



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 47 from Monday 18<sup>th</sup> to Sunday 24<sup>th</sup> of November** **Macrocycle V - week 1 (Training week 25)**

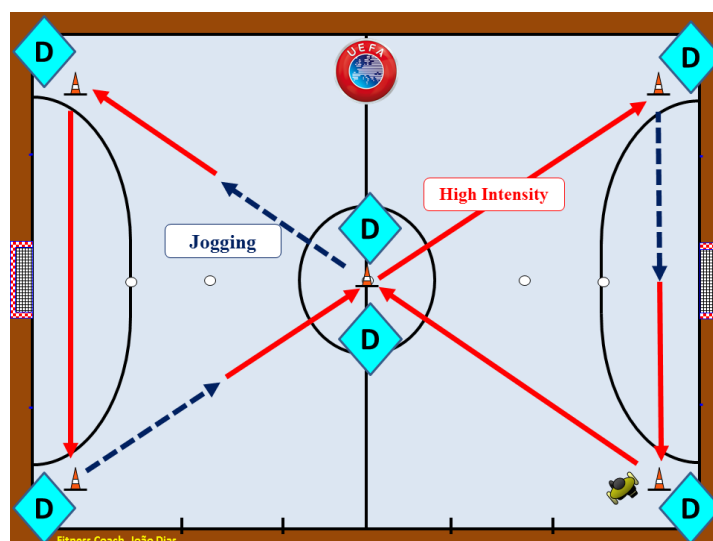
**Mon. 18<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 97

- \* 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. 19<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 98

- \* 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=ZZBqCkpXGk8>
- \* 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'

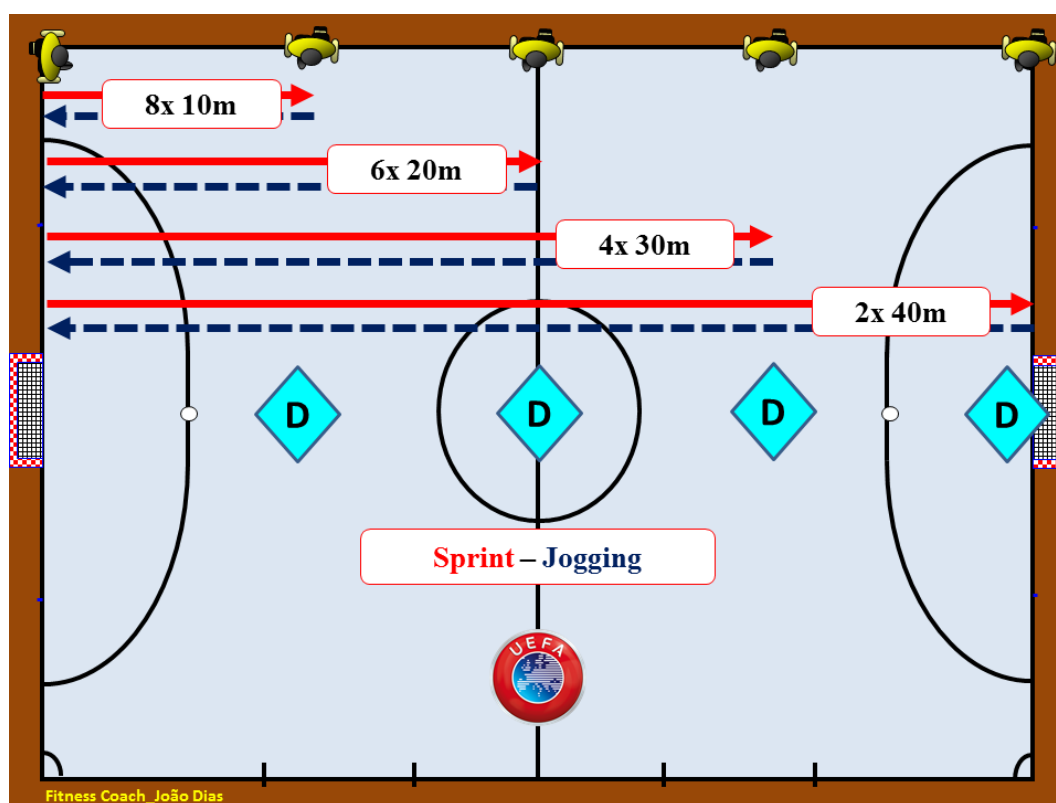


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 20<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 21<sup>st</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 99

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Strength - 15' strength, core stability and injury prevention exercises
- \* Integrated Technical Exercise - on the sideline, following the movements mentioned in the figure.  
Take technical/disciplinary decisions after the accelerations.



Set 1 - after each sprint, take a decision (sideline Ref 1)

- 1 lap jogging after the 1<sup>st</sup> set

Break: 3' - Hydration & Stretching

Set 2 - after each sprint, take a decision (sideline Ref 2)

- 1 lap jogging after the 2<sup>nd</sup> set

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

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

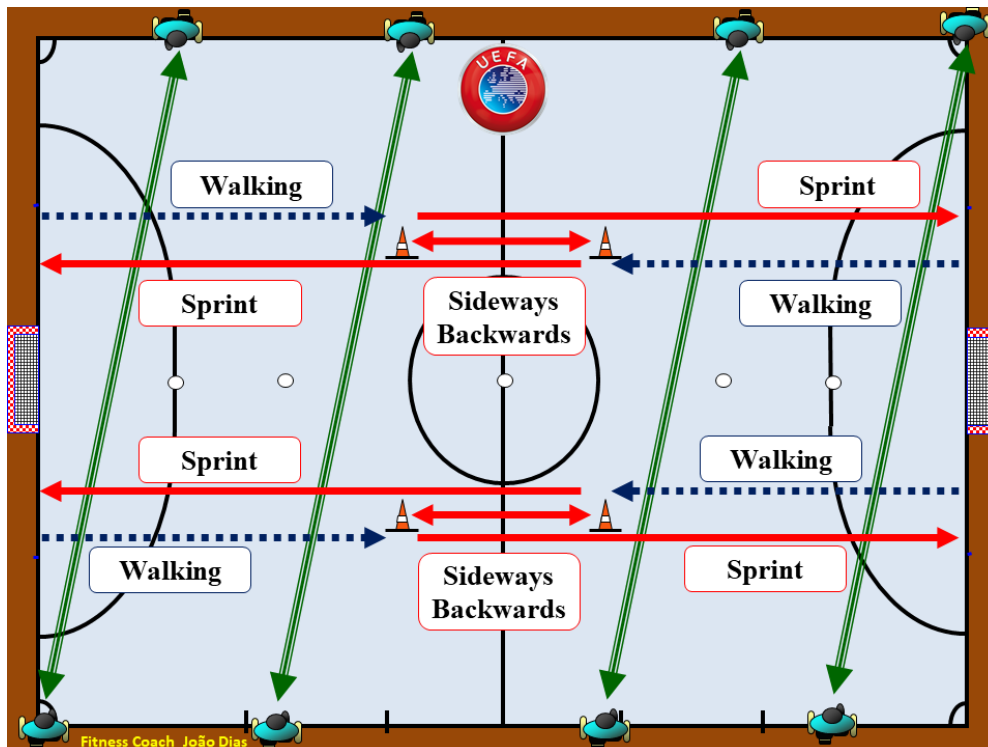
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 22<sup>th</sup>:**  
Tr. 100

- \* 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. 23<sup>th</sup>:** REST DAY

**Sun. 24<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 48 from Monday 25<sup>th</sup> of November to Sunday 01<sup>st</sup> of December** **Macrocycle V - week 2 (Training week 26)**

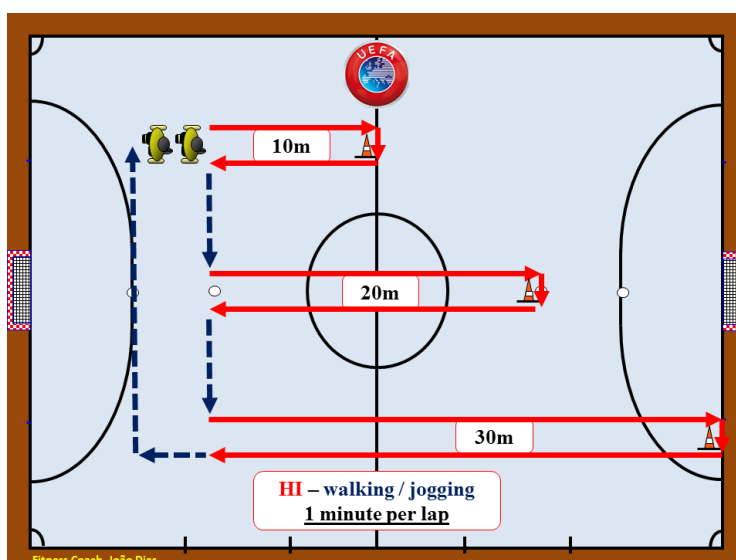
**Mon. 25<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 101

- \* 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. 26<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 102

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
[https://www.youtube.com/watch?v=ttkg49P\\_7ds](https://www.youtube.com/watch?v=ttkg49P_7ds)
- \* High Int. - run at 90% HRmax / jogging, according to the figure  
- In total, this exercise takes 22' (2 sets of 10 laps)  
- 2' break between the sets (hydration & stretching)



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

Total duration: 77'

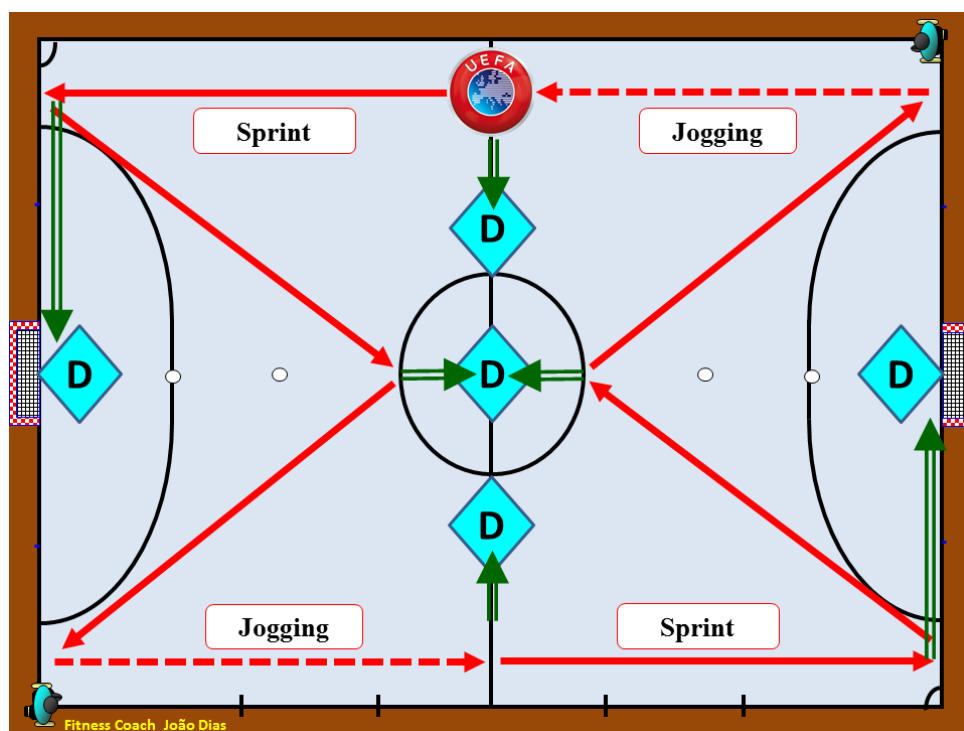


## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 27<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 28<sup>th</sup>:**  
Tr. 103

- \* 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, 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

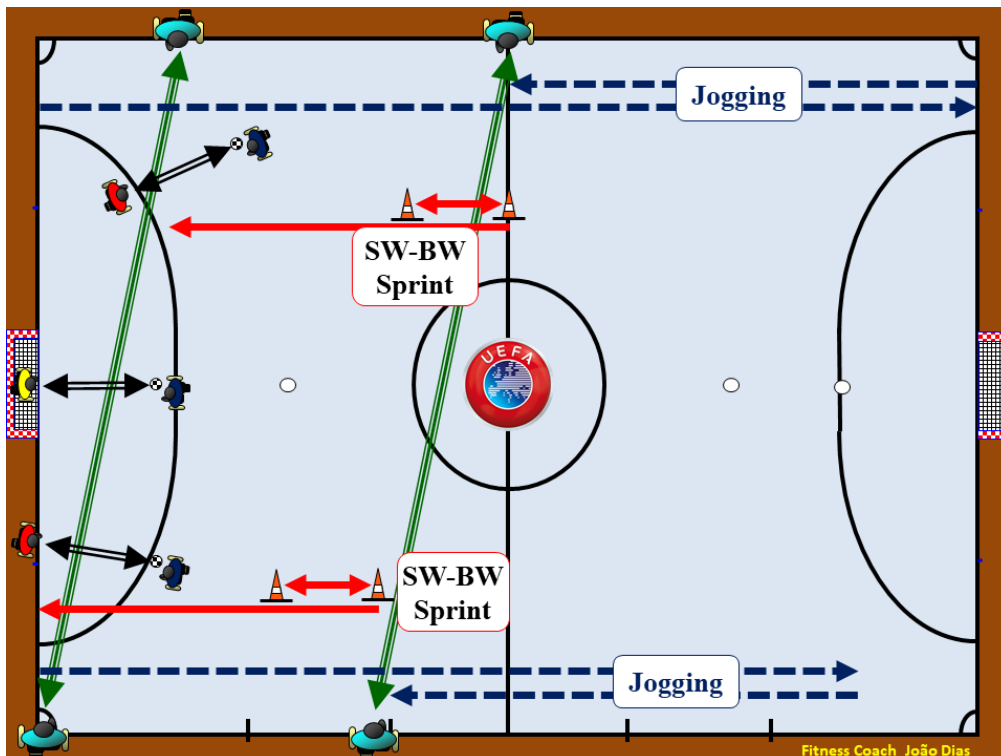
Total duration: 80'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 29<sup>th</sup>:**  
Tr. 104

- \* 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. 30<sup>th</sup>:** REST DAY

**Sun. 01<sup>st</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 49 from Monday 02<sup>nd</sup> to Sunday 08<sup>th</sup> of December** **Macrocycle V - week 3 (Training week 27)**

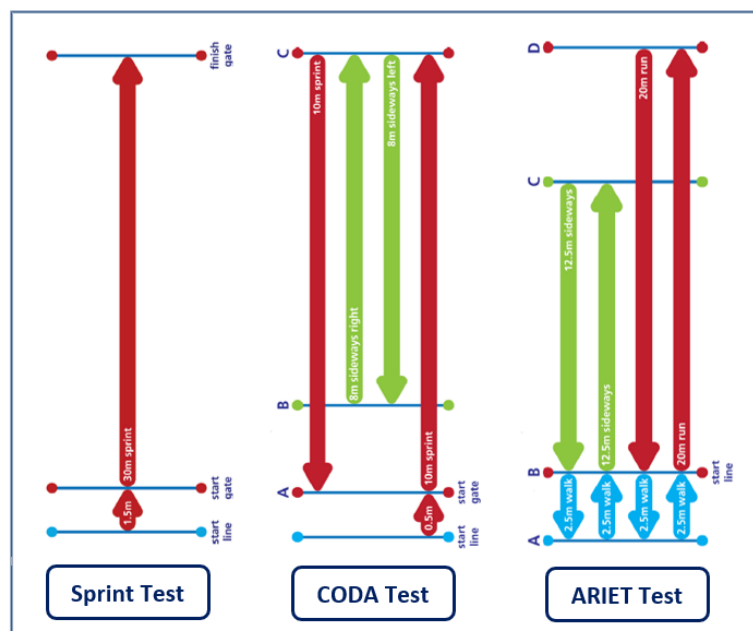
**Mon. 02<sup>nd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 105

- \* 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. 03<sup>rd</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 106

- \* 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=ov91YQWISFg>
- \* 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. 04<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

**Thu. 05<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 107

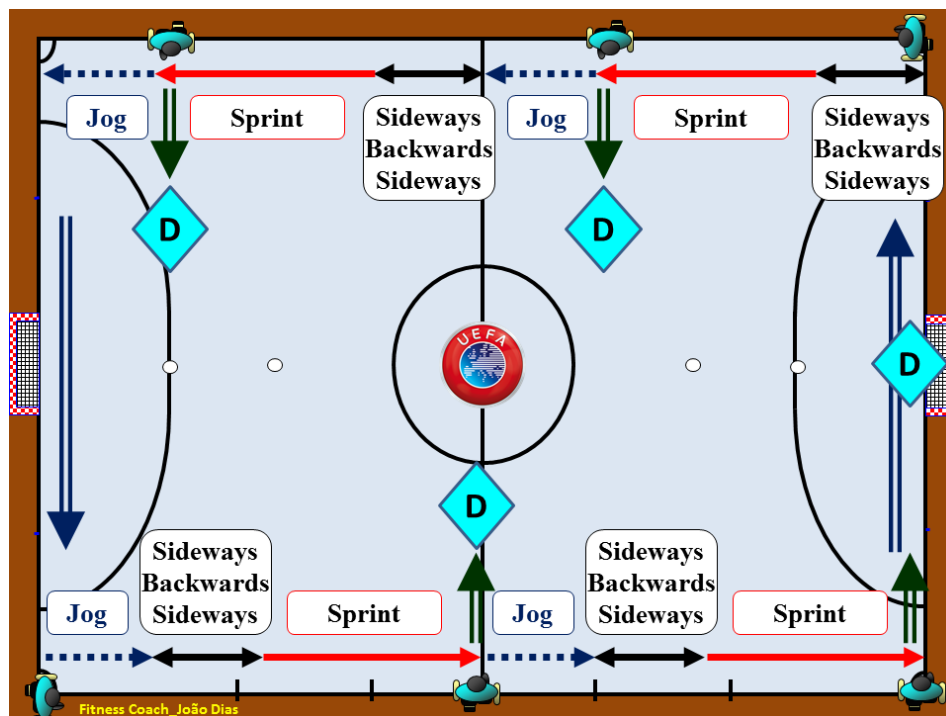
\* Warm up - 20' jogging, mobilisation and dynamic stretching

\* 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'

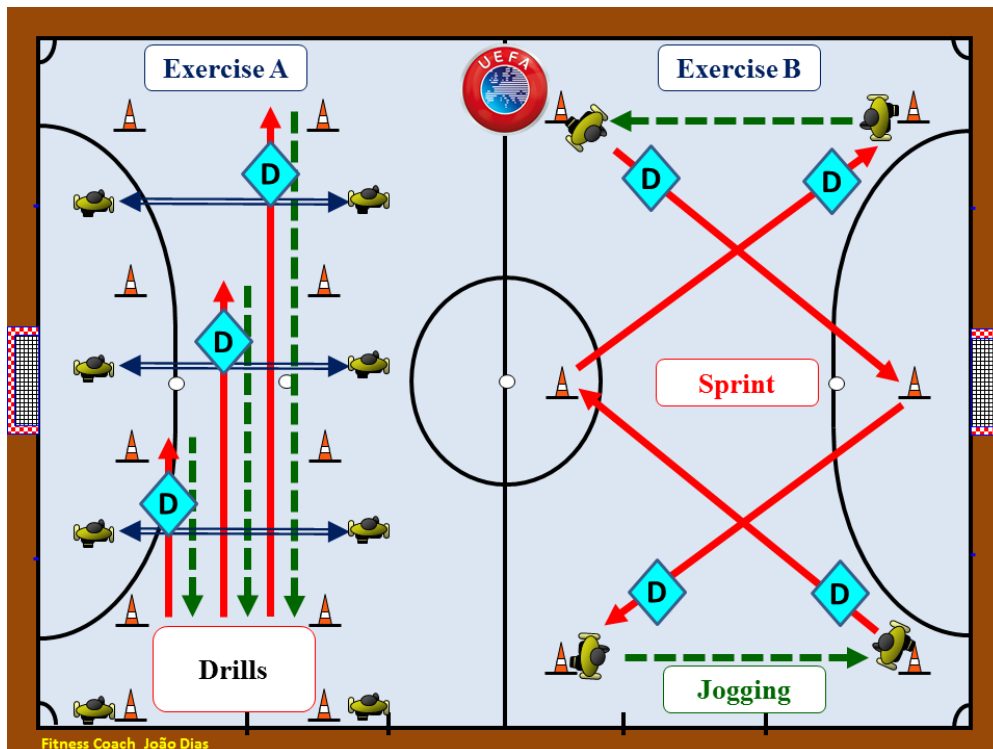




## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 06<sup>th</sup>:**  
Tr. 108

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



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

Total duration: 50'

**Sat. 07<sup>th</sup>:** REST DAY

**Sun. 08<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 50 from Monday 09<sup>th</sup> to Sunday 15<sup>th</sup> of December** **Macrocycle V - week 4 (Training week 28)**

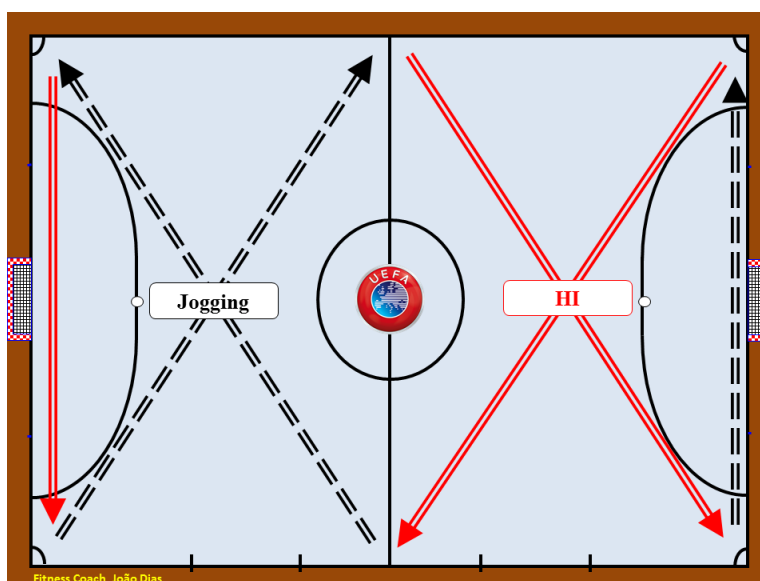
**Mon. 09<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 109

- \* 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. 10<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 110

- \* Warm up - 20' jogging, mobilisation and dynamic stretching
- \* Functional Training Session – 1 workout of 12 minutes  
<https://www.youtube.com/watch?v=4CspMFI5vbo>
- \* High Int. - 8' run at 90% HRmax / Jogging (see the figure), 3 sets  
- 2' break between each set (hydration & stretching)  
- In total, this exercise takes 28'



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

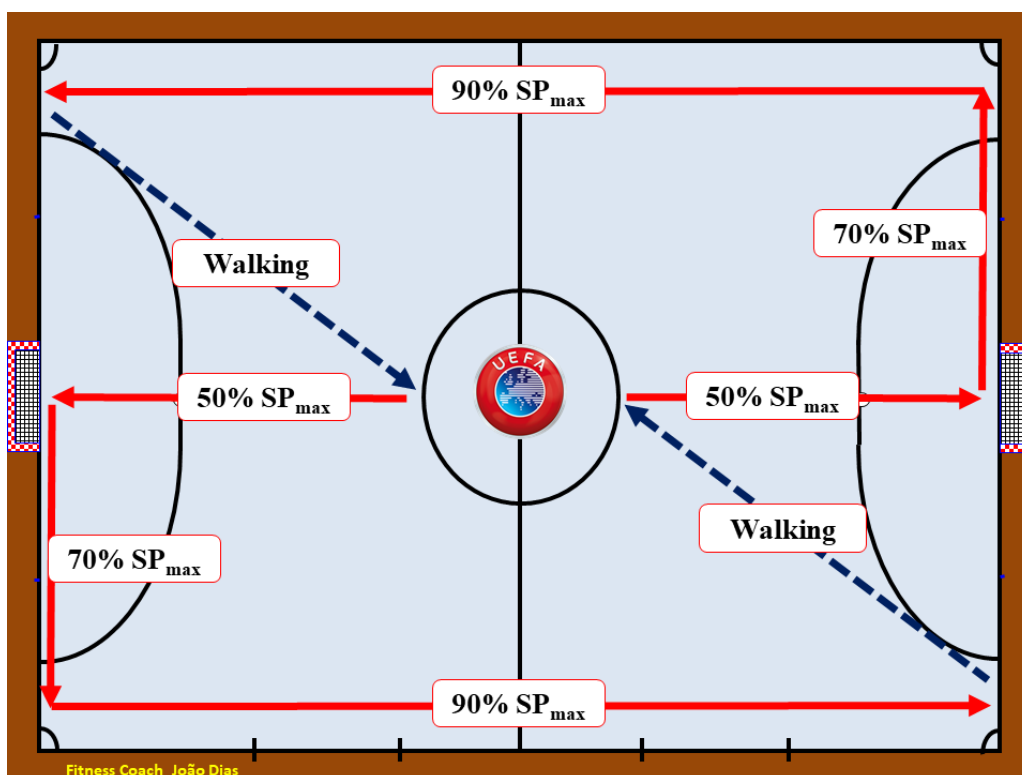
Total duration: 83'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Wed. 11<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

- Thu. 12<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub>  
Tr. 111
- \* 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.



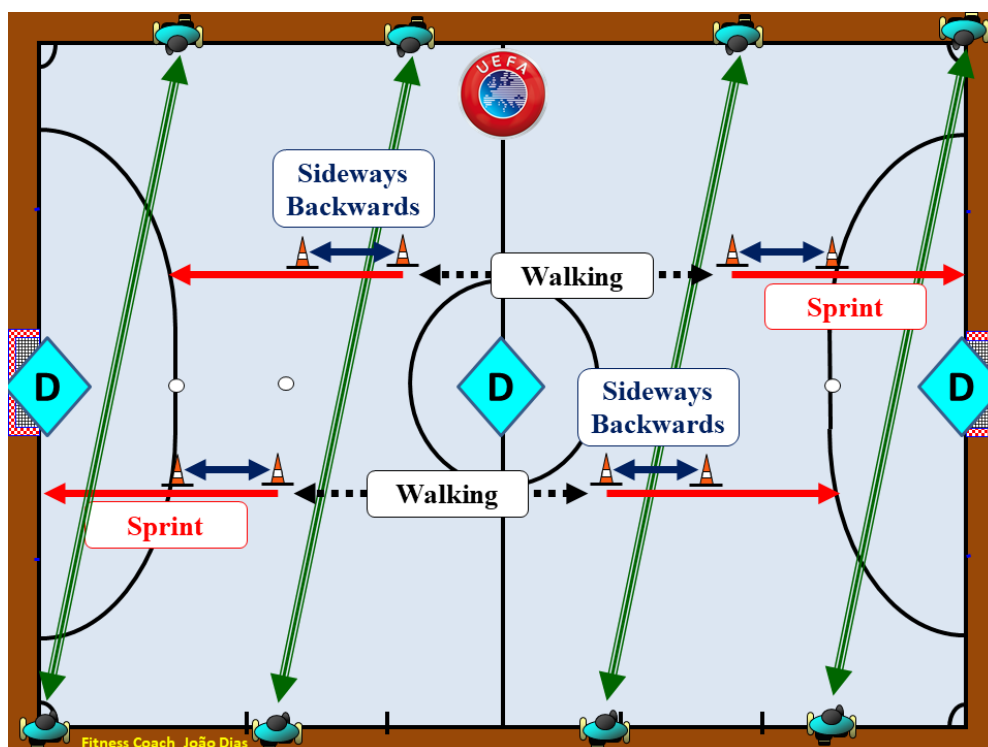
- \* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 80'

- Fri. 13<sup>th</sup>:** \* Warm up - 20' jogging, mobilisation and dynamic stretching  
Tr. 112
- \* Speed & Agility
    - Variations on the sideline pitch as follows:
    - 5' Exercise
    - 5' Hydration and Stretching
    - 5' Exercise



## Performance Training in Futsal Refereeing Weekly Training Plan



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

Total duration: 50'

**Sat. 14<sup>th</sup>:** REST DAY

**Sun. 15<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 51 from Monday 16<sup>th</sup> to Sunday 22<sup>nd</sup> of December** **Macrocycle V - week 5 (Training week 29)**

**Mon. 16<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 113

\* 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

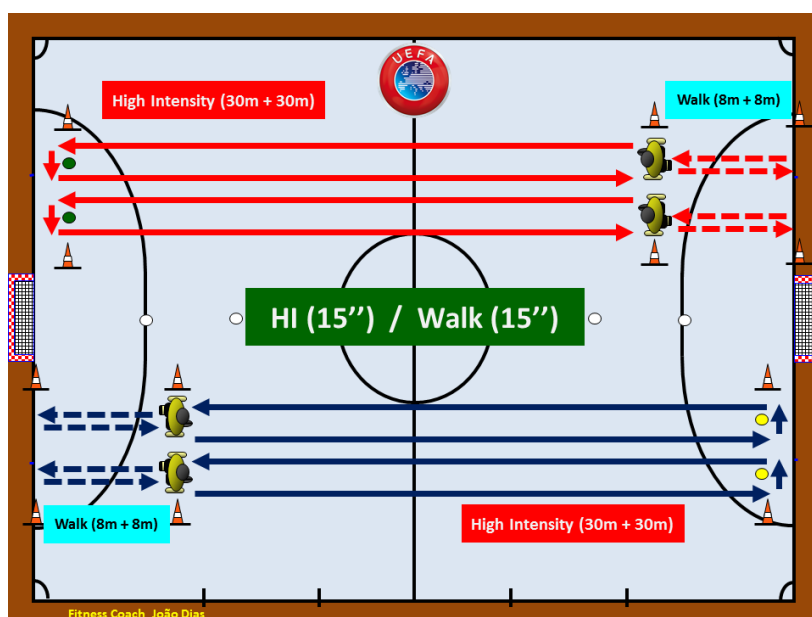
Total duration: 65'

**Tue. 17<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 114

\* 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=irvP0vuEMk4>

\* 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'

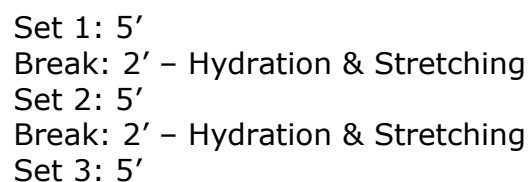


**Thu. 19<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 115

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

\* Strength - 15' strength, core stability and injury prevention exercises

\* Integrated Technical Exercise – One by one, on the sideline, following the movements mentioned in the figure.  
Change sideline after each decision making (by jogging).



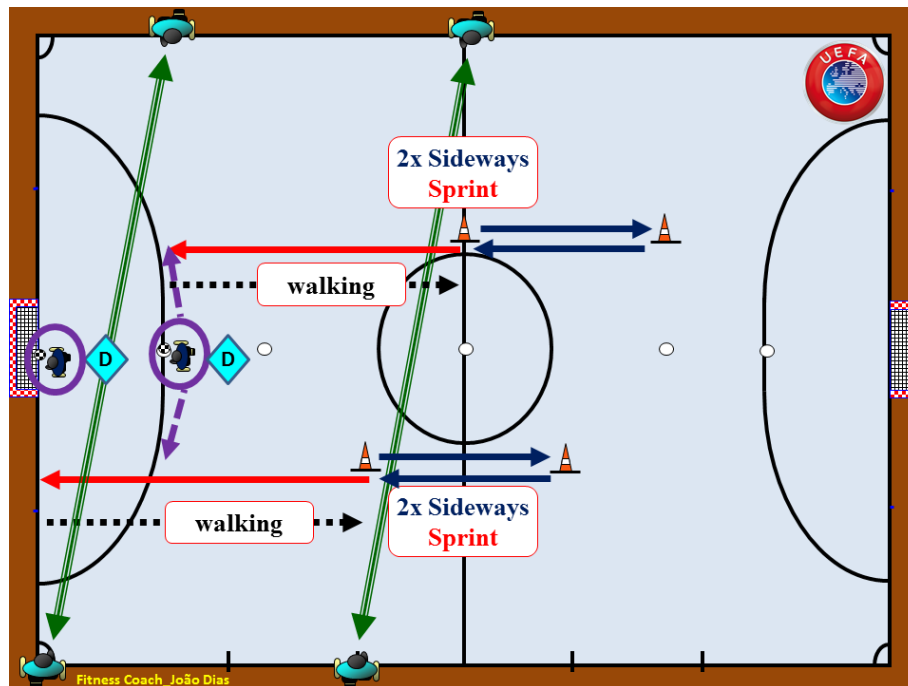
Total duration: 79'



## Performance Training in Futsal Refereeing Weekly Training Plan

**Fri. 20<sup>th</sup>:**  
Tr. 116

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



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

Total duration: 50'

**Sat. 21<sup>st</sup>:**  
Tr. 117

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

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



## Performance Training in Futsal Refereeing Weekly Training Plan

### **WEEK 52 from Monday 23<sup>rd</sup> of December to Sunday 29<sup>th</sup> of December** **Macrocycle V - week 6 (Training week 30)**

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

Tr. 118

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

\* Functional Training Session – 1 workout of 12 minutes

<https://www.youtube.com/watch?v=w6NuscjVacQ>

\* Med Int. - 24' run at 80% 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: 75'

**Tue. 24<sup>th</sup>**: REST DAY / Optional Training Session (Injury Prevention)

**Wed. 25<sup>th</sup>**: REST DAY – **I WISH YOU A MERRY CHRISTMAS TO YOU AND YOUR FAMILY !!!**

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

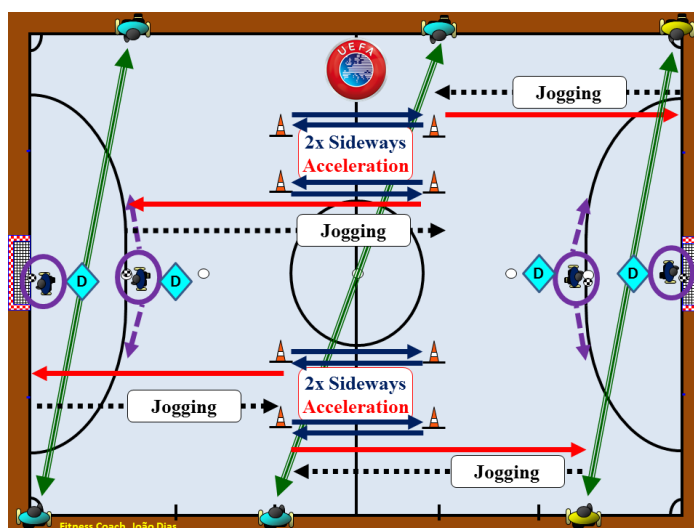
Tr. 119

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

\* Strength - 15' strength, core stability and injury prevention exercises

\* Integrated Technical Exercise – Two by two, on the sideline, following the movements mentioned in the figure.

Take technical/disciplinary decisions after the accelerations.







## Performance Training in Futsal Refereeing Weekly Training Plan

Set 1 – Exercise on sideline Ref 1: 5'

Break: 2' – Hydration & Stretching

Set 2 – Exercise on sideline Ref 2: 5'

Break: 2' – Hydration & Stretching

Set 3 – Exercise on sideline Ref 1: 5'

Break: 2' – Hydration & Stretching

Set 4 – Exercise on sideline Ref 2: 5'

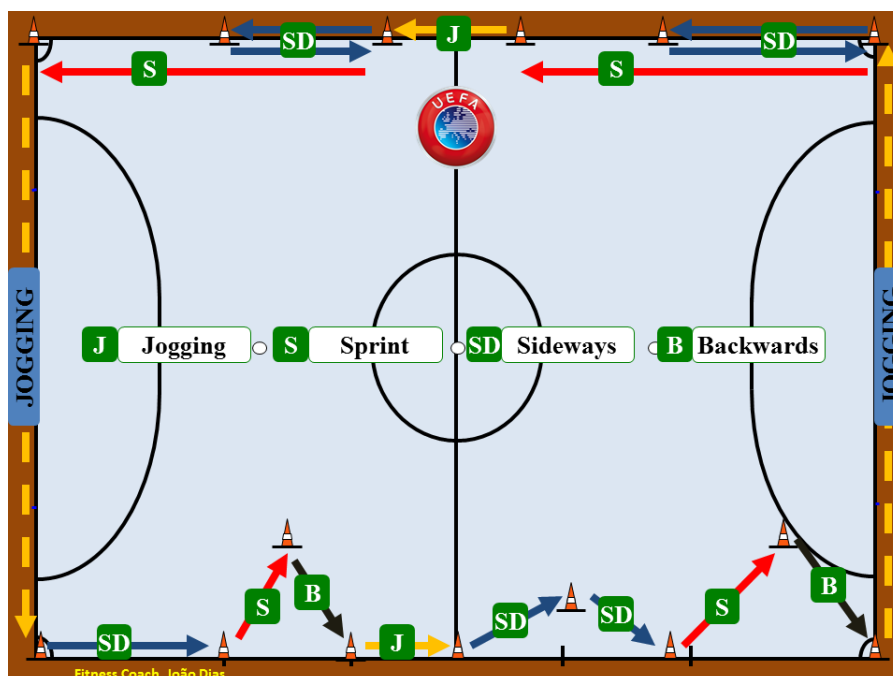
\* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 80'

**Fri. 27<sup>th</sup>:**  
Tr. 120

\* 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'



## Performance Training in Futsal Refereeing Weekly Training Plan

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**Sat. 28<sup>th</sup>:** \* Low Int. - 5' jogging slowly building up to 70% HRmax  
Tr. 121

- \* 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'

**Sun. 29<sup>th</sup>:** REST DAY / Optional Training Session (Injury Prevention)

### Additional Guidelines

For the week between Christmas and New Year, there will be a winter break in a number of European countries. Therefore, the training programme is provided for those who want to do it. Just listen to your own body. If you require a few days of rest, then take a break and enjoy your days with your family and friends.

From the first week of January on, the training sessions will be designed over the next 6 weeks in a progressive way in such a way that the referees will be top-fit for the second half of the competitive season in the domestic leagues and the European competitions.