



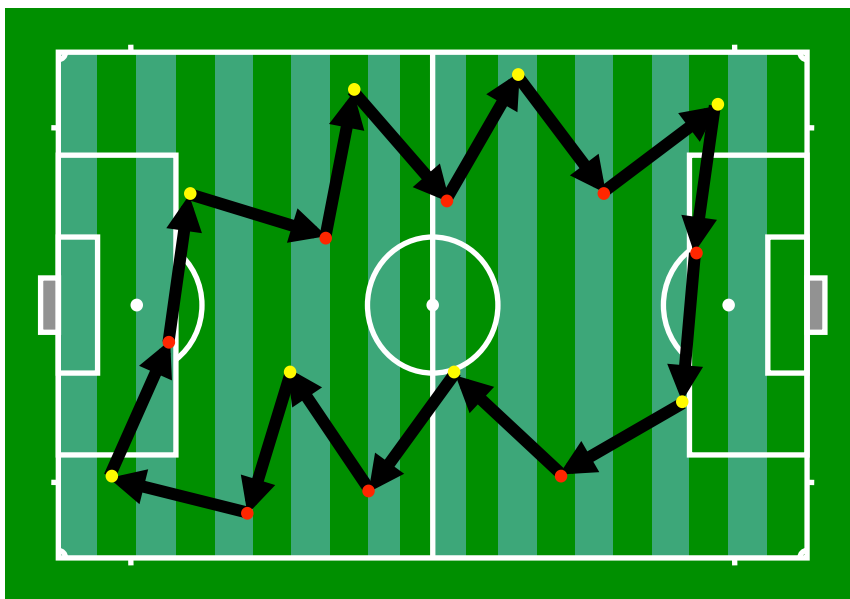
Performance Training in Football Refereeing Weekly Training Plan

WEEK 31 from Monday 16th to Sunday 22nd of July **Macrocycle II, week 1 (Training week 7)**

<u>Mon. 16th.</u> Tr. 22	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Medium Int.	- 30' run at 70% HR _{max} (\pm 5 to 6 km) For each 5' of running, 2 tempo runs have to be done: in the middle a 50 m tempo run, and towards the end of the 5' period a 100 m tempo run has to be covered. Over the 30' run, 12 tempo runs have to be done, i.e. 6 x 50 m and 6 x 100 m.
	* Cool down	- 5' of jogging and walking, followed by 10' of extensive stretching
<u>Total duration: 70'</u>		
<u>Tue. 17th.</u> Tr. 23	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- Advanced set of strength and injury prevention exercises (week 1)
	* High Int.	- 2' run at 90% HR _{max} , 1' jogging, 8 x - In total, it takes 24' to complete this HI-exercise.
	* Cool down	- 5' of jogging and walking, followed by 10' of extensive stretching
<u>Total duration: 74'</u>		
<u>Wed. 18th.</u>	REST or RECOVERY	
<u>Thu. 19th.</u> Tr. 24	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- Advanced set of strength and injury prevention exercises (week 1)
	* High Int.	- Yo-Yo dynamic exercise with the beeps of the Yo-Yo intermittent recovery run (level 1). Start on a red cone. On the first beep, you should be at the yellow cone (20 m). On the second beep, you should arrive at the next red cone (20 m). Recovery for 10", and then you leave on the next beep. Continue as long as you can stay in line with the beeps.



Performance Training in Football Refereeing Weekly Training Plan



- * Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down - 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 80'

Fri. 20th:

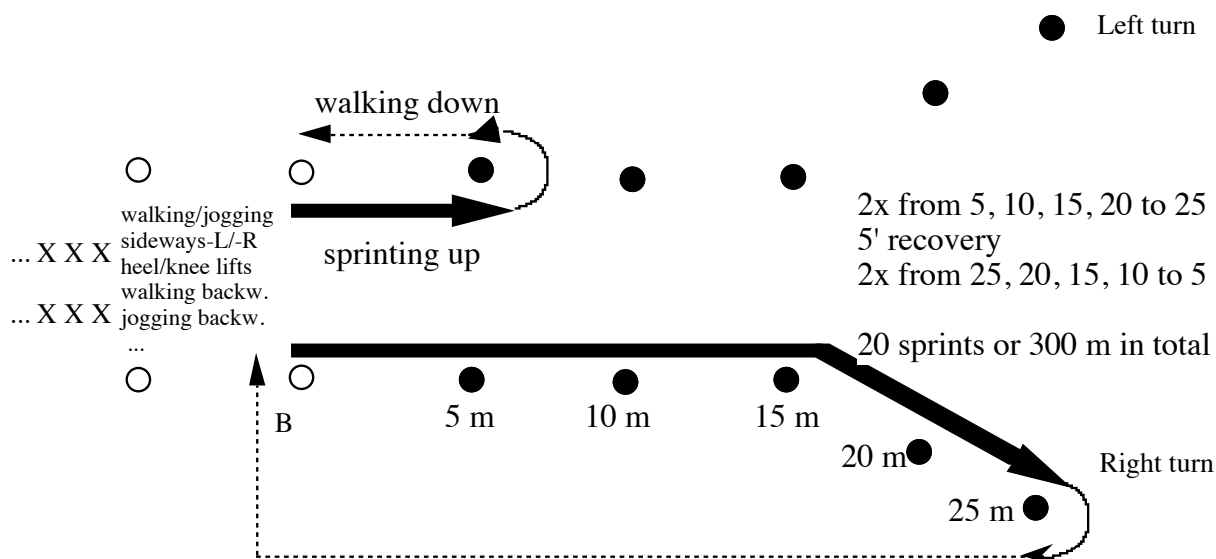
REST or RECOVERY

Sat. 21st:

- * Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 25

- * Speed - short sprints from a dynamic position (heel lifts, knee lifts,...)





Performance Training in Football Refereeing Weekly Training Plan

- In total, this exercise takes 15'. The total sprint distance is 300 m.

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

Total duration: 50'

Sun. 22nd.

Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider to do some intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 32 from Monday 23rd to Sunday 29th of July **Macrocycle II, week 2 (Training week 8)**

<u>Mon. 23rd:</u> Tr. 26	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Speed End.	- 45" of jogging, followed by 15" of acceleration building up to to 95% SP _{max} , 8 reps, 3' recovery (walking) - 30" of jogging, followed by 15" of acceleration building up to to 95% SP _{max} , 8 reps, 2' recovery (walking) - 15" of jogging, followed by 15" of acceleration building up to to 95% SP _{max} , 8 reps, 1' recovery (walking)
	* Cool down	- 5' of jogging and walking, followed by 10' of extensive stretching
		<u>Total duration: 64'</u>
<u>Tue. 24th:</u> Tr. 27	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- Advanced set of strength and injury prevention exercises (week 2)
	* High Int.	- 20" run at 90% HR _{max} (appr. 100 m), 10" jogging (Set 1) - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging - 20" run at 90% HR _{max} (appr. 100 m), 10" jogging (Set 2) - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging - After a 4' recovery and a stretching break, the pulsations should be reduced below 120 bpm - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging (set 3) - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 20" run at 90% HR _{max} (appr. 100 m), 10" jogging - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging (set 4) - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 20" run at 90% HR _{max} (appr. 100 m), 10" jogging - All together, this takes 10' + 4' rec + 10' = 24'



Performance Training in Football Refereeing Weekly Training Plan

- From a coaching point of view, an efficient way to organise this exercise, is to whistle each time the referees have to change from activity.

- For Sets 1 & 2, the time line for the use of the whistle is as follows:
0 (20" HI tempo) - 20" (J) - 30" (T) - 1'10" (J) - 1'30" (T) - 2'30" (J) - 3' (T) - 4'20" (J) - 5' (T) - 5'20" (J) - 5'30" (T) - 6'10" (J) - 6'30" (T) - 7'30" (J) - 8' (T) - 9'20" (J) - 10' (Stop)

- For Sets 3 & 4, the time line is:
0 (1'20" HI tempo) - 1'20" (J) - 2' (T) - 3' (J) - 3'30" (T) - 4'10" (J) - 4'30" (T) - 4'50" (J) - 5' (T) - 6'20" (J) - 7' (T) - 8' (J) - 8'30" (T) - 9'10" (J) - 9'30" (T) - 9'50" (J) - 10' (Stop)

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

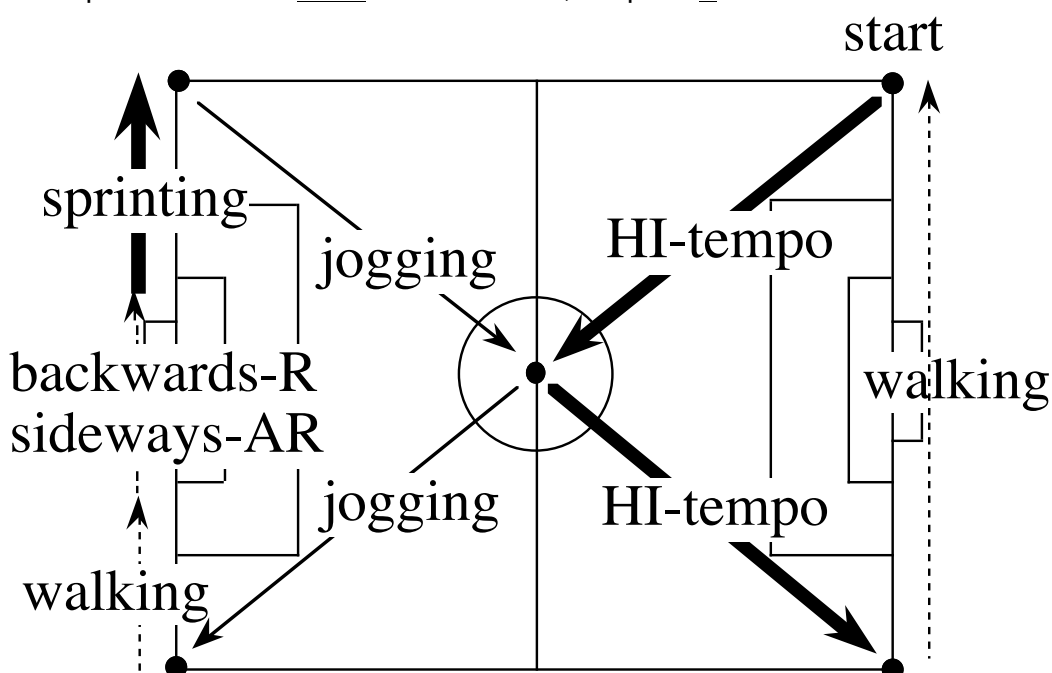
Total duration: 74'

Wed. 25th:

REST or RECOVERY

Thu. 16th:
Tr. 28

- * Low Int. - 5' of jogging slowly building up to 70% HR_{max} (+ 1 km)
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 2)
- * Speed End. - Set 1: Field exercise, 5 laps of + 2' each





Performance Training in Football Refereeing Weekly Training Plan

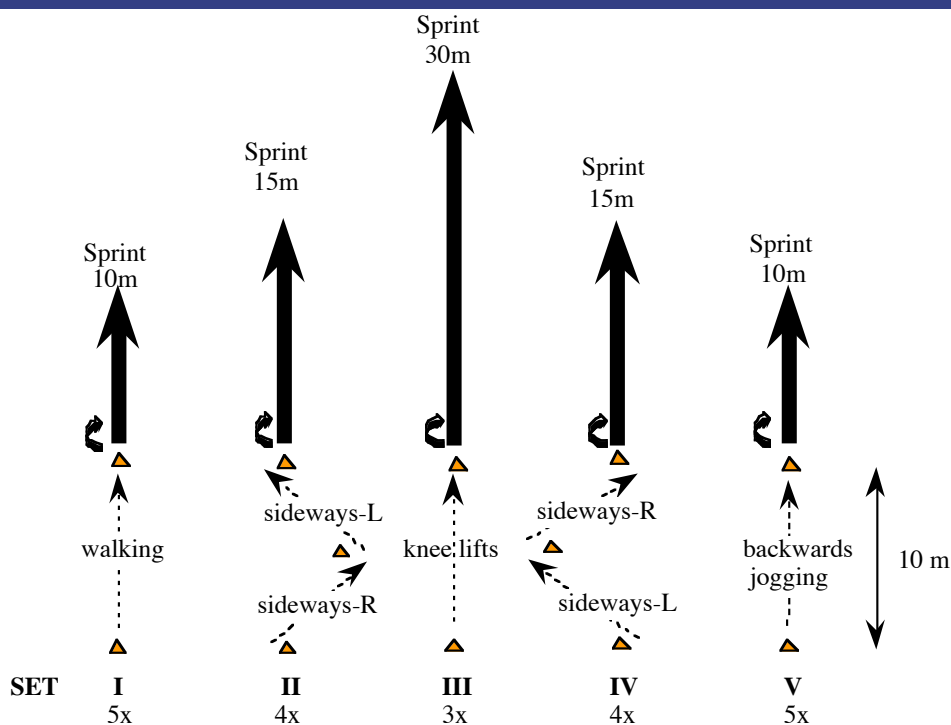
- 4' recovery
 - Set 2: Field exercise, again 5 laps of $\pm 2'$ each
 - All together, this exercise takes 24' (including recovery)
 - * Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})
 - * Cool down - 5' of jogging and walking, followed by 10' of extensive stretching
- Total duration: 84'

Fri. 27th: REST or RECOVERY

- Sat. 28th:
Tr. 29
- * Warm up - 20' of jogging, dynamic exercises and stretching
 - * Speed - Straight line sprints from a dynamic starting position, such as heel lifts, knee lifts, walking, backwards or sideways running:
 - Set 1: 5 x 10m, starting from 10m walking
 - Set 2: 4 x 15m, starting from 10m side-stepping
 - Set 3: 3 x 30m, starting from 10m forwards jogging
 - Set 4: 4 x 15m, starting from 10m side-stepping
 - Set 5: 5 x 10m, starting from 10m backwards jogging
- After every sprint, a very slow walk back to the start position is a good way of determining the recovery time (e.g. 20" for 10 m, 30" for 15 m, 40" for 30 m).



Performance Training in Football Refereeing Weekly Training Plan



- After every set, there is 1' recovery and stretching break
- The total exercise time is 15'. The total sprint distance is 310m.

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

Total duration: 50'

Sun. 29th: Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider to do some intermittent activities such as playing badminton, football, squash, or tennis.



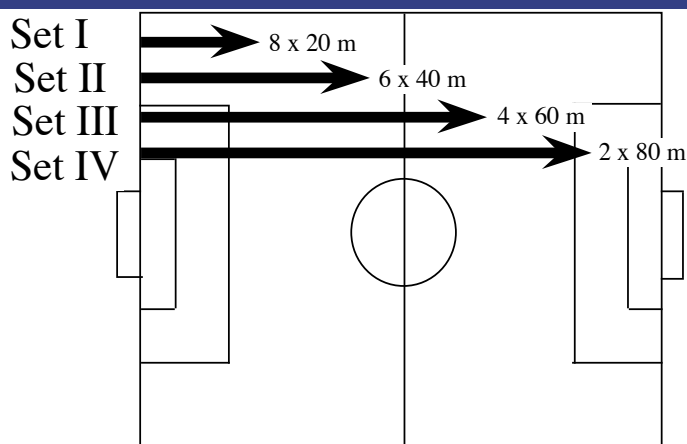
Performance Training in Football Refereeing Weekly Training Plan

WEEK 33 from Monday 30th of July to Sunday 5th of August **Macrocycle II, week 3 (Training week 9)**

<u>Mon. 30th.</u> Tr. 30	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Medium Int.	- 30' run at 70% HR _{max} (\pm 5 to 6 km) At the end of each 5' period, a 30" tempo run has to be performed (\pm 150 m), or 6 all together resulting in a total distance of 900 m.
	* Cool down	- 5' jogging and walking, followed by 10' of extensive stretching
<u>Total duration: 70'</u>		
<u>Tue. 31st.</u> Tr. 31	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- Advanced set of strength and injury prevention exercises (week 3)
	* High Int.	- 1' run at 90% HR _{max} , 30" jogging, 16 x - In total, this exercise takes (1' + 30") x 16 = \pm 24'
	* Cool down	- 5' of jogging and walking, followed by 10' of extensive stretching
<u>Total duration: 74'</u>		
<u>Wed. 1st.</u>	REST or RECOVERY	
<u>Thu. 2nd.</u> Tr. 32	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- Advanced set of strength and injury prevention exercises (week 3)
	* Speed End.	- All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start



Performance Training in Football Refereeing Weekly Training Plan



*** Speed End.**

- Depending on the age and/or fitness level, the re-starts are timed as follows:

Top: Set 1 every 20"
Set 2 every 40"
Set 3 every 50"
Set 4 every 60"

Intermediate: Set 1 every 25"
Set 2 every 45"
Set 3 every 55"
Set 4 every 65"

- 2' recovery in between each set

- This exercise takes between 18' (top) and 20' (intermediate).

*** Match**

- 10' of match play or 10' of medium intensity jogging (80% HR_{max})

*** Cool down**

- 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 80'

Fri. 3rd.

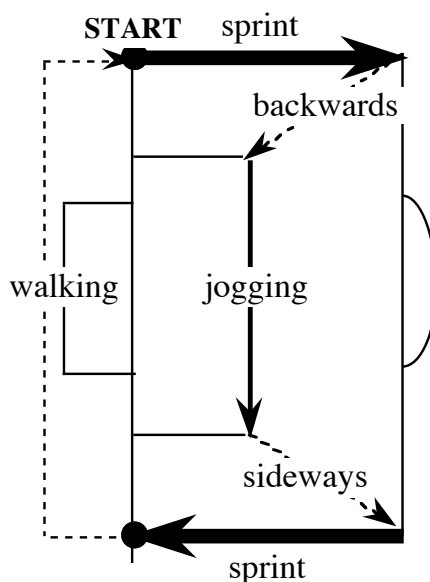
REST or RECOVERY



Performance Training in Football Refereeing Weekly Training Plan

Sat. 4th.
Tr. 33

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Speed - Set 1: Perform 5 laps of the below exercise in the penalty box



- Once the 5 laps (or 10 sprints of 16 m) have been completed, take a 5' recovery, stretching and drinking break.

- Then perform another 5 laps.

- The total exercise time is 15'. The total sprint distance is 320m.

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

Total duration: 50'

Sun. 5th:

Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider to do some intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 34 from Monday 6th to Sunday 12th of August **Macrocycle II, week 4 (Training week 10)**

<u>Mon. 6th:</u> Tr. 34	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 7th:</u> Tr. 35	* Low Int.	- 5' of jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- Advanced set of strength and injury prevention exercises (week 4)
	* High Int.	<ul style="list-style-type: none">- 30" HI-run, 30" jogging (<u>Set 1</u>),- 45" HI-run, 30" jogging,- 60" HI-run, 30" jogging,- 75" HI-run, 30" jogging,- 30" HI-run, 30" jogging,- 45" HI-run, 30" jogging,- 60" HI-run, 30" jogging,- 75" HI-run, 30" jogging, <p>- 2' passive recovery (until bpm < 65% HR_{max})</p> <ul style="list-style-type: none">- 75" HI-run, 30" jogging (<u>Set 2</u>),- 60" HI-run, 30" jogging,- 45" HI-run, 30" jogging,- 30" HI-run, 30" jogging,- 75" HI-run, 30" jogging,- 60" HI-run, 30" jogging,- 45" HI-run, 30" jogging,- 30" HI-run, 30" jogging, <p>- All together, this exercise takes 11' + 2' rec + 11' = 24'</p> <p>- From a coaching point of view, an efficient way to organise this exercise, is to whistle each time the referees change from activity.</p> <p>- For Set 1, the time line for the use of the whistle is as follows: 0 (30" HI tempo) - 30" (J) - 1' (T) - 1'45" (J) - 2'15" (T) - 3'15" (J) - 3'45" (T) - 5' (J) - 5'30" (T) - 6' (J) - 6'30" (T) - 7'15" (J) - 7'45" (T) - 8'45" (J) - 9'15" (T) - 10'30" (J) - 11' (Stop)</p> <p>- For Set 2, the time line is: 0 (75" HI tempo) - 1'15" (J) - 1'45" (T) - 2'45" (J) - 3'15" (T) - 4' (J) - 4'30" (T) - 5' (J) - 5'30" (T) - 6'45" (J) - 7'15" (T) - 8'15" (J) - 8'45" (T) - 9'30" (J) - 10' (T) - 10'30" (J) - 11' (Stop)</p>



Performance Training in Football Refereeing Weekly Training Plan

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

Total duration: 74'

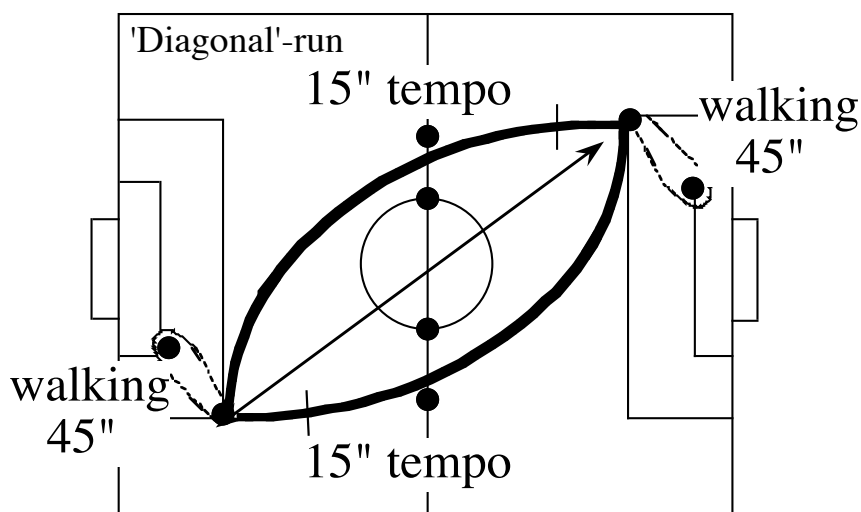
Wed. 8th:

REST or RECOVERY

Thu. 9th:
Tr. 36

- * Low Int. - 5' of jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 4)
- * Speed End. - Set 1 of the diagonal run, 10 reps of 1' each

Starting at the edge of the penalty box, referees progressively accelerate to 90-95% SP_{max} (15") along the diagonal line as indicated below. As from the mark near the opposite penalty box on (marked by the vertical bar), they decelerate while keeping the attentional focus inside the penalty box. Between runs, there is a 45" recovery period (walking).



- 4' of recovery

- Set 2 of the diagonal run, again 10 reps of 1' each

- The total duration of this speed endurance session is \pm 24' including 4' active recovery.

- * Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down - 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 84'

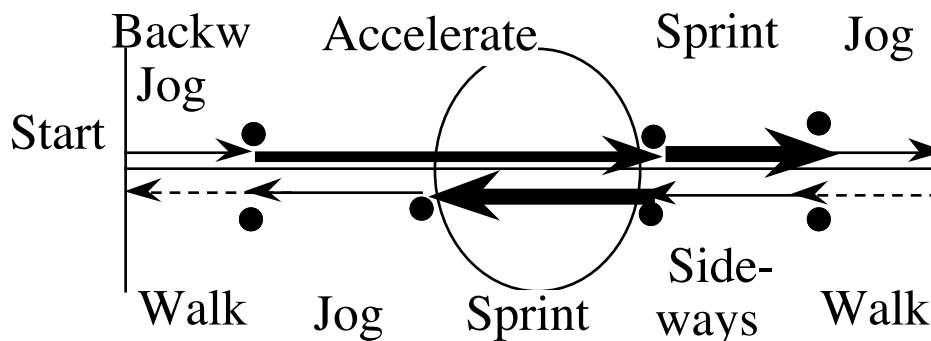


Performance Training in Football Refereeing Weekly Training Plan

Fri. 10th: REST or RECOVERY

Sat. 11th:
Tr. 37

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Speed - Set 1: speed exercise around the midline, 5 x across the pitch and back to the starting position.



- 5' recovery

- Set 2: same exercise, again 5 x up and down

- The total exercise time is 15'. The total sprint distance is 360 m.

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

Total duration: 50'

Sun. 12th: Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

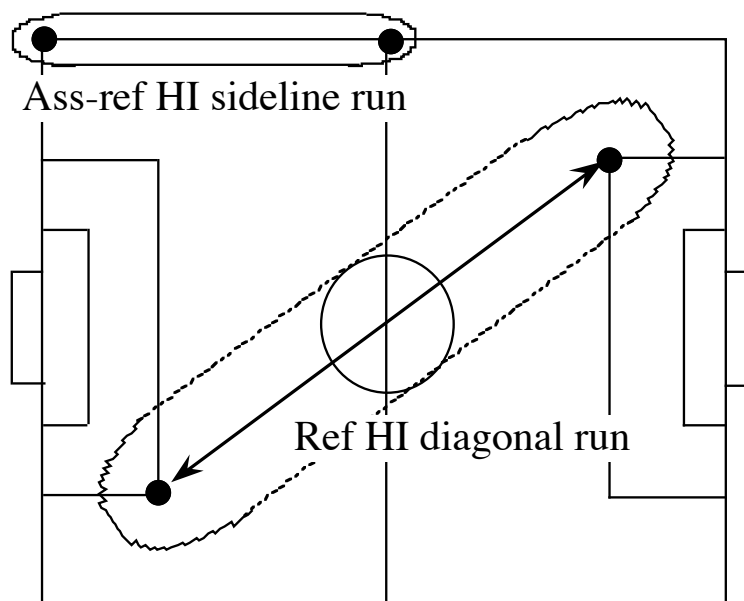
Alternatively, you may also consider to do some intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 35 from Monday 13th to Sunday 19th of August Macrocycle II, week 5 (Training week 11)

- Mon. 13th: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 38
- Tue. 14th: * Low Int. - 5' of jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 39
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 5)
- * High Int. - Set 1: 30" run at 90% HR_{max}, 15" jogging, 12 repetitions
- 4' recovery
- Set 2: 30" run at 90% HR_{max}, 15" jogging, again 12 repetitions
- All together, this exercise takes 9' + 4' recovery + 9' = 22'
 - In the example below, it is shown how this exercise can be done by assistant referees (i.e. along the sideline)



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

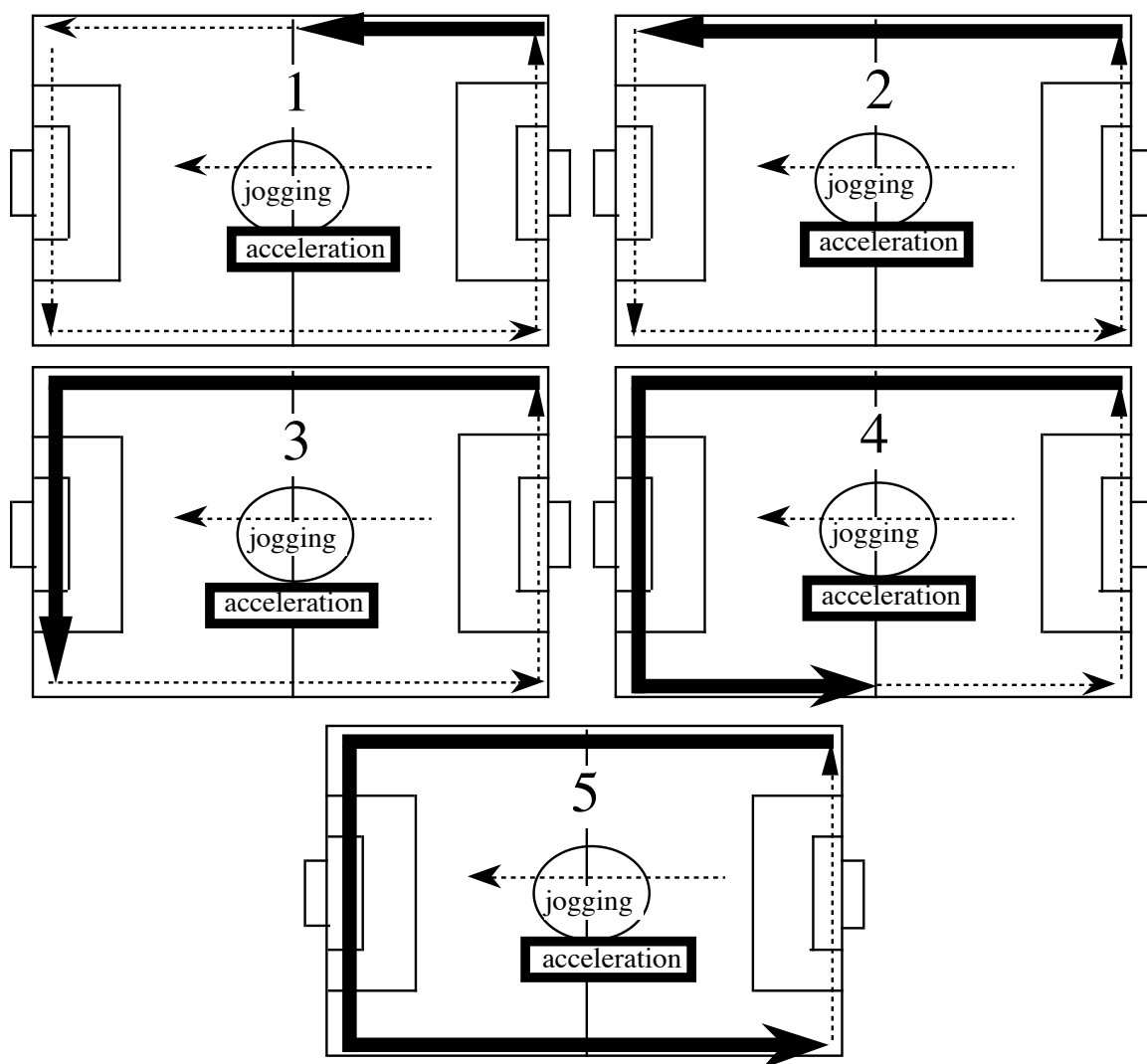
Total duration: 72'

Wed. 15th: REST or RECOVERY



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 16th. Tr. 40
- * Low Int. - 5' of jogging slowly building up to 80% HR_{max} (\pm 1 km)
 - * Warm up - 20' of jogging, dynamic exercises and stretching
 - * Strength - Advanced set of strength and injury prevention exercises (week 5)
 - * Speed End.
 - Set 1
 - Perform the pitch laps below in the following order:
 - Lap1, Lap 2, Lap 3, Lap 4, Lap 5, Lap 5, Lap 4, Lap 3, Lap 2 and finishing off with Lap 1
 - With no recovery breaks in-between each lap it takes \pm 13' to run Set 1.



- 4' recovery



Performance Training in Football Refereeing Weekly Training Plan

- * Speed End.
 - Set 2
 - Perform the pitch laps below in the following order:
 - Lap 5, Lap 4, Lap 3, Lap 2, Lap 1, Lap 1, Lap 2, Lap 3, Lap 4 and finishing off with Lap 5.
 - All together this exercise takes $\pm 30'$
(13' Set 1 , 4' recovery, 13' set 2)
- * Match
 - 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down
 - 5' of jogging and walking, followed by 10' of extensive stretching

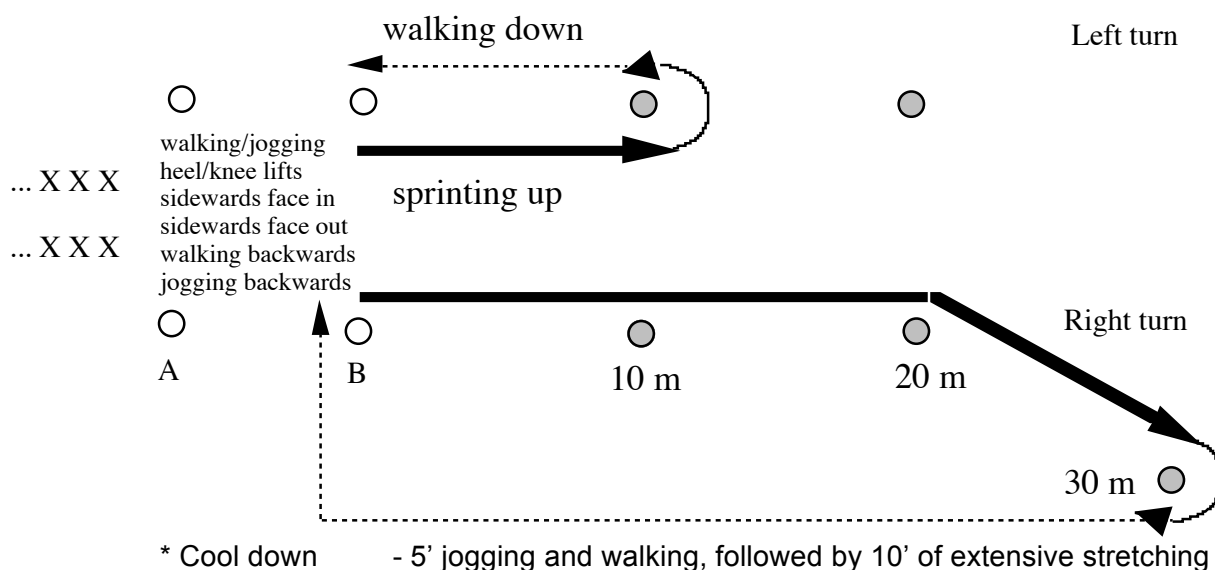
Total duration: 90'

Fri. 17th: REST or RECOVERY

- Sat. 18th:
Tr. 41
- * Warm up
 - 20' of jogging, dynamic exercises and stretching
 - * Speed
 - Perform 2 sets of the exercise below, with a 5' recovery break in between sets.
 - Set 1:
 - 10 m sprint up, 10 m walk down, 3 x
 - 20 m sprint up, 20 m walk down, 3 x
 - 30 m sprint up, 30 m walk down, 3 x(with a change in direction to the left or to the right)
 - Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you commence each sprint.
 - Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.
 - Set 2:
 - but now in reversed order, i.e. from 30 m to 10 m, each distance 3 x for another total of 9 sprints.
 - The total sprint distance is 360 m. The total exercise time is 15'.



Performance Training in Football Refereeing Weekly Training Plan



Total duration: 50'

Sun. 19th:

Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

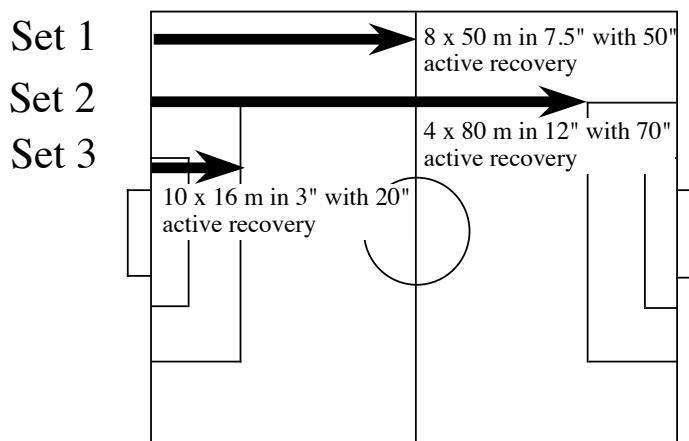
Alternatively, you may also consider to do some intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 36 from Monday 20th to Sunday 26th of August Macrocycle II, week 6 (Training week 12)

- Mon. 20th. * Act. Rec. - 50' recovery session in a fitness centre
Tr. 42
- Tue. 21st. * Low Int. - 5' of jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 43
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 6)
- * Ext. Speed - Start each sprint on the goal-line:
- Set 1:
 - > 8 maximal sprints to the midline (\pm 7.5") with 50" active recovery in between each sprint
 - > Jog 1 lap of the pitch, drinking & stretching (\pm 2'30")
 - > Duration: \pm 10'
 - Set 2:
 - > 4 sprints to the opposite penalty box (\pm 12") with 70" active recovery in between each sprint
 - > Jog 1 lap of the pitch, drinking & stretching (\pm 2'30")
 - > Duration: \pm 7.5'
 - Set 3:
 - > 10 sprints to the penalty box (\pm 3") with 20" active recovery in between each sprint
 - > Duration: \pm 3.5'



- All together, this session takes \pm 21' including 5' active recovery
- * Cool down - 5' jogging and walking, followed by 10' of extensive stretching

Total duration: 76'



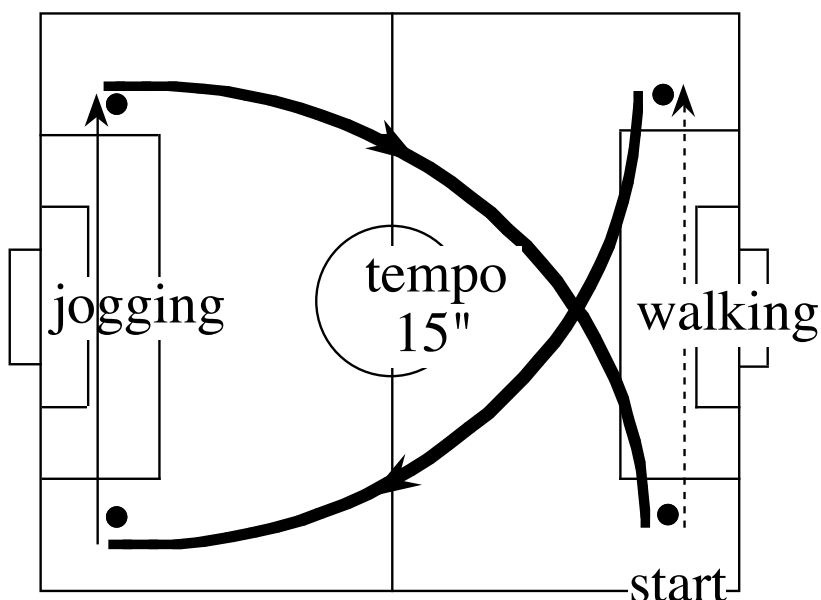
Performance Training in Football Refereeing Weekly Training Plan

Wed. 22nd:

REST or RECOVERY

Thu. 23rd.
Tr. 44

- * Low Int. - 5' jogging slowly building up to 80% HR_{max} (\pm 1 km)
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 6)
- * Speed End. - Referees start by walking to the other side of the penalty box, then they accelerate along the diagonal, jog to the other side of the penalty box, and finally accelerate to the starting position.
 - 6 laps of \pm 90" each
 - 4' recovery

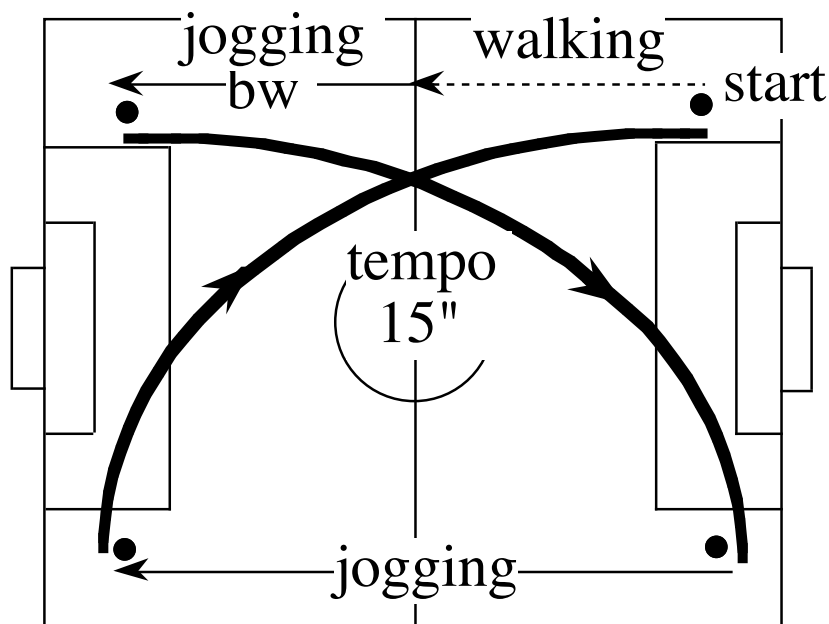


- Referees start the second set by walking to the midline, then jog backwards to the other end of the field, accelerate along the diagonal, jog in the length of the pitch and finally accelerate along the diagonal to the starting position.

- 6 laps of \pm 2' each



Performance Training in Football Refereeing Weekly Training Plan



- In total this exercise takes 25'
(9' Set 1 + 4' recovery + 12' Set 2)

- * Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down - 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 90'

Fri. 24th:

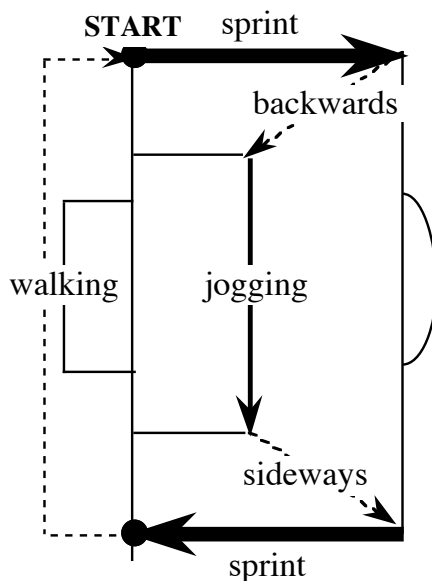
REST or RECOVERY

Sat. 25th:
Tr. 45

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Speed - Set 1: Perform 5 laps of the following exercise in the penalty box



Performance Training in Football Refereeing Weekly Training Plan



- Once the 5 laps (or 10 sprints of 16m) have been completed, take a 5' recovery, stretching and drinking break.

- Then perform another 5 laps.

- The total exercise time is 15'. The total sprint distance is 320m.

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

Sun. 26th:

Officiating exhibition games to get match experience in order to prepare for the UEFA Europa and Champions League and the national championship.

If you have a weekend without a match, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider to do some intermittent activities such as playing badminton, football, squash, or tennis.