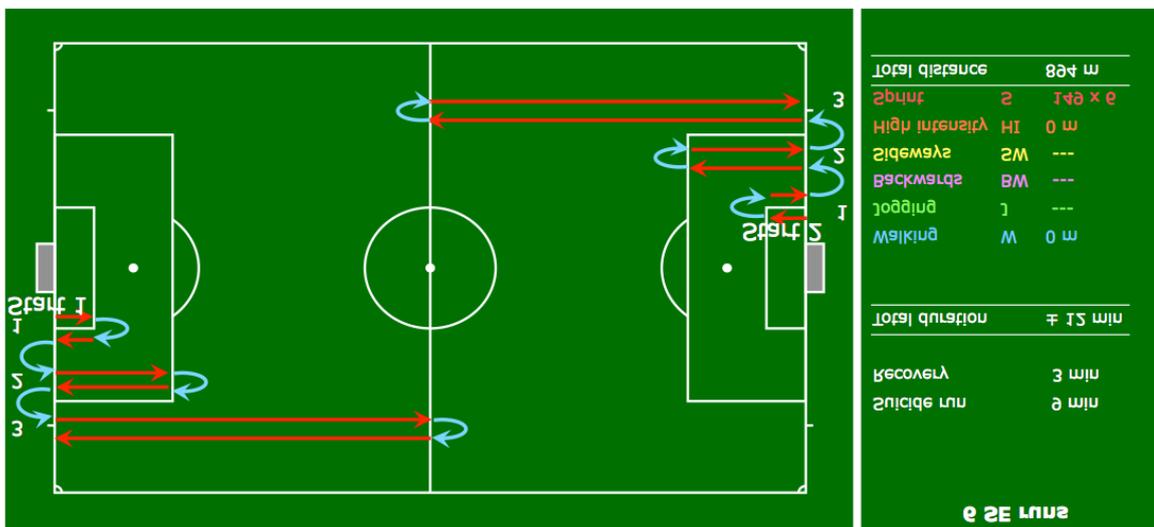
Alternatively, you may also consider other intermittent activities such as badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 12 from Monday 18th to Sunday 24th of March Macrocycle VII, week 6 (Training week 42)

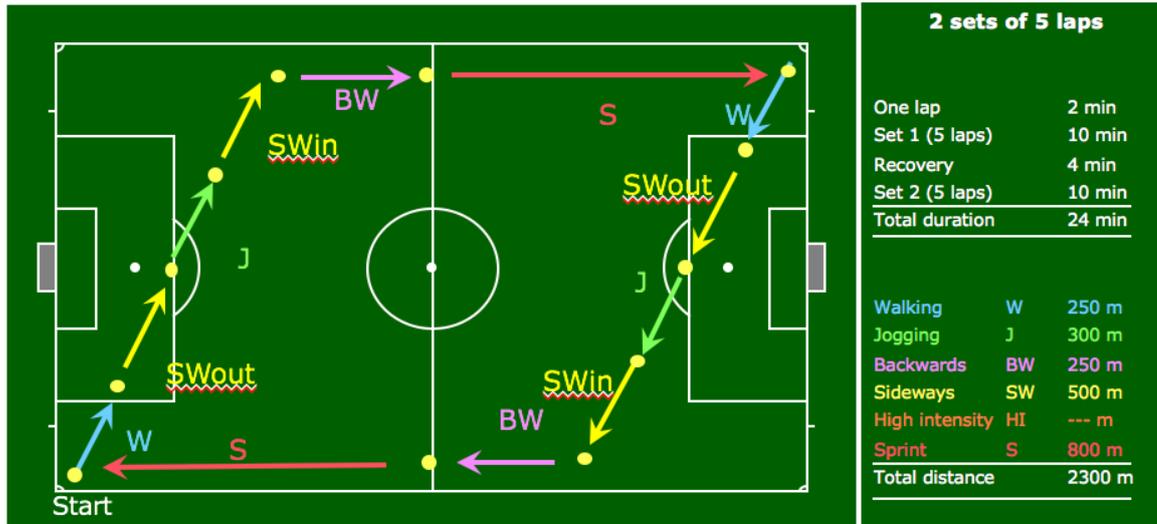
- Mon. 18th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 159
- Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 160
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- Alternatively, you can consider a Functional Training Session:
- 1 workout of 12 min:
<https://www.youtube.com/watch?v=xEoCXW09-pk>
- * Speed End. - 'Suicide run':
- Sprint from the goal line to goal area line and back.
- Then immediately sprint from the goal line to the edge of the penalty area and back.
- Finally, sprint to the halfway line and back.
- 1' rest.
- Repeat 6 x.
- For each run, the reference time is < 25" (very good), < 30" (good).
- In case of group sessions, it is possible to use 2 starting positions as mentioned below.
- 3' recovery.



- * Speed End. - Just 1 Set of 5 laps: 'Referee run': 10'



Performance Training in Football Refereeing Weekly Training Plan



- 3' recovery

- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.

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

Total duration: 87'

Wed. 20th: Rest day / Complementary strength and/or injury prevention training

Thu. 21st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 161

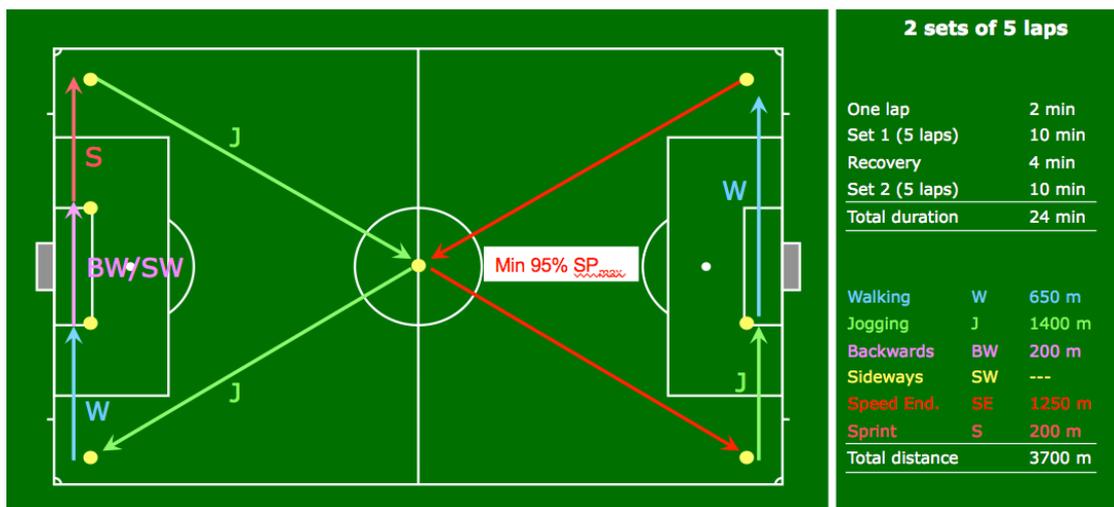
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).

* Speed End. - Set 1:
- Field exercise, 5 laps of ± 2' each performing the different activities at the appropriate intensities. Where indicated, the running speed should be minimum 95%SP_{max}.
- 4' recovery
- Set 2:
- Field exercise, 5 laps of ± 2' each.



Performance Training in Football Refereeing Weekly Training Plan



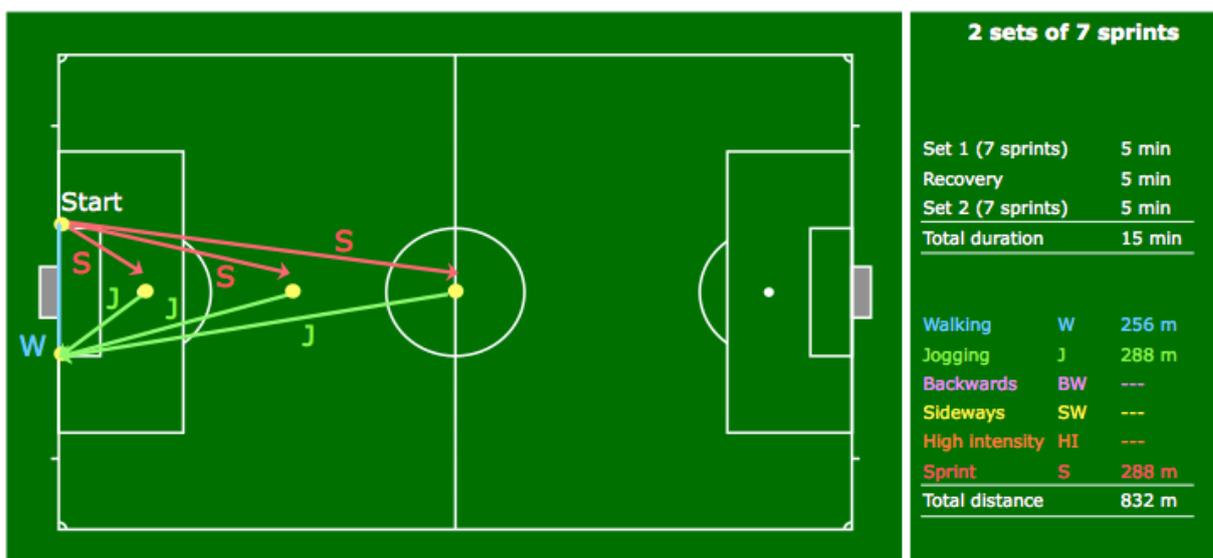
- All together this exercise takes 24'
(10' Set 1 + 4' recovery + 10' Set 2)

- * Match - 10' match play.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 89'

Fri. 22nd: Rest day / Complementary strength and/or injury prevention training

- Sat. 23rd:
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - Tr. 162
 - * 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



- Sprints should ideally start from a dynamic start position (walking, jogging, sideways or backwards...).



Performance Training in Football Refereeing Weekly Training Plan

- 5' recovery, followed by a 2nd Set of 7 sprints.

- The total exercise time is 15'

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

Total duration: 50'

Sun. 24th: 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, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation if you are used to these leisure activities.