



Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 07 from Monday 10th to Sunday 16th of February **Macrocycle VII - week 1 (Training week 37)**

Mon. 10th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 145

* 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

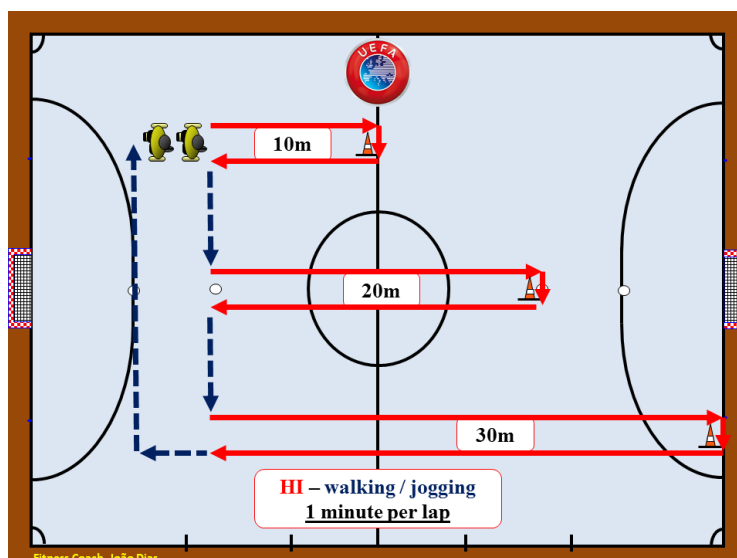
Total duration: 65'

Tue. 11th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 146

* 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=a2J-5NN_2Tw

* 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

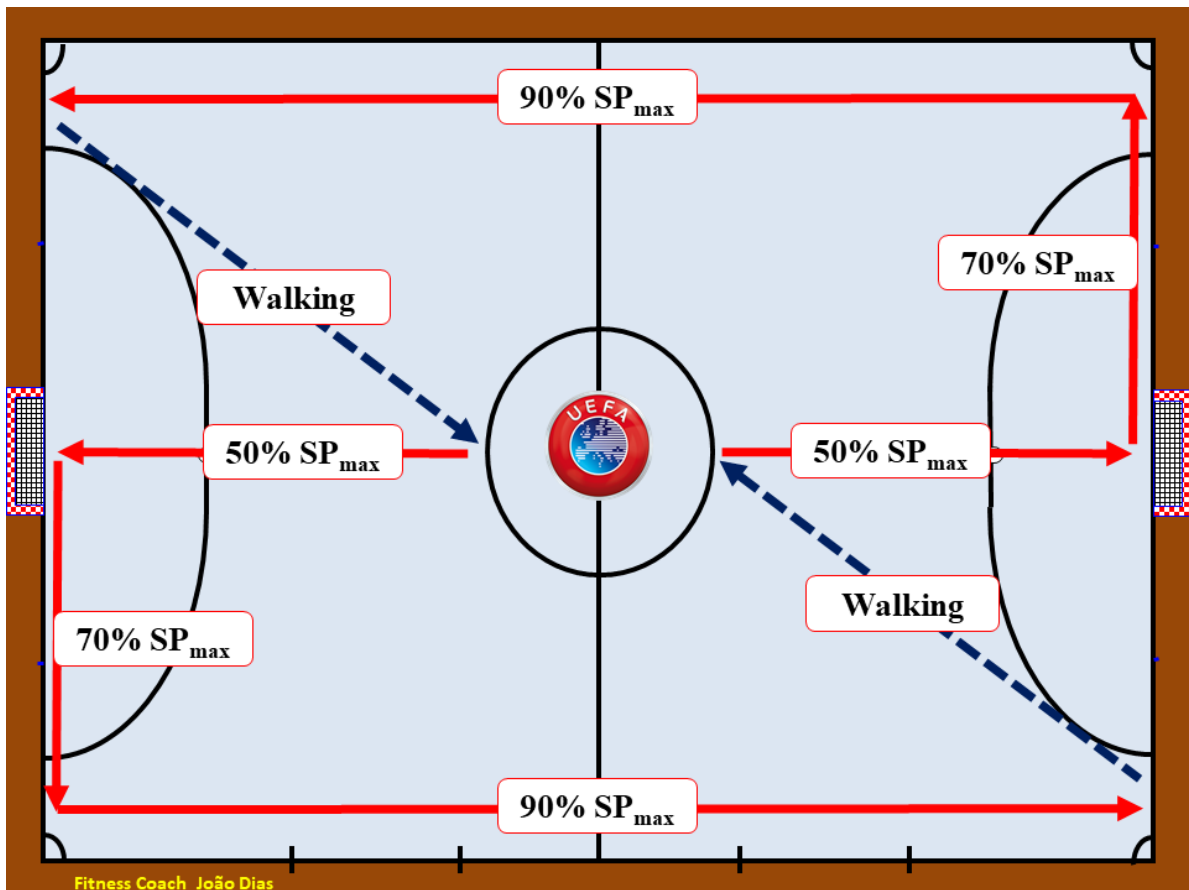
Total duration: 77'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 12th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 13th:** * Low Int. - 5' jogging slowly building up to 70% HR_{max}
Tr. 147
- * 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

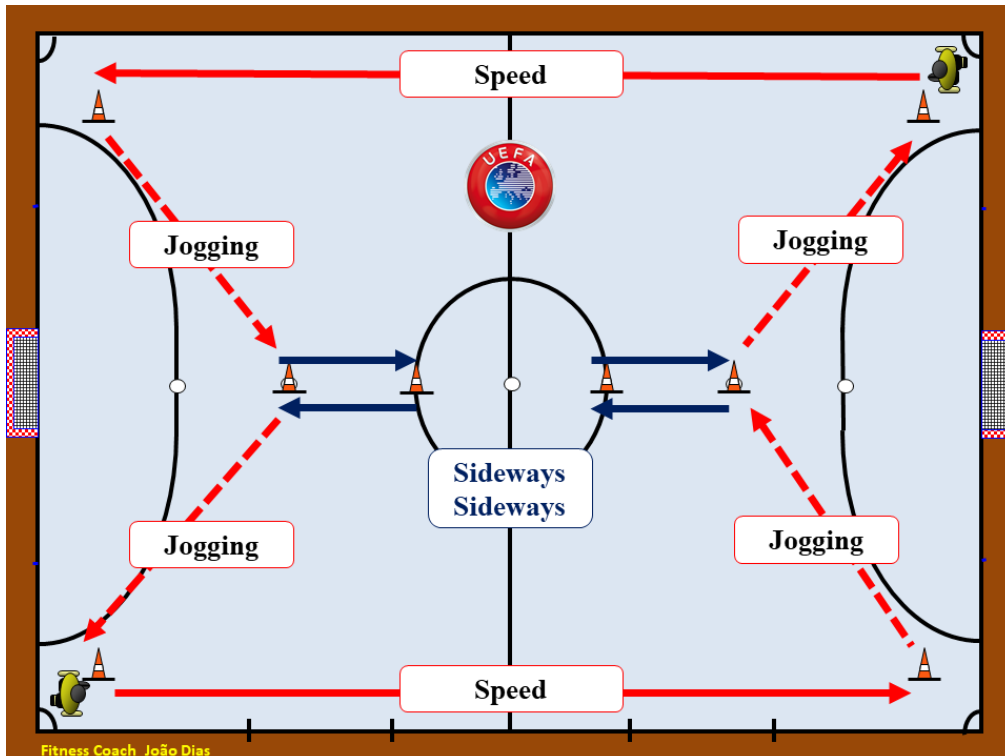
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 14th:
Tr. 148

- * 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. 15th: REST DAY

Sun. 16th: 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.



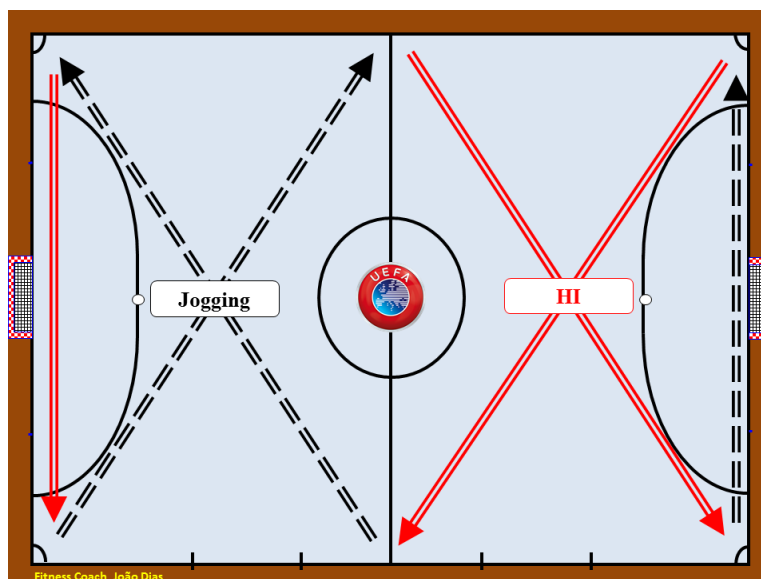
Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 08 from Monday 17th to Sunday 23rd of February **Macrocycle VII - week 2 (Training week 38)**

- Mon. 17th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 149
- * 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. 18th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 150
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Functional Training Session – 1 workout of 12 minutes
https://www.youtube.com/watch?v=Goo0g_zmFBY
 - * 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. 19th: REST DAY / Optional Training Session (Injury Prevention)

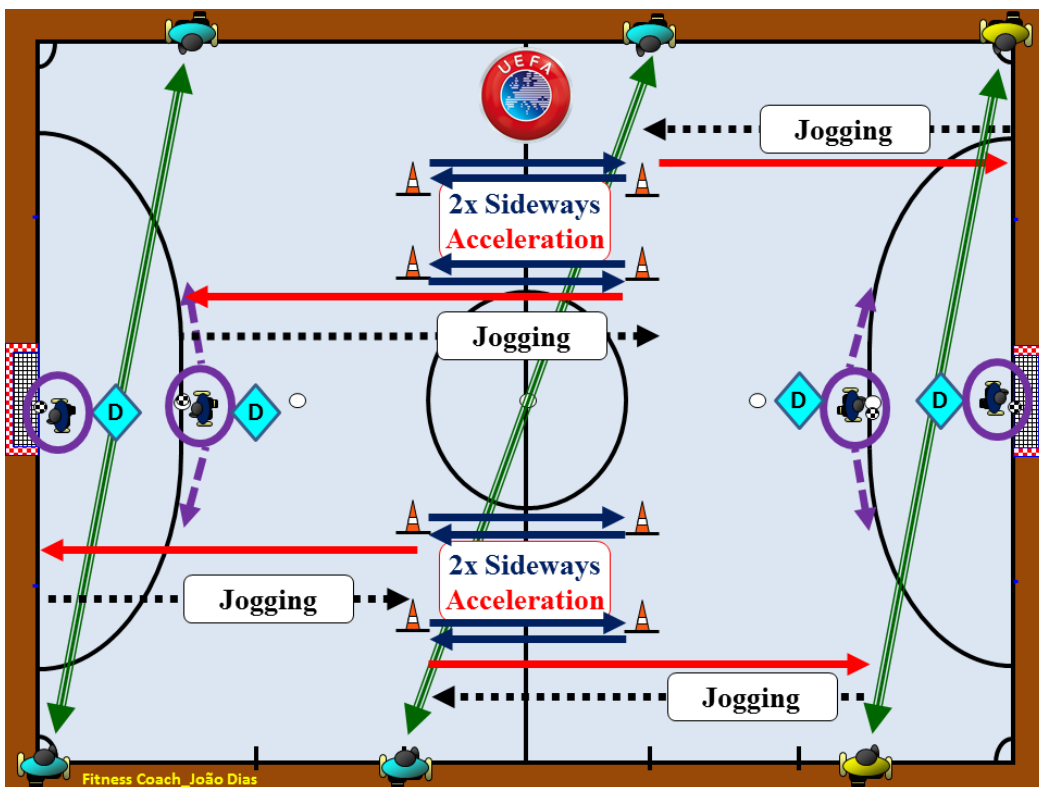
Thu. 20th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 151

* 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.



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

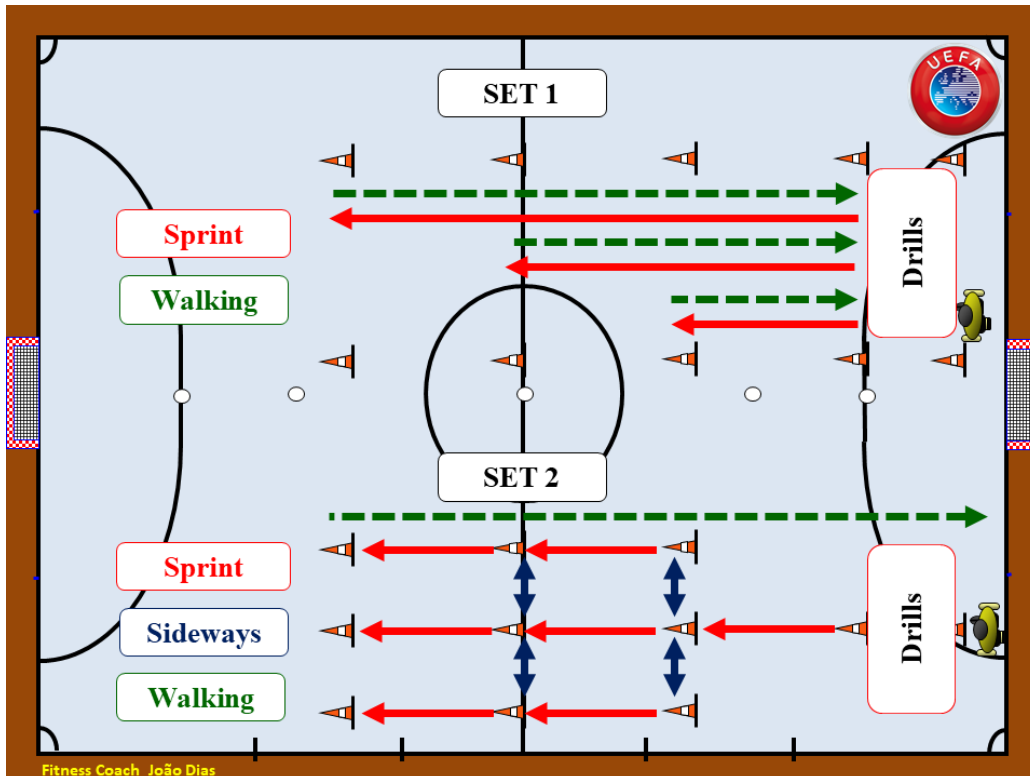
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 21st:
Tr. 152

- * 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. 22nd: REST DAY

Sun. 23rd: 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

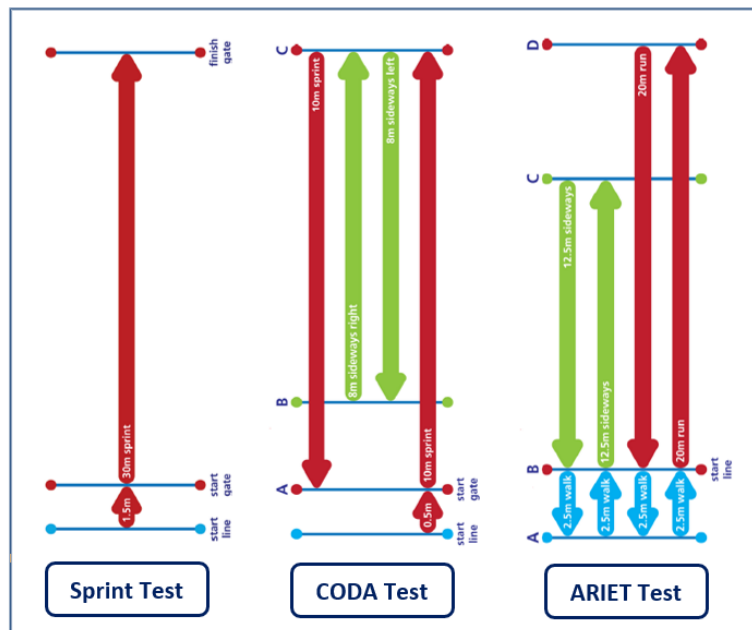
Weekly Training Plan

WEEK 09 from Monday 24th February to Sunday 02nd of March Macrocycle VII - week 3 (Training week 39)

- Mon. 24th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 153
- * 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. 25th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 154
- * 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=ZCcX2Egirp4>
 - * High Int. - Practice the Futsal fitness assessment (international reference times)



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

Total duration: 74'

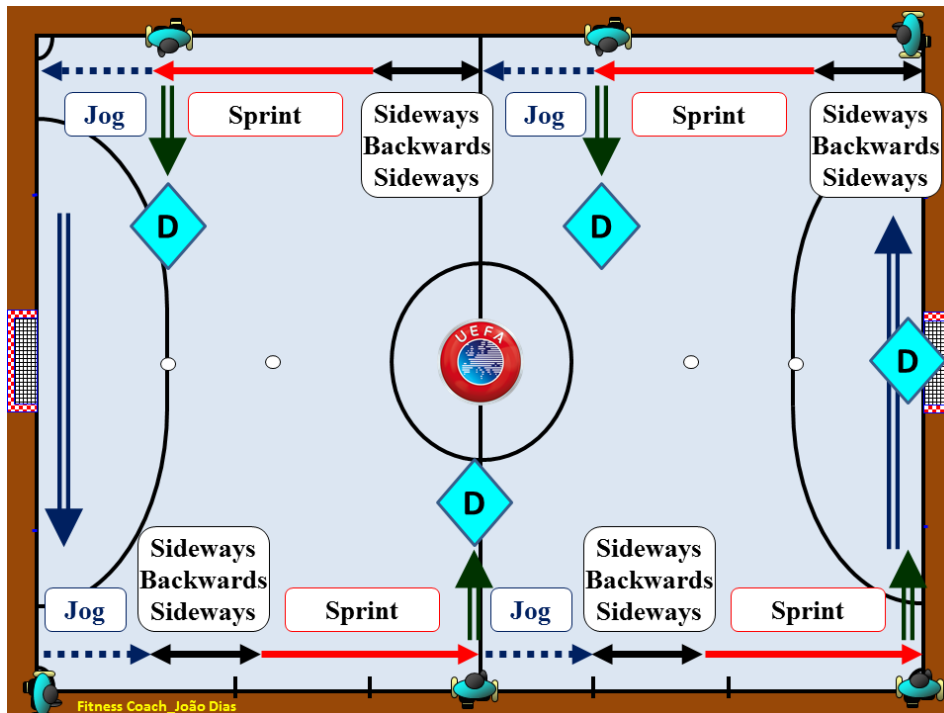


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 26th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 27th:
Tr. 155

- * 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

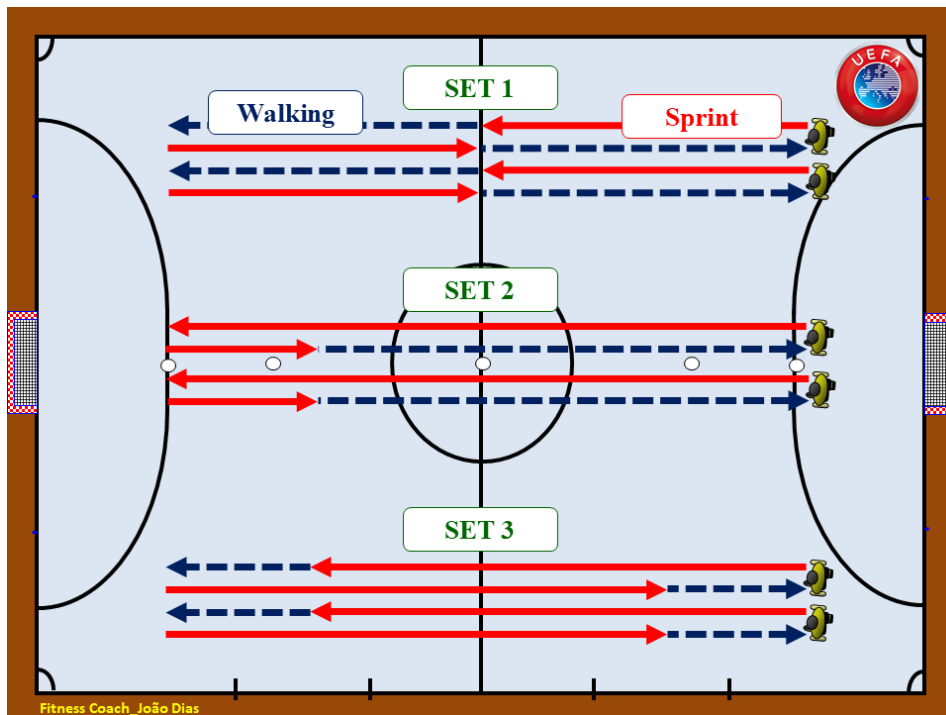
Total duration: 77'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 28th:
Tr. 156

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Speed & Agility - Variations on the sideline pitch as follows:
 - 5' Set 1
 - 5' Hydration and Stretching
 - 5' Set 2
 - 5' Hydration and Stretching
 - 5' Set 3



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

Total duration: 50'

Sat. 01st: REST DAY

Sun. 02nd: 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 10 from Monday 03rd to Sunday 09th of March **Macrocycle VII - week 4 (Training week 40)**

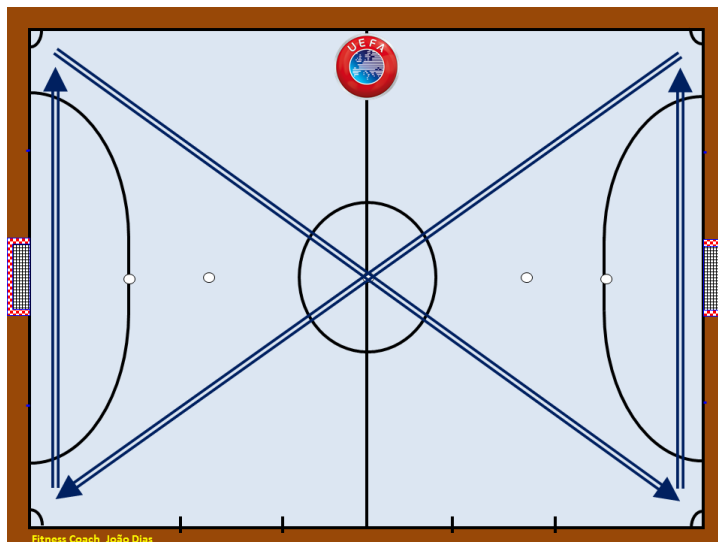
Mon. 03rd: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 157

- * 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. 04th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 158

- * Warm up - 20' jogging, mobilisation and dynamic stretching
- * Functional Training Session – 1 workout of 12 minutes
<https://www.youtube.com/watch?v=KNlhyiA3h9o>
- * 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. 05th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 06th:
Tr. 159

- * 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.
Change sideline after each decision making (by jogging).



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

Total of 19' exercise, with 2' break between sets

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

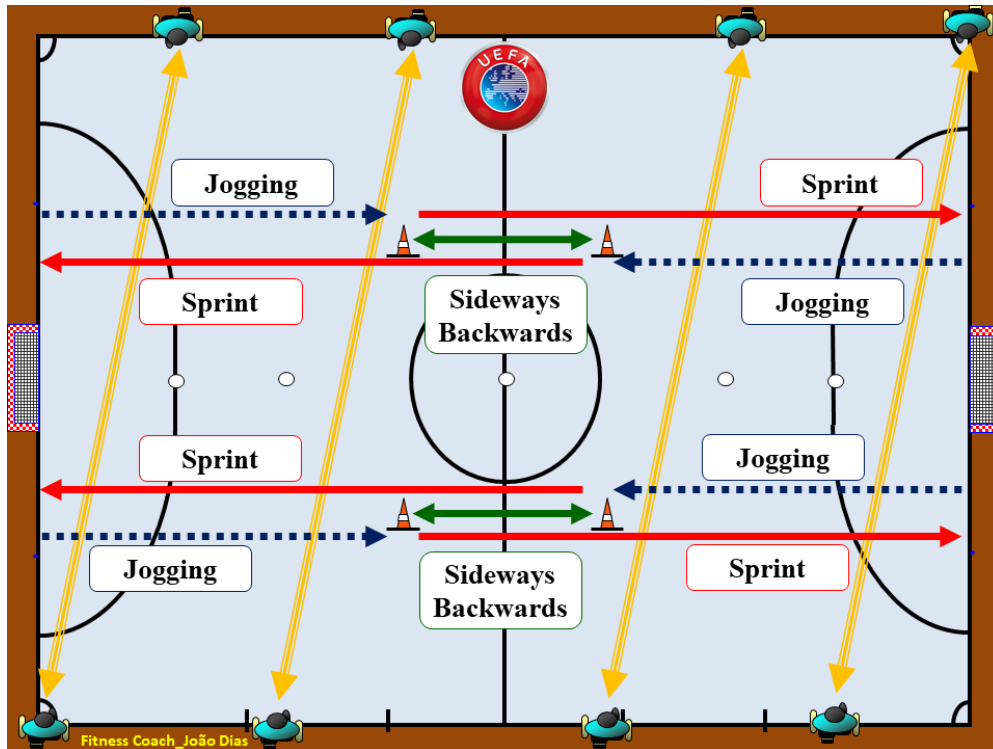
Total duration: 79'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 07th:
Tr. 160

- * 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 1



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

Total duration: 50'

Sat. 08th: REST DAY

Sun. 09th: 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.



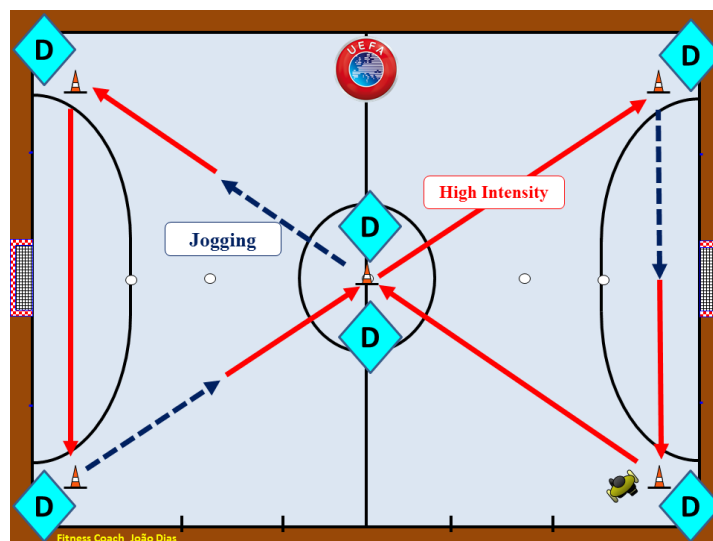
Performance Training in Futsal Refereeing Weekly Training Plan

WEEK 11 from Monday 10th to Sunday 16th of March **Macrocycle VII - week 5 (Training week 41)**

- Mon. 10th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 161
- * 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. 11th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 162
- * 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=7GiegQW556Y>
 - * 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

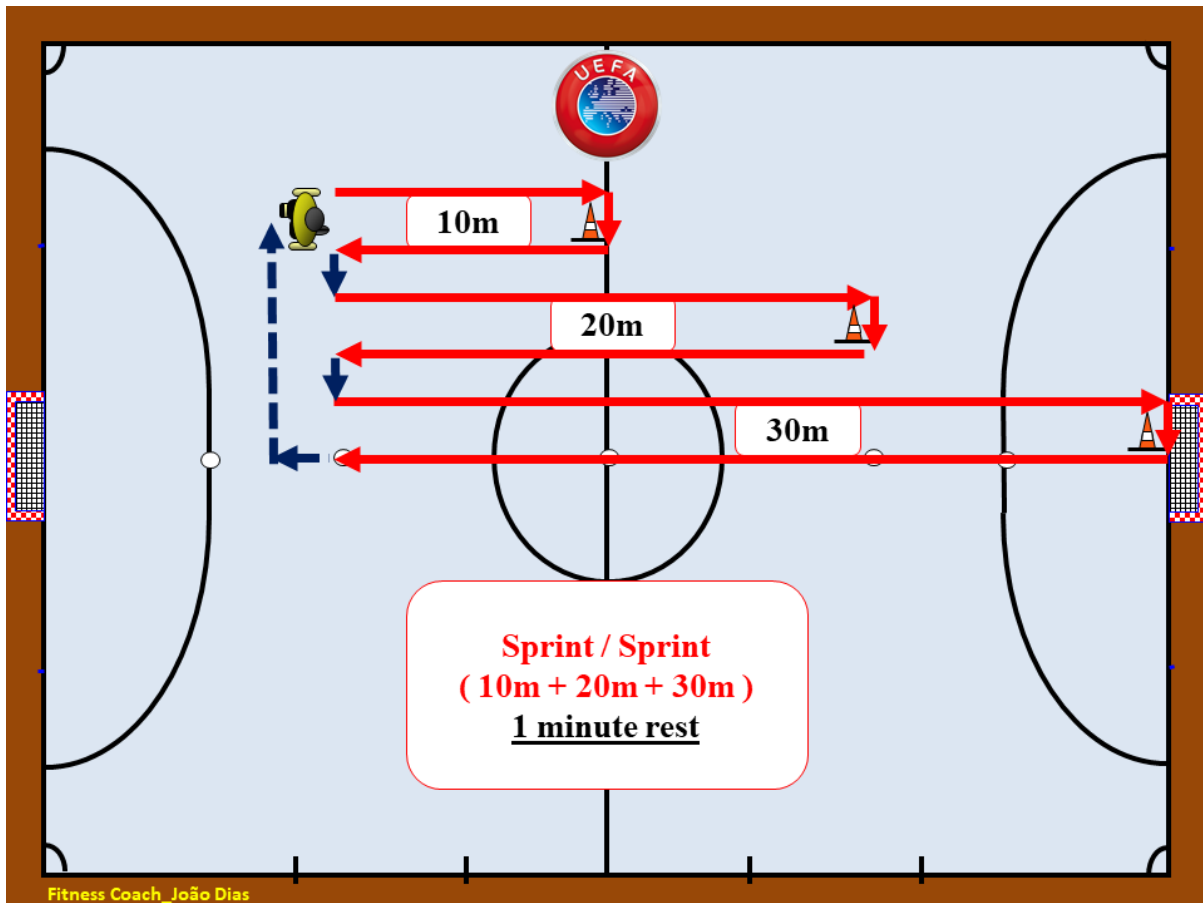
Total duration: 74'



Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 12th: REST DAY / Optional Training Session (Injury Prevention)

- Thu. 13th:** * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 163
- * Warm up - 20' jogging, mobilisation and dynamic stretching
 - * Strength - 15' strength, core stability and injury prevention exercises
 - * Speed End - Suicide run: 10m sprint + 20m sprint + 30m sprint (both ways)
 - One-minute rest and then repeat 4 times the exercise.
 - 4 sets, with 4' recovery & hydration



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

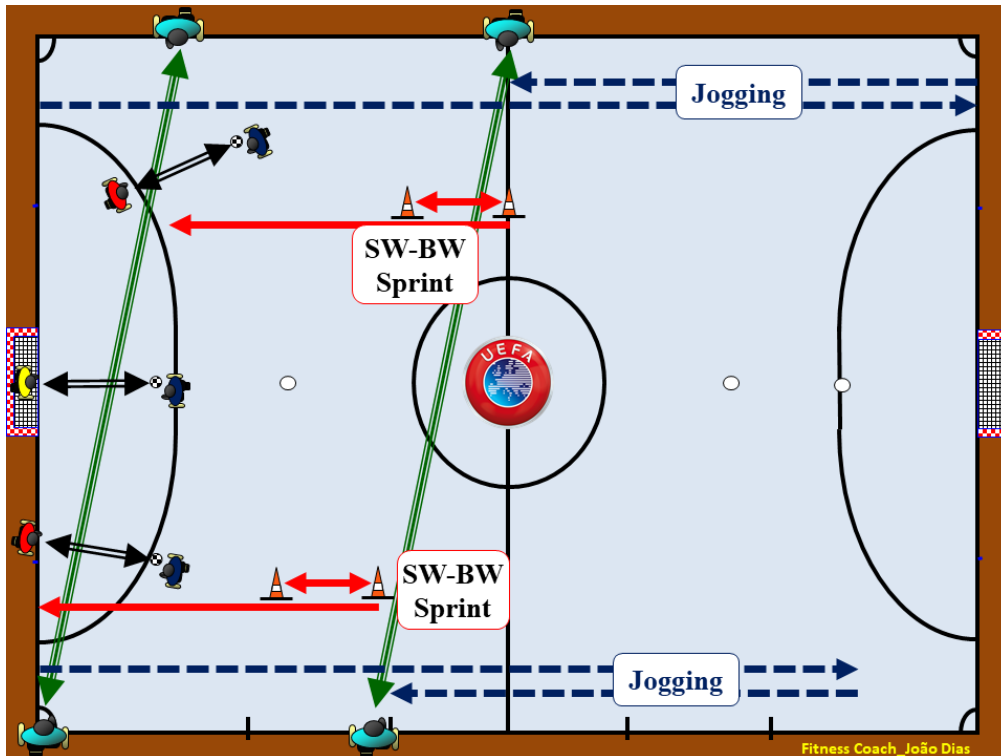
Total duration: 75'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 14th:
Tr. 164

- * 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. 15th: REST DAY

Sun. 16th: 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 12 from Monday 17th to Sunday 23rd of March **Macrocycle VII - week 6 (Training week 42)**

Mon. 17th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 165

* 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

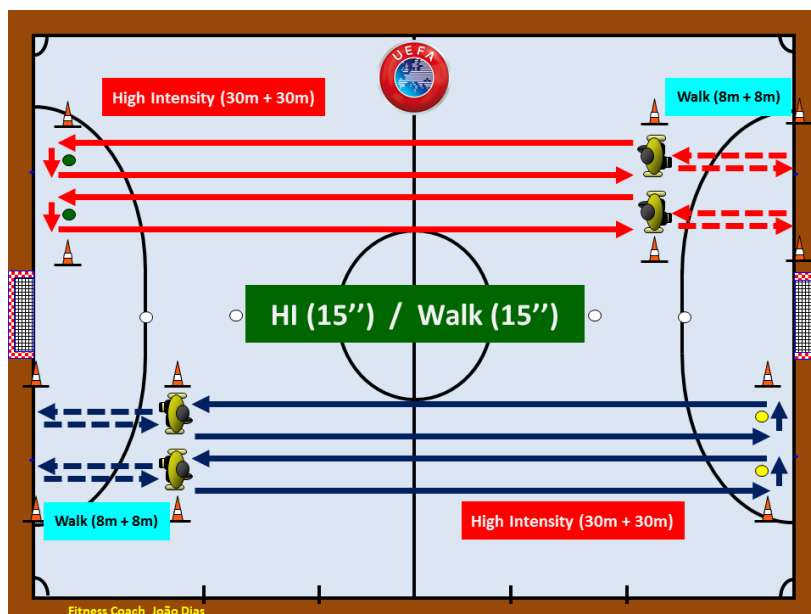
Total duration: 65'

Tue. 18th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 166

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

* Functional Training Session – 1 workout of 12 minutes
<https://www.youtube.com/watch?v=xEoCXW09-pk>

* 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'

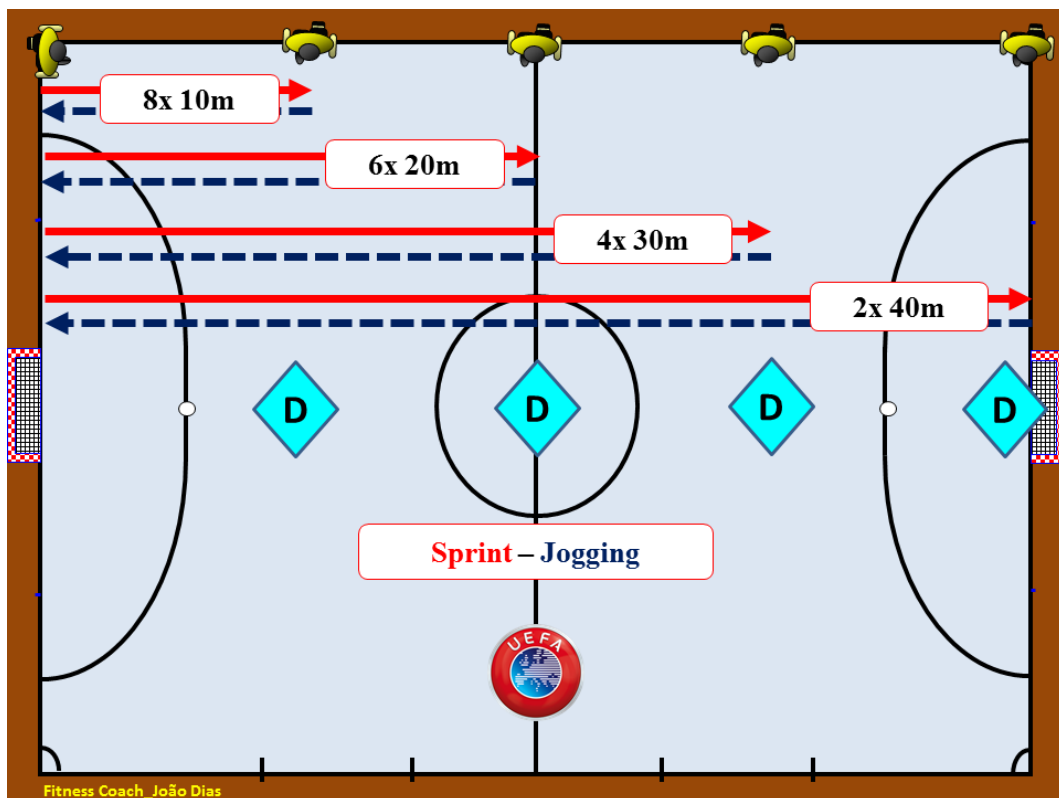


Performance Training in Futsal Refereeing Weekly Training Plan

Wed. 19th: REST DAY / Optional Training Session (Injury Prevention)

Thu. 20th: * Low Int. - 5' jogging slowly building up to 70% HRmax
Tr. 167

- * 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 1st set

Break: 3' - Hydration & Stretching

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

- 1 lap jogging after the 2nd set

In total, this exercise takes \pm 25'

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

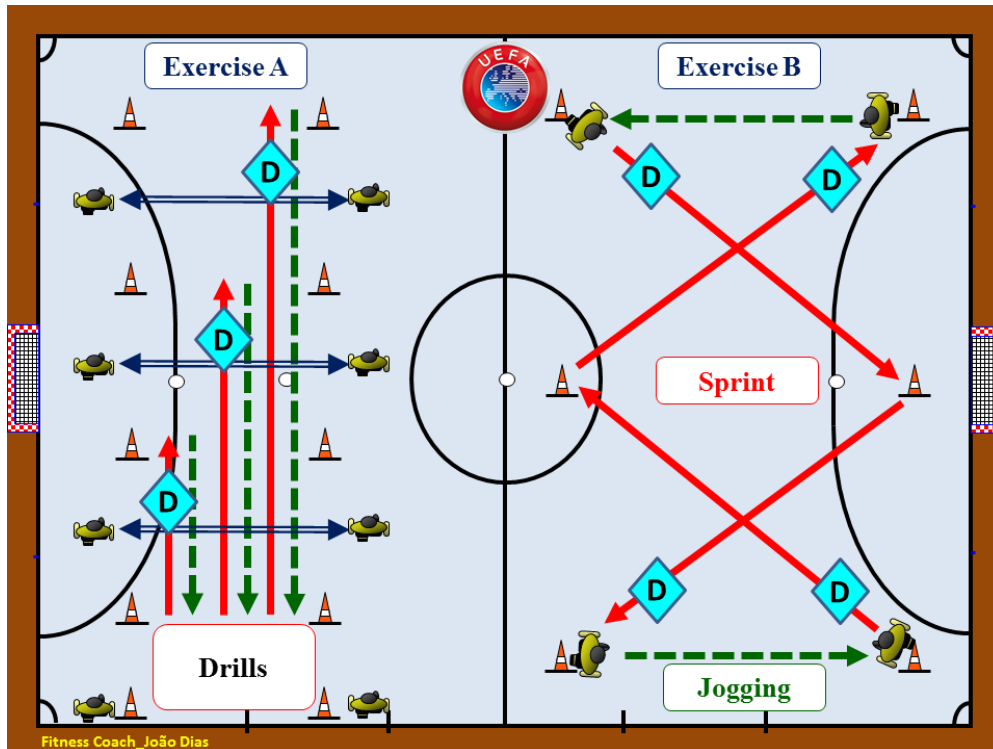
Total duration: 80'



Performance Training in Futsal Refereeing Weekly Training Plan

Fri. 21st:
Tr. 168

- * 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. 22nd: REST DAY

Sun. 23rd: 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.