



Performance Training in Football Refereeing Weekly Training Plan

WEEK 7 from Monday 9th to Sunday 15th of February

Macrocycle VII, week 1 (Training week 37)

Mon. 9th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 139

Tue. 10th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 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 \pm 15'.

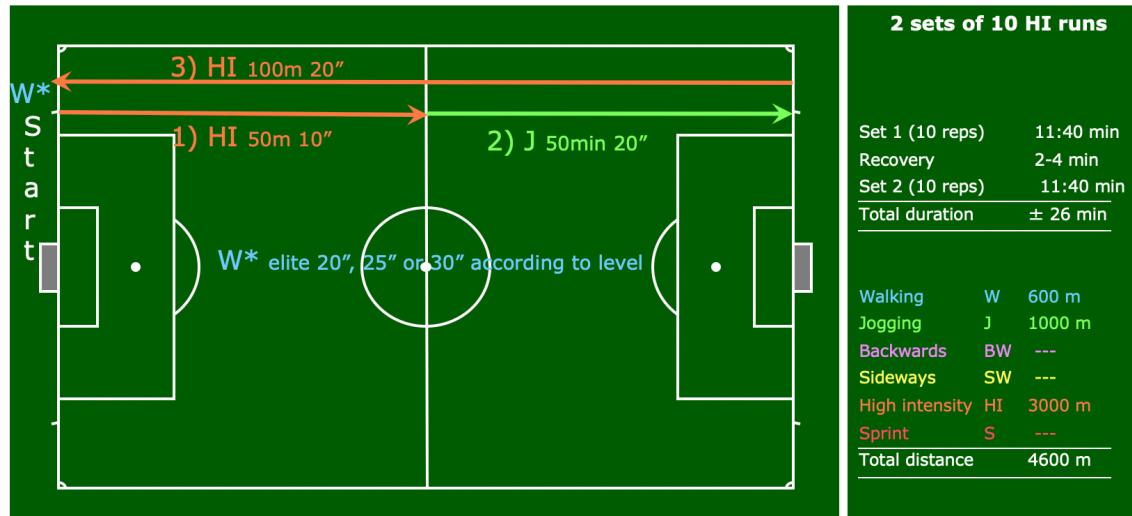
* High Int. - Set 1: Run from goal line to midline at high intensity in 10". Then, jog to the opposite goal line in 20". Continue from goal line to the opposite goal line in 20". Recovery time of 20", 25", 30" recovery according to level. 10 reps.
- 2-4 min according to level.

- Set 2: Again 10 reps.



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* Cool down

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

Total duration: 98'

Wed. 11th:

Rest day / Complementary strength and/or injury prevention training

Thu. 12th: * Low Int.
Tr. 141

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

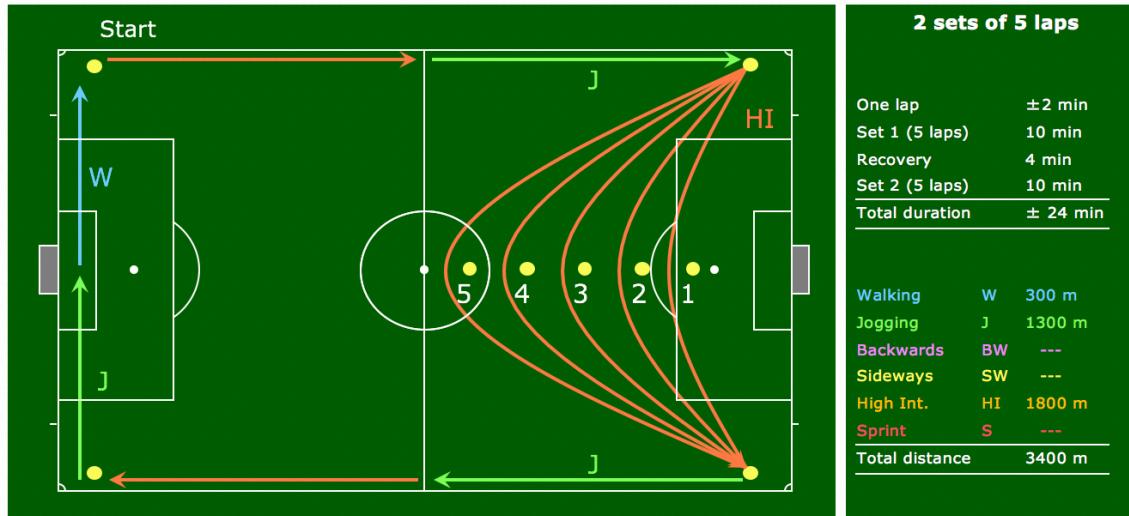
* High Int.

- 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}.



- 2' recovery



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- 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 \pm 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'

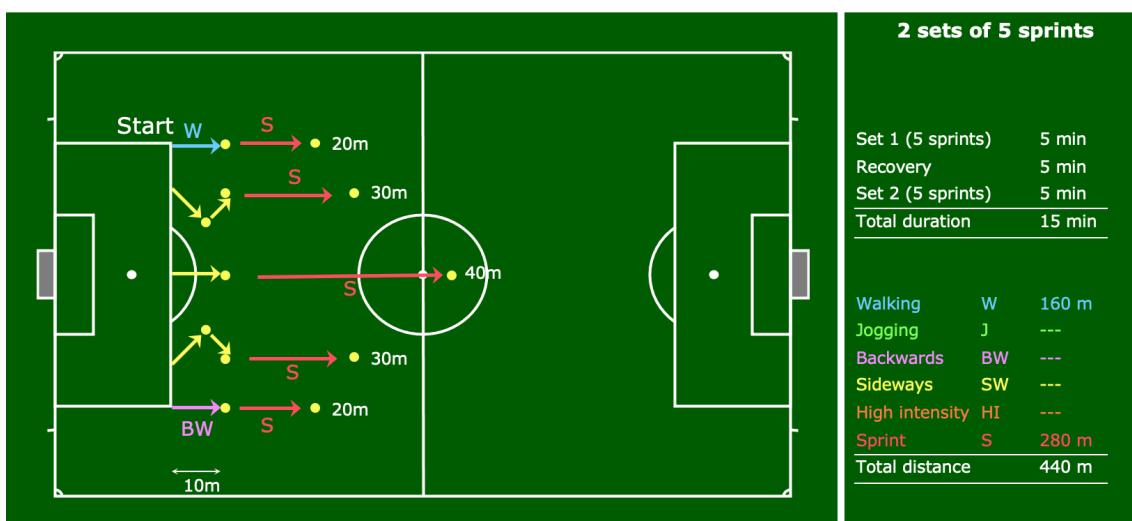
Fri. 13th: Rest day / Complementary strength and/or injury prevention training

Sat. 14th: * 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.



- 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'



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Sun. 15th:

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 our Referee P4P platform (<https://app.perception4perfection.eu/>), there are also 3 different match simulation exercises in case you are a VAR or 4th Official to compensate for not being physically involved in the game.

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



Performance Training in Football Refereeing

Weekly Training Plan

WEEK 8 from Monday 16th to Sunday 22nd of February

Macrocycle VII, week 2 (Training week 38)

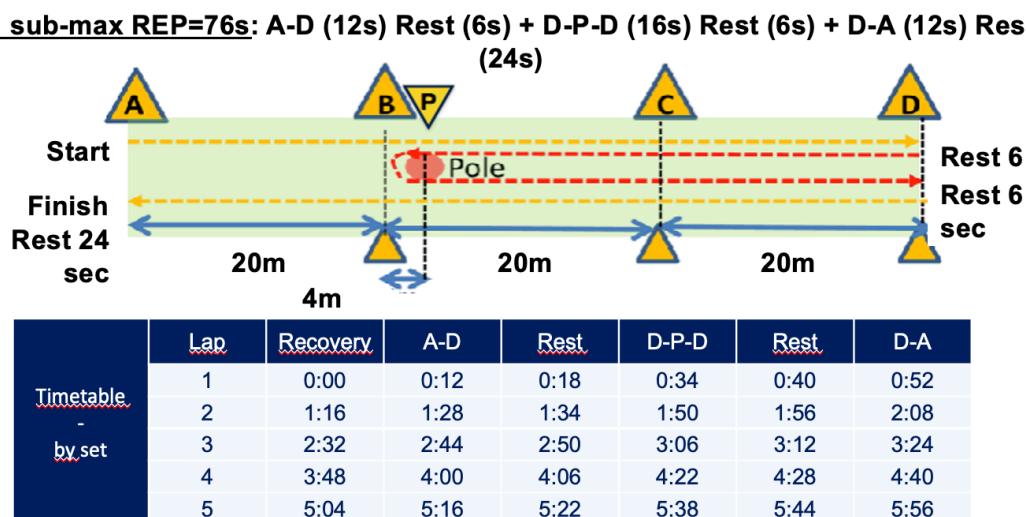
Mon. 16th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 143

Tue. 17th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 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!



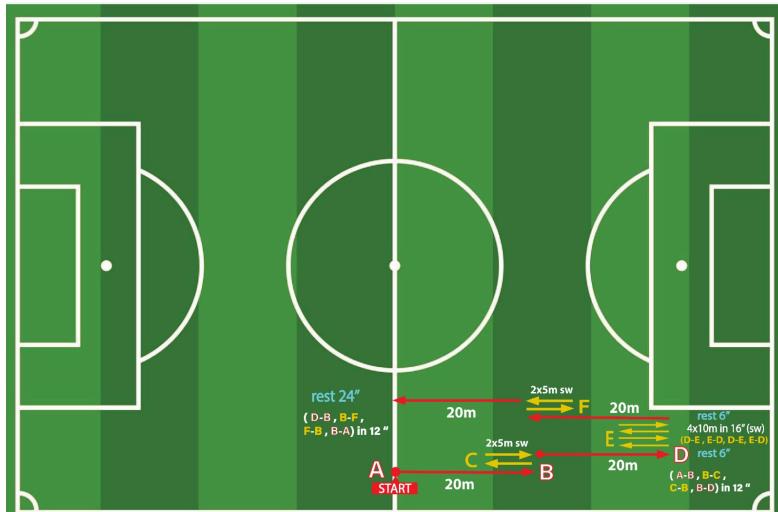
- This exercise takes 21'15" and covers 2.880 m of HI running.
- For sub-elite referees, the difficulty of the SDS can be increased from level 4 to 1 as follows:
 - Level 1: the distance is 3 x 20 m without countdown
 - Level 2: the distance is 3 x 20 m with countdown
 - Level 3: the distance is 3 x 19 m with warmup & without countdown
 - Level 4: the distance is 3 x 19 m with warmup & with countdown
- For ARs, there is a new variation that uses the same sound file as for the regular SDS for Referees. For 3 Sets, it takes about 21'.



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Weekly Training Plan

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



- 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. 18th:

Rest day / Complementary strength and/or injury prevention training

Thu. 19th: * Low Int.
Tr. 145

- 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 TS 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 are jogging 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.

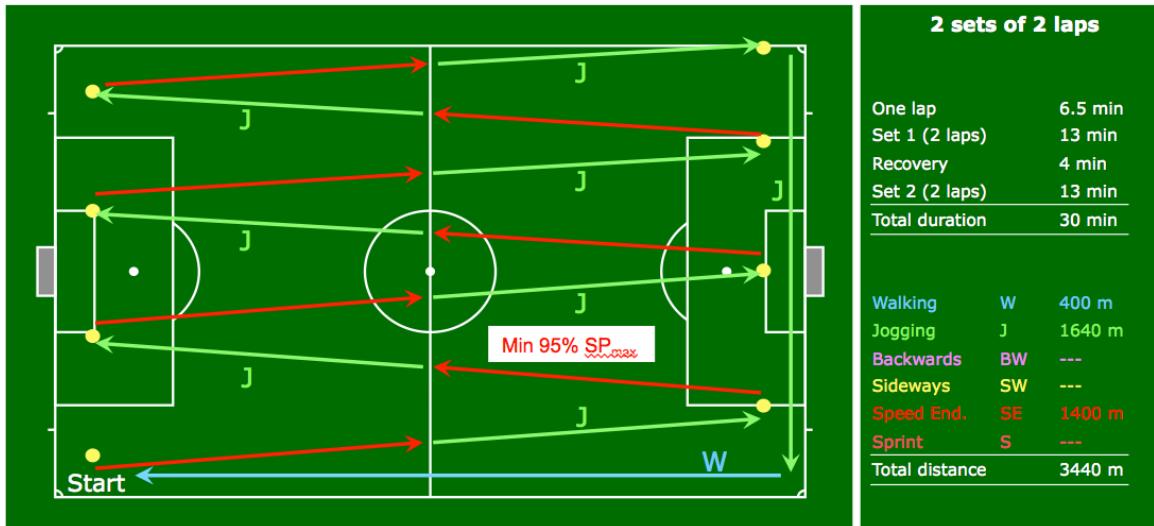
- 4' recovery



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- Set 2: Again 2 laps of 7 sprints.



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

* Cool down

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

Total duration: 86'

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

Sat. 21st:
Tr. 146

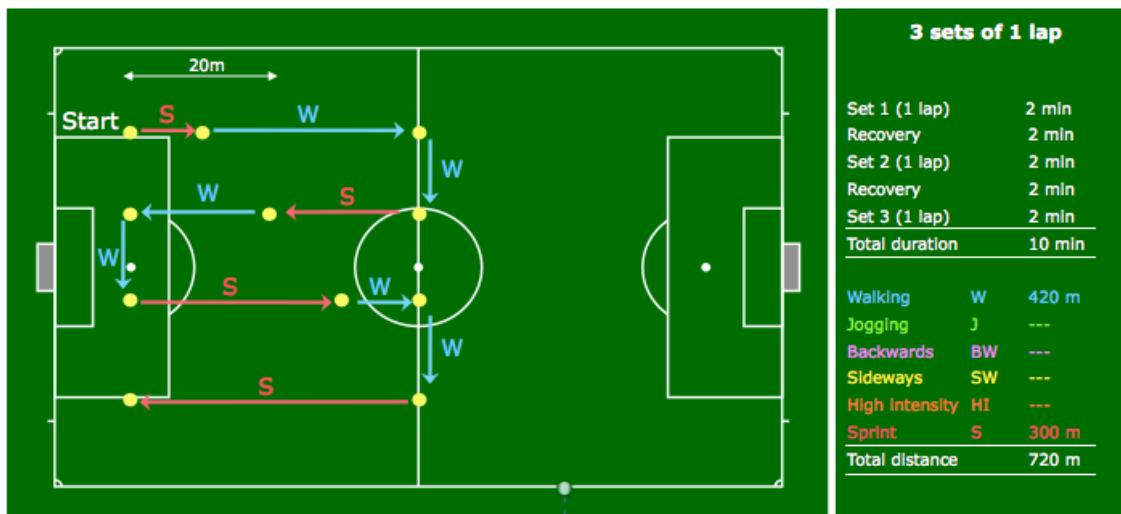
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* 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





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* Speed	- <u>Set 2:</u> - Now start first with 40m and then work down to 10 m.
	- 3' recovery
* Speed	- <u>Set 3:</u> Repeat set 1
* Cool down	- 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 22nd: 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 our Referee P4P platform (<https://app.perception4perfection.eu/>), there are also 3 different match simulation exercises in case you are a VAR or 4th Official to compensate for not being physically involved in the game.

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Weekly Training Plan

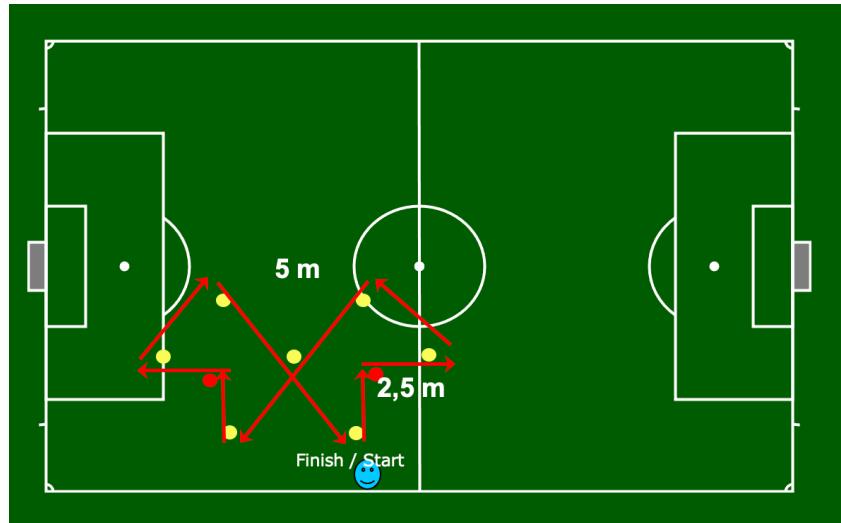
WEEK 9 from Monday 23rd of February to Sunday 1st of March

Macrocycle VII, week 3 (Training week 39)

Mon. 23rd: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 147

Tue. 24th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 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



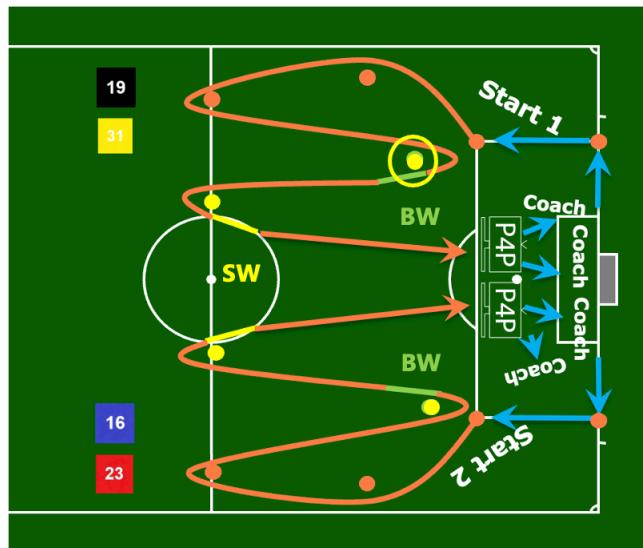
* High Int. - Set 1: Field exercise, 10 to 12 x
- From the starting position, **Refs** run 18 + 18m HI curved (remember number of player and colour of shirt) + 30m HI + 5m BW + 25m HI + 5m SW + 30m HI in 30 sec. They go to the screen to watch an incident(15 sec, 1 replay only). After watching the incident, they go to the technical coach to report their decision and discuss the criteria



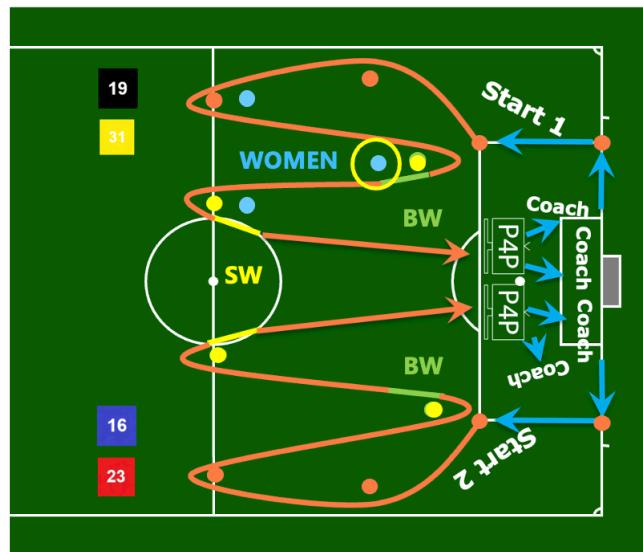
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and considerations in 15 sec. After that, **Refs** continue walking to the starting position in 15 sec + 15 sec. One Set consists of 10 laps.

- 4' recovery
- Set 2: Same as set 1, however, start on the opposite side.
- Total distance: $120m + 5m BW + 5m SW = 130m \times 20 = 2.600m$
- This is how we did it during the winter course in Athens 2025



- Women: $105m + 5m BW + 5m SW = 115m \text{ per run} \times 20 = 2.300m$



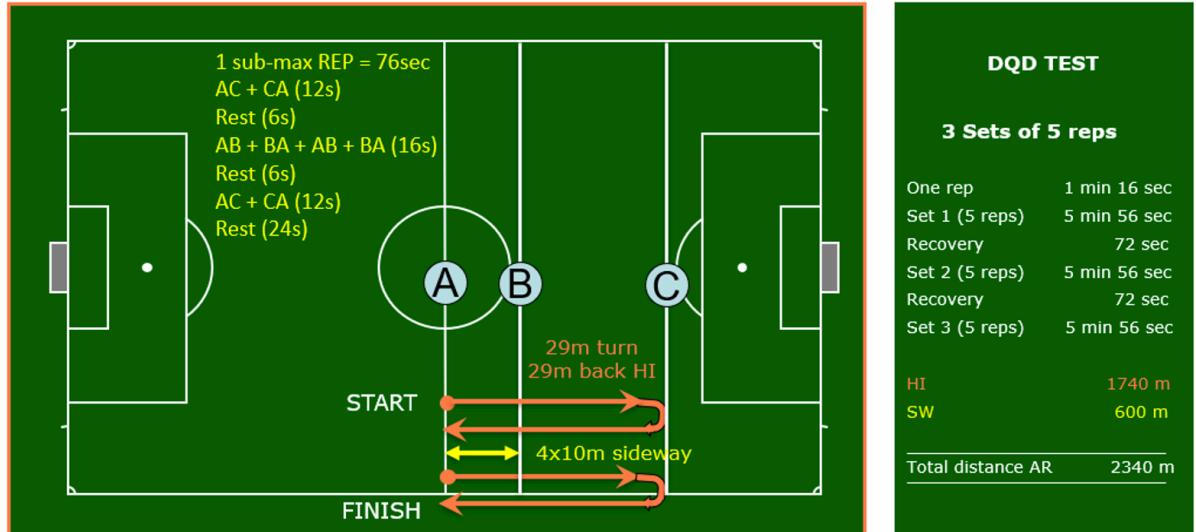
* Tip:

- In case there are no TV screens available, just use a laptop!
- For ARs, there is a new challenging exercise, the D-Q-D exercise:
Your coaches have the audio file!



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Weekly Training Plan



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

Total duration: 90'

Wed. 25th:

Rest day / Complementary strength and/or injury prevention training

Thu. 26th: * Low Int. Tr. 149

- 5' jogging slowly building up to 70% HR_{max} (± 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:

* Speed End.

- Field exercise, 8 laps in total from the start as follows:

- Sideways-R (± 15 m)
- Jog to next cone (± 40 m)
- Backwards jogging to the next cone (± 15 m)
- High speed run around the top cone and to the next cone (± 100 m)
- The running speed should be minimum 95% SP_{max} .
- Running backwards to the next cone (± 15 m)
- Jogging at medium intensity to the next cone (± 40 m)
- Sideways-L (± 15 m)
- Walk back to start (± 60 m)
- One full lap, arriving back at the start takes ± 90 ".
- Therefore, restart every 90".
- Set 1 (8 laps) takes ± 12 ' to complete.

- 4' recovery

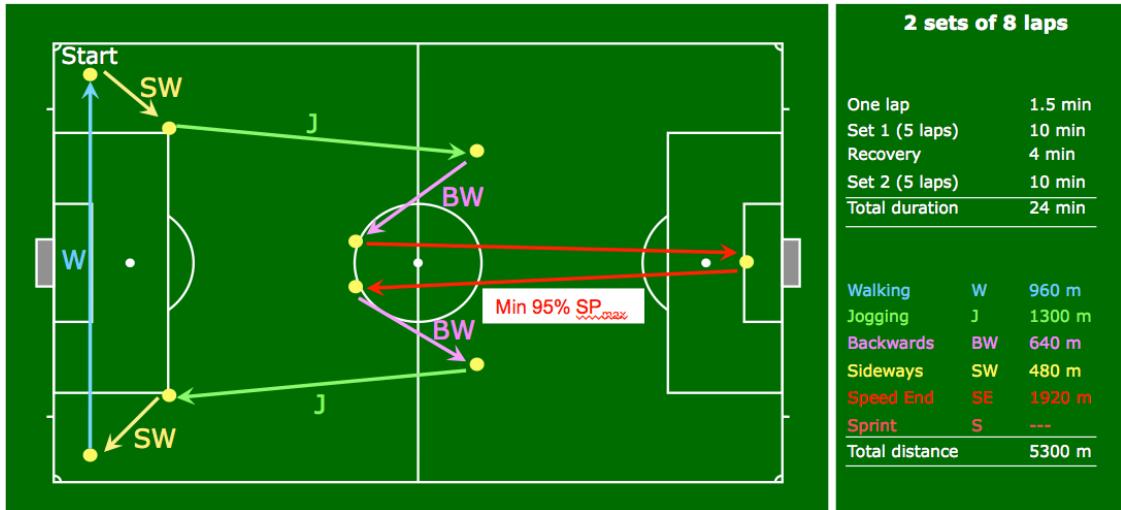
Set 2: Field exercise, again 6 laps of 2' each.

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

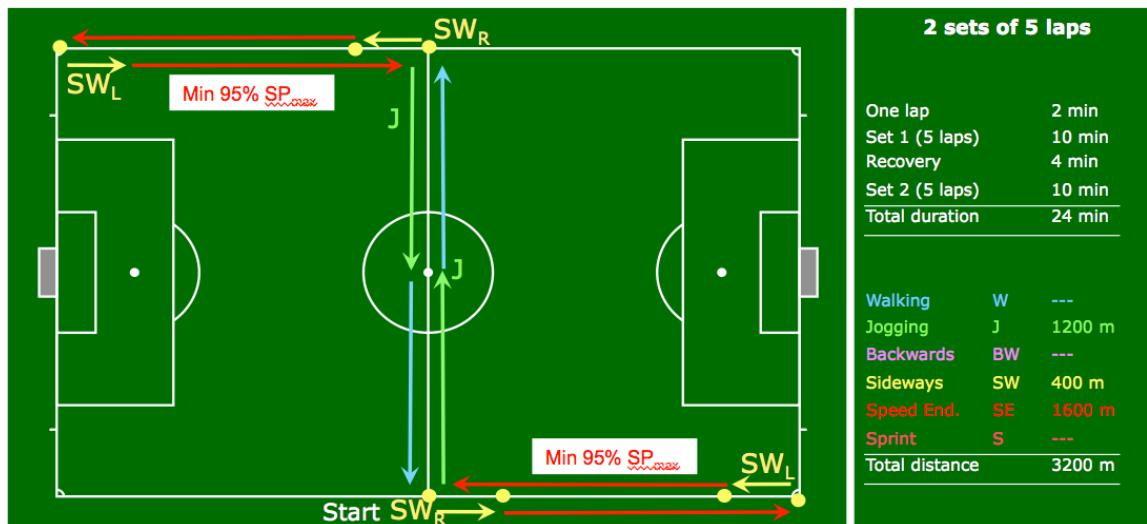


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* SE for ARs - While the referees perform their 2 sets of the HI exercise, the next SE exercise can be considered for the assistant referees.



* Match
* Cool down

- 10' match play.
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 93'

Fri. 27th:

REST DAY

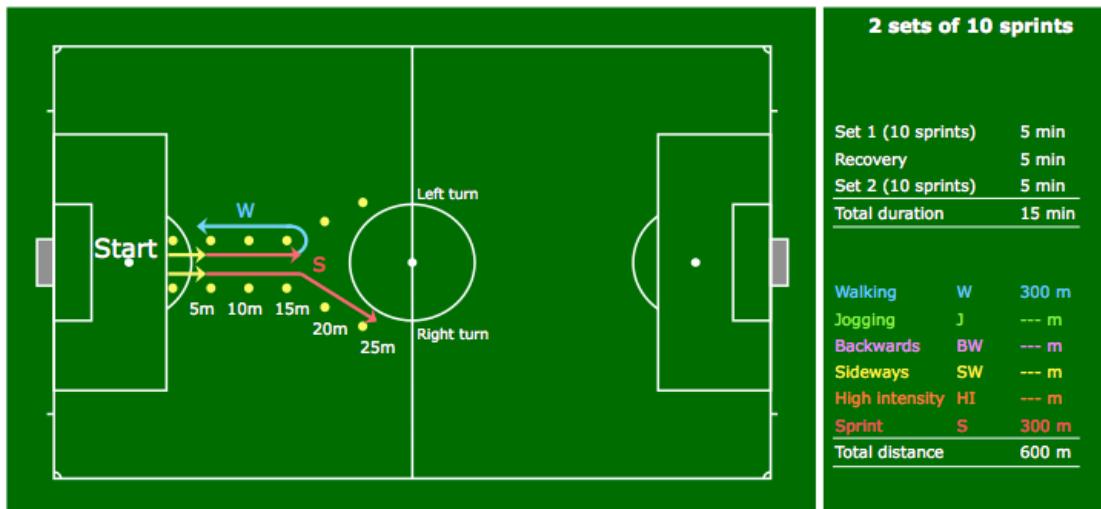
Sat. 28th: Tr. 150

* 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



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- 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. 1st:

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 our Referee P4P platform (<https://app.perception4perfection.eu/>), there are also 3 different match simulation exercises in case you are a VAR or 4th Official to compensate for not being physically involved in the game.

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



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Weekly Training Plan

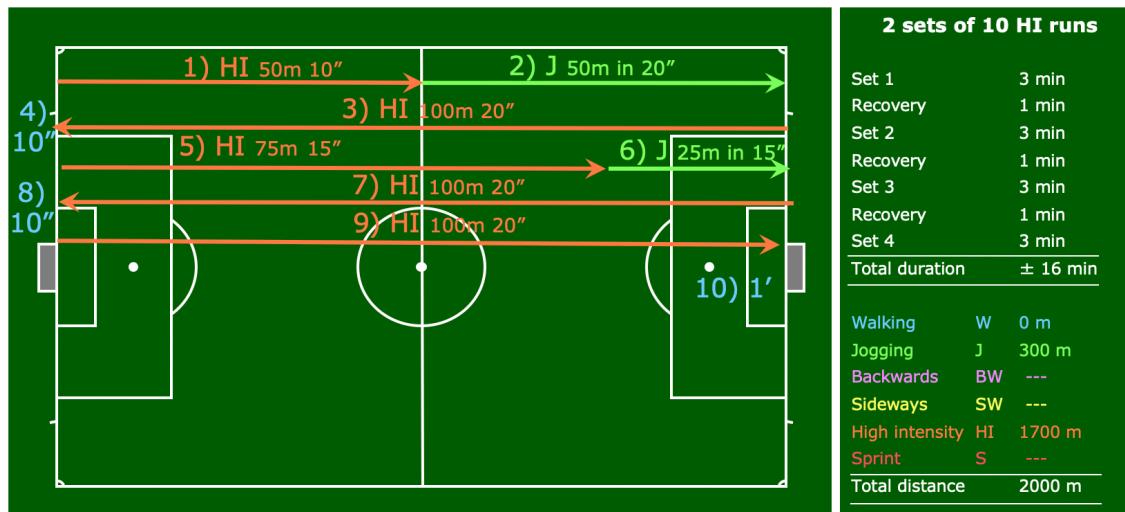
WEEK 10 from Monday 2nd to Sunday 8th of March

Macrocycle VII, week 4 (Training week 40)

Mon. 2nd: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 151

Tue. 3rd: * 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. 4th: REST DAY

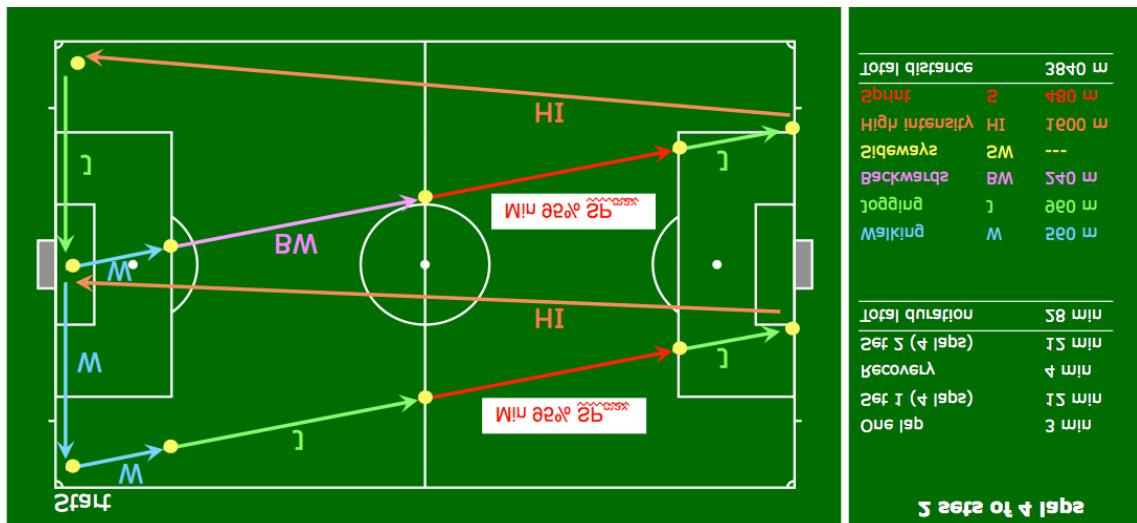
Thu. 5th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 153
* Warm up - 20' jogging, mobilisation and dynamic stretching.



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- * 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 \pm 3' each.
 - 4' recovery



- Set 2:
- 5 laps of $\pm 2'30''$ each.
- This exercise takes $\pm 29'$ ($12'30''$ 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, 6th: Rest day / Complementary strength and/or injury prevention training

Sat. 7th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 154

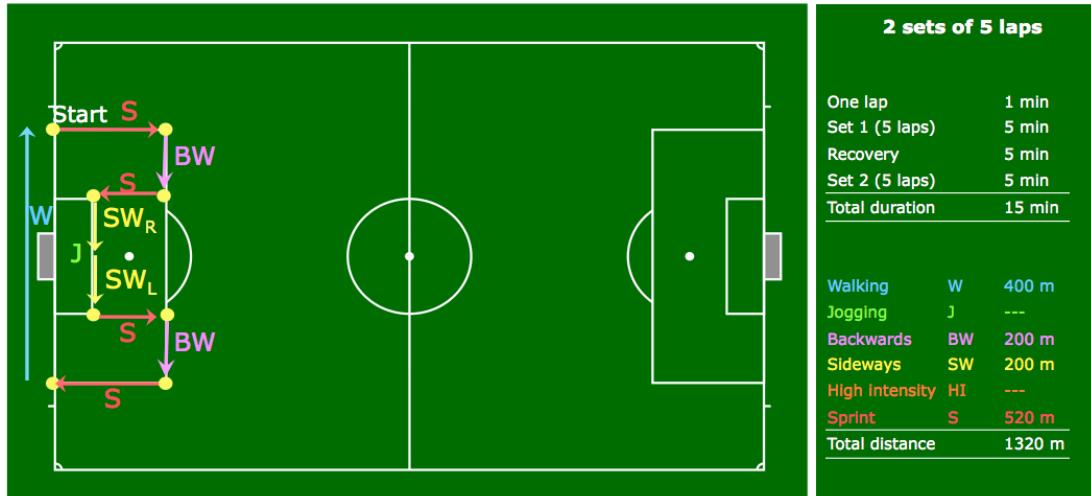
* Speed/Agility - Penalty area exercise, as per diagram below.

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



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- 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. 8th:

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 our Referee P4P platform (<https://app.perception4perfection.eu/>), there are also 3 different match simulation exercises in case you are a VAR or 4th Official to compensate for not being physically involved in the game.

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Performance Training in Football Refereeing

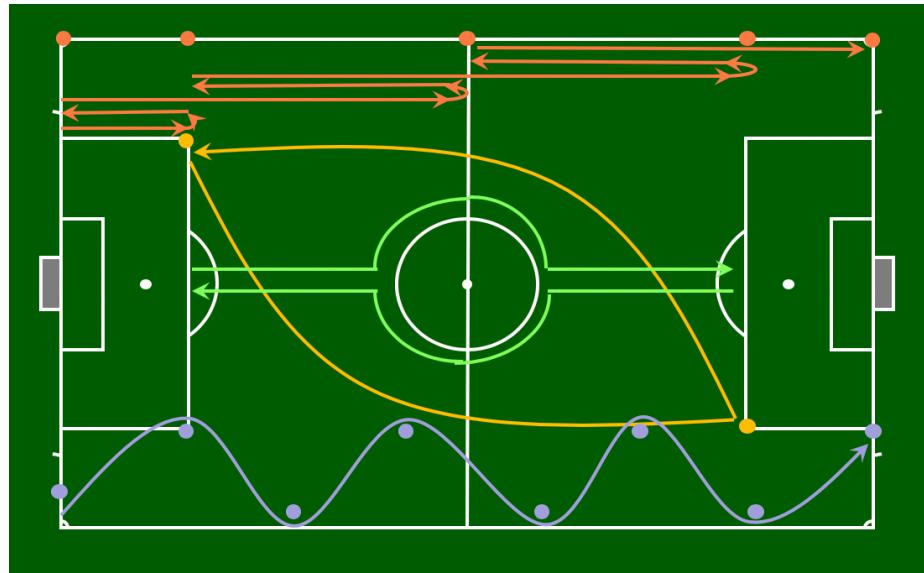
Weekly Training Plan

WEEK 11 from Monday 9th to Sunday 15th of March Macrocycle VII, week 5 (Training week 41)

Mon. 9th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 155

Tue. 10th: * 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")



- Altogether this exercise takes 4 times 6 min with 2 min rec $\pm 30'$.

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

Total duration: 85'

Wed. 11th: Rest day / Complementary strength and/or injury prevention training



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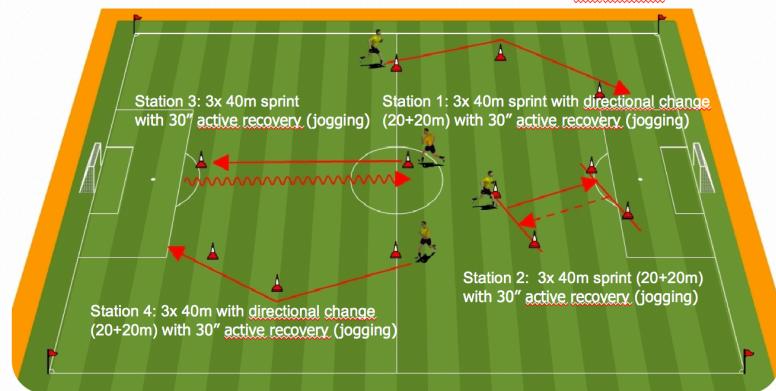
Weekly Training Plan

Thu. 12th: * Low Int.
Tr. 157

* Warm up
* Strength

* Rep. Spr. Ab.

- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- 20' jogging, mobilisation and dynamic stretching.
- 15' strength, core stability & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- **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 = (3x40m) x 4 stations = 480m) x 2 sets = 960m
- Altogether, 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 = (3x40m) x 4 stations = 480m) x 2 sets = 960m
- Altogether, these 2 RSA sets take \pm 26'
(14' Set 1 + 3' recovery + 14' Set 2)





Performance Training in Football Refereeing

Weekly Training Plan

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

Total duration: 91'

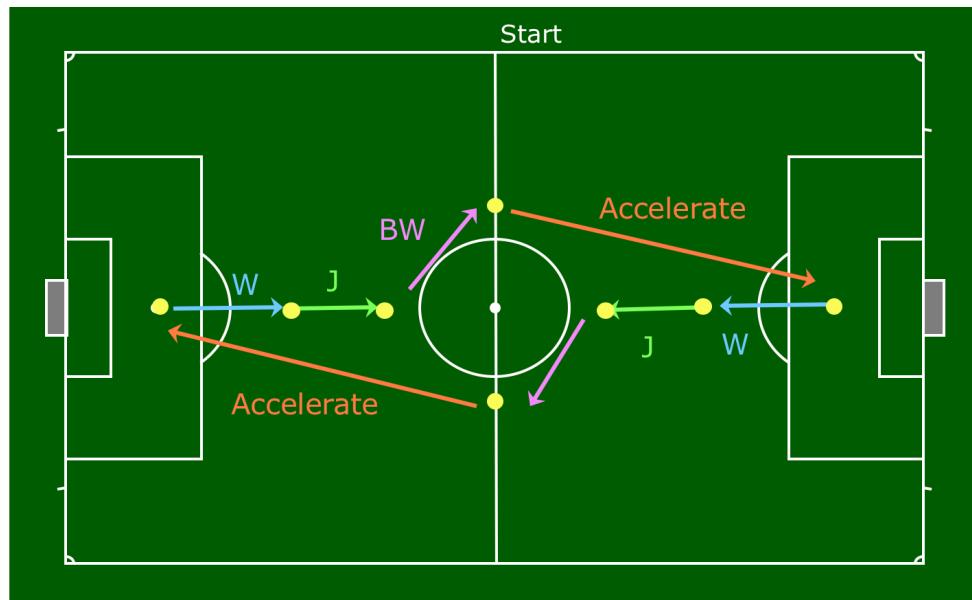
Fri. 13th: Rest day / Complementary strength and/or injury prevention training

Sat. 14th: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 158 * 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. 15th: 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 our Referee P4P platform (<https://app.perception4perfection.eu/>), there are also 3 different match simulation exercises in case you are a VAR or 4th Official to compensate for not being physically involved in the game.

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Performance Training in Football Refereeing

Weekly Training Plan

WEEK 12 from Monday 16th to Sunday 22nd of March

Macrocycle VII, week 6 (Training week 42)

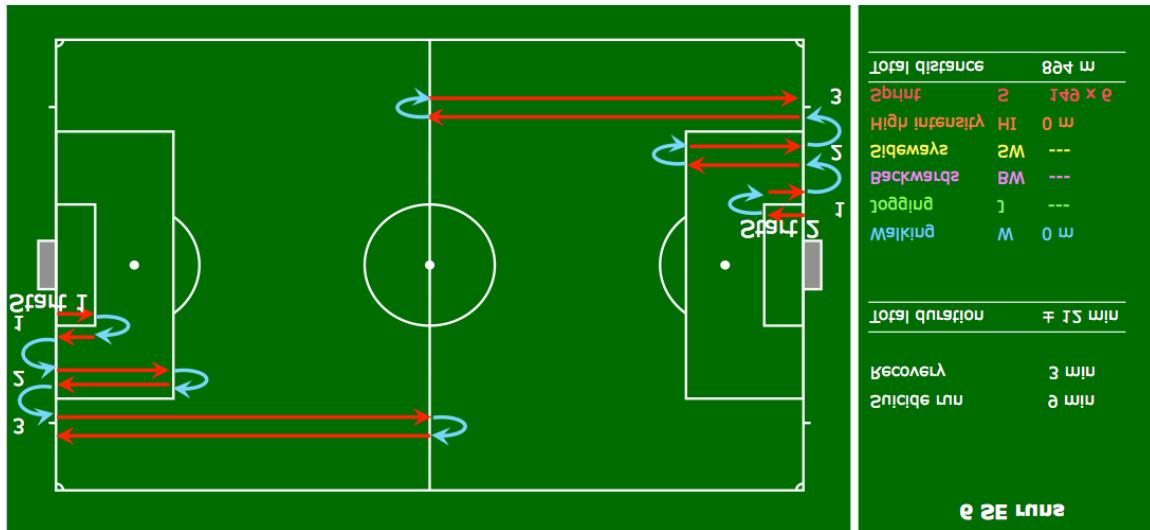
Mon. 16th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 159

Tue. 17th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 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.

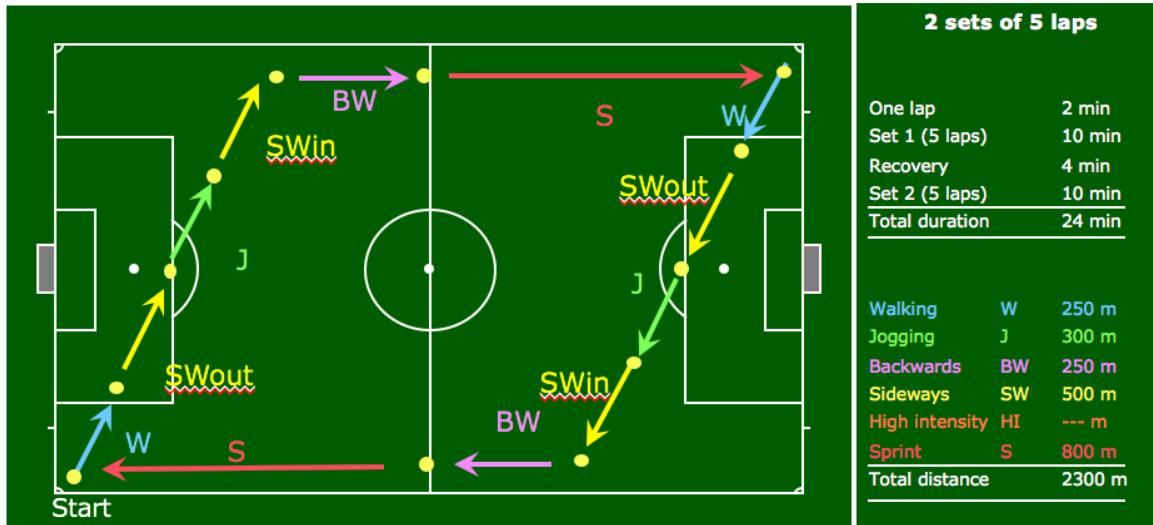


* Speed End. - Just 1 Set of 5 laps: 'Referee run': 10'



Performance Training in Football Refereeing

Weekly Training Plan



- 3' recovery

- Altogether, 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. 18th:

Rest day / Complementary strength and/or injury prevention training

Thu. 19th: Tr. 161

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

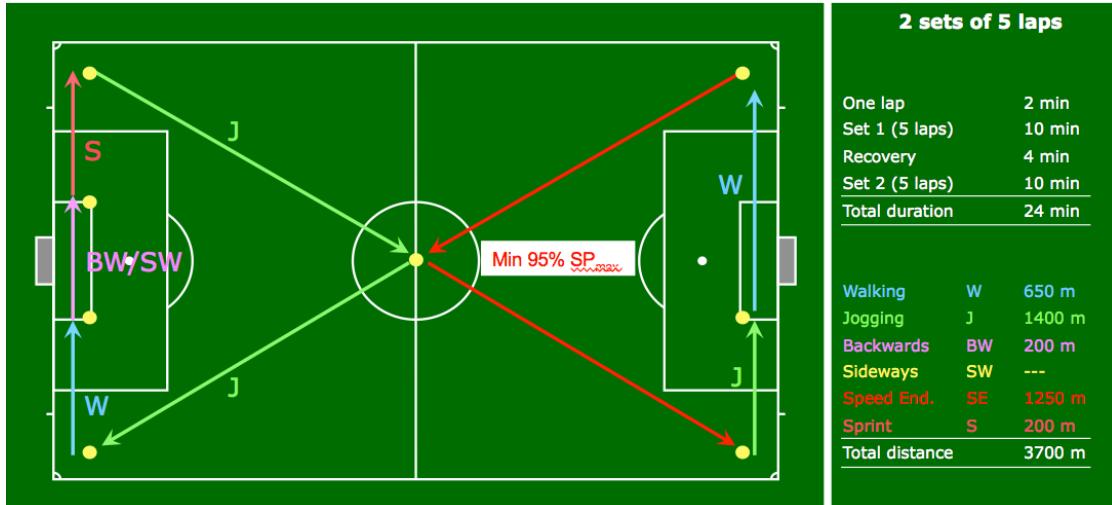
- 4' recovery

- Set 2:
- Field exercise, 5 laps of \pm 2' each.



Performance Training in Football Refereeing

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- Altogether 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. 20th:

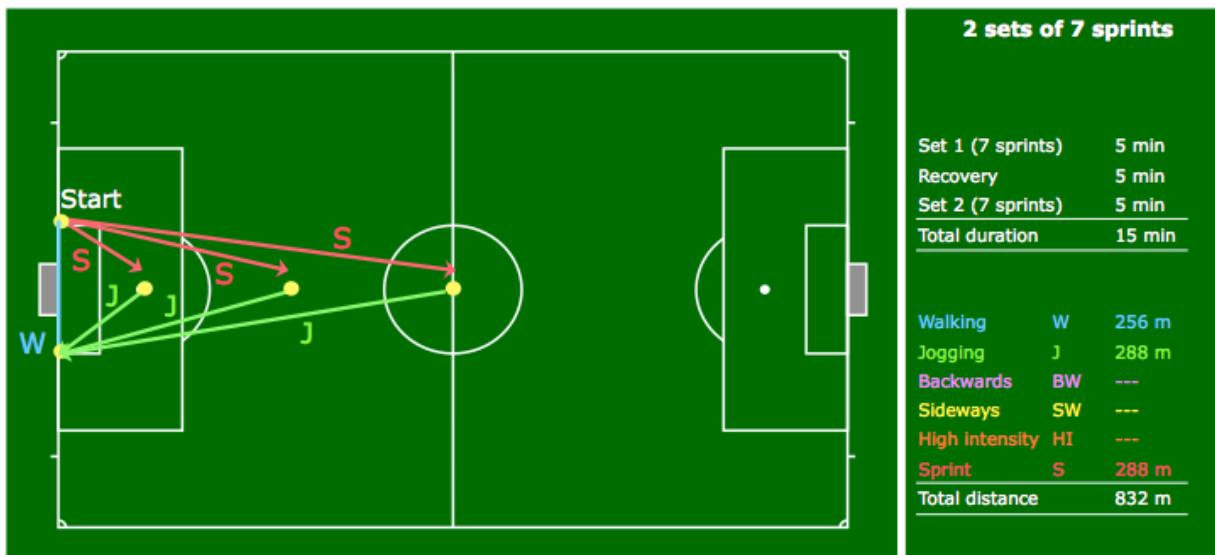
Rest day / Complementary strength and/or injury prevention training

Sat. 21st.
Tr. 162

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

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



Performance Training in Football Refereeing Weekly Training Plan

- The total exercise time is 15'

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

Total duration: 50'

Sun. 22nd: 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 our Referee P4P platform (<https://app.perception4perfection.eu/>), there are also 3 different match simulation exercises in case you are a VAR or 4th Official to compensate for not being physically involved in the game.

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