



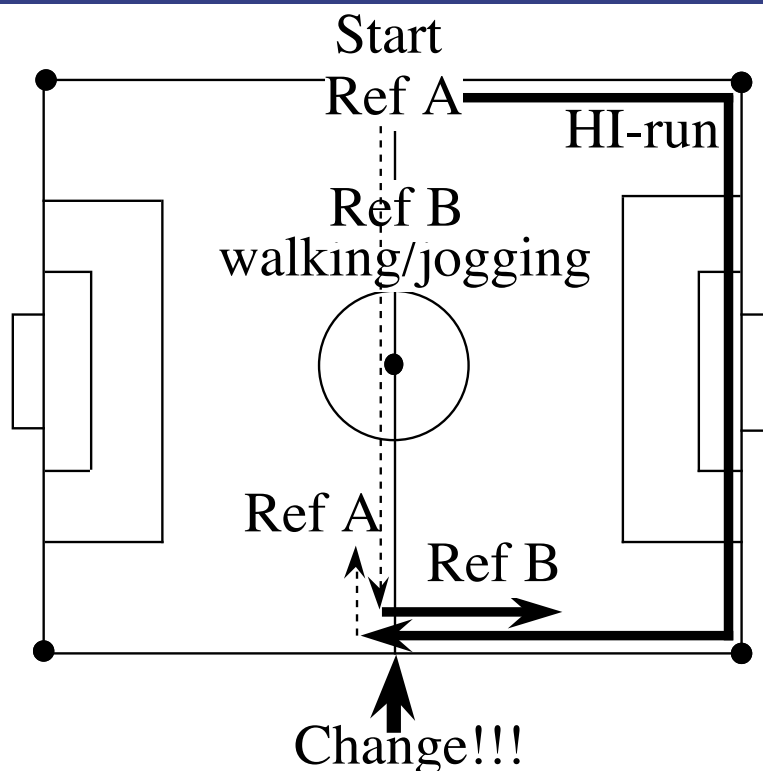
Performance Training in Football Refereeing Training Manual

WEEK 13 from Monday 26th of March to Sunday 1st of April **Macrocycle VIII, week 1 (Training week 43)**

<u>Mon. 26th:</u> Tr. 161	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 27th:</u> Tr. 162	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' extensive warm up, mobilisation and stretching
	* Strength	- 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* High Int.	- <u>Set 1</u> - Referee A performs a HI run clockwise from the midline to the corner flag, then to the other corner flag, and finally to the other side of the midline. In the meantime, Referee B has to cross the midline by walking or jogging. He has to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B performs a HI run counter-clockwise the same trajectory, while Referee A recovers by walking / jogging back to the starting position. The second HI-run of referee A is done on the other side of the field so that he has to take the turns on his L-shoulder. All together this exercise is done 5 full laps, or 10 HI-runs for each of the referees. All together, this first run takes \pm 10' (1600 m HI running alternated with 600 m recovery for each referee). - 3' recovery <u>Set 2:</u> - Perform another 5 full laps (or 10 HI-runs for each of the referees). - All together this exercise takes \pm 22' (10' Set 1 + 2' recovery + 10' Set 2)



Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 72'

Wed. 28th:

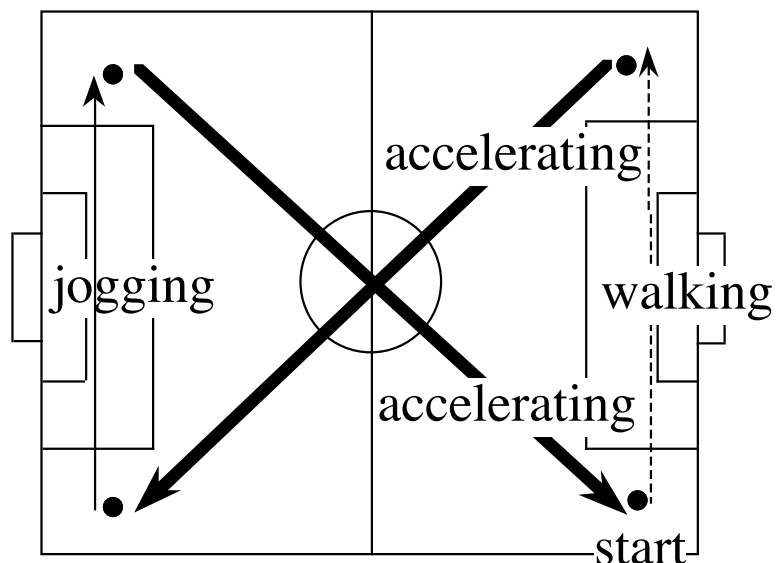
REST DAY

Thu. 29th:
Tr. 163

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End.
 - Set 1
 - Field exercise, 6 laps of \pm 90" each
 - Referees start by walking to the other side of the penalty box, then perform a 90% Sprint along the diagonal line, followed by a jog to the other side of the penalty box, and finally finishing the lap with another 90% Sprint returning to the starting position.
 - 4' recovery

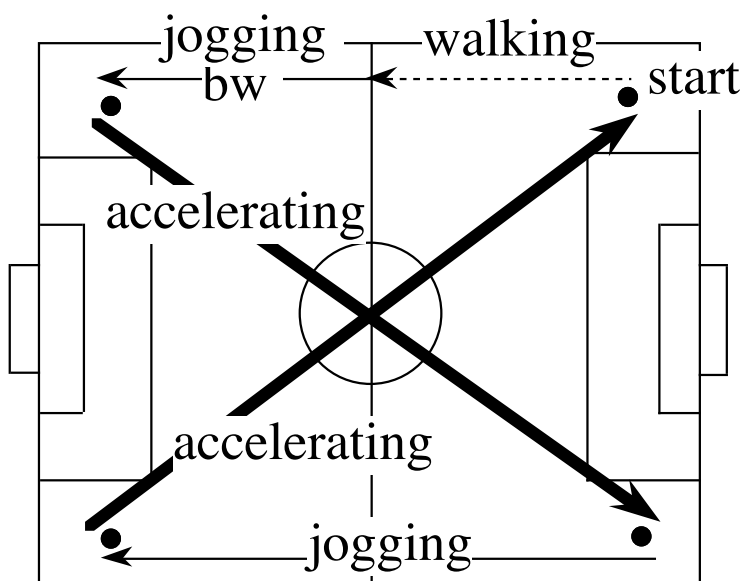


Performance Training in Football Refereeing Weekly Training Plan



- Set 2: Field exercise, again 6 laps of $\pm 2'$ each

Referees now start walking to the midline, then they jog to the other end, perform a 90% Sprint along the diagonal line, jog the length of the pitch and finally another 90% Sprint along the diagonal returning to the starting position.



- In total, this exercise takes $\pm 25'$ (9' Set 1, 4' recovery, 12' Set 2)

* Match

- 10' match play

* Cool down

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

Total duration: 85'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 30th:

REST DAY

Sat. 31st:

Tr. 164

* Warm up

- 20' of jogging, dynamic exercises and stretching

* Speed

- Variations on the 40 m distance:

- 10 m sprint up, 10 m walk down, 8 x or 80 m in total

- 2' recovery and stretching

- 20 m sprint up, 20 m walk down, 6 x or 120 m in total

- 2' recovery and stretching

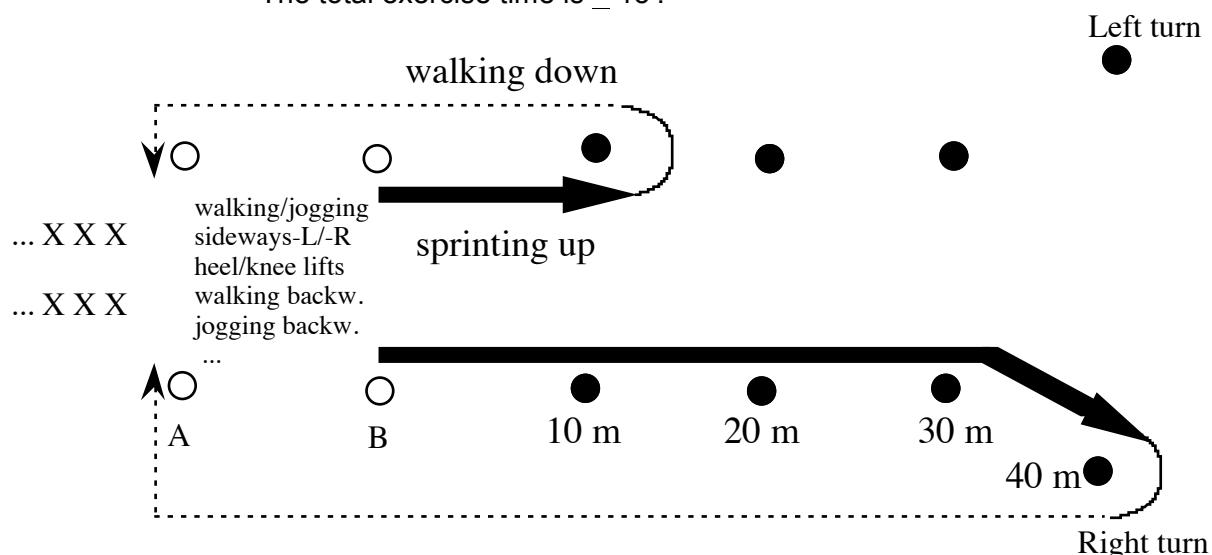
- 30 m sprint up, 30 m walk down, 4 x or 120 m in total

- 2' recovery and stretching

- 40 m sprint up, 40 m walk down, 2 x or 80 m in total

(1x with a change in direction to the left, 1x to the right)

- The total exercise time is $\pm 15'$.



* Cool down - 5' jogging and walking, followed by 10' extensive 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 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 other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 14 from Monday 2nd to Sunday 8th of April **Macrocycle VIII, week 2 (Training week 44)**

<u>Mon. 2nd.</u> Tr. 165	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 3rd.</u> Tr. 166	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' extensive warm up, mobilisation and stretching
	* Strength	- 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* High Int.	<ul style="list-style-type: none">- <u>Set 1</u><ul style="list-style-type: none">- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)- 2' recovery- <u>Set 2</u><ul style="list-style-type: none">- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)- All together, this exercise takes 12' + 4' recovery + 12' = 28'- From a coaching point of view, the easiest way to do this intermittent exercise, is to give a clear signal each time the referees have to change from activity. For Set 1 and 2, the time line is: 0 (20" HI) - 20" (Jog) - 40" (HI) - 1'20" (Jog) - 1'40" (HI) - 2'40" (Jog) - 3' (HI) - 5' (Jog) - 6' (HI) - 8' (Jog) - 9' (HI) - 10' (Jog) - 10'20" (HI) - 11' (Jog) - 11'20" (HI) - 11'40" (Jog) - 12' (finish)
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching

Total duration: 76'



Performance Training in Football Refereeing Weekly Training Plan

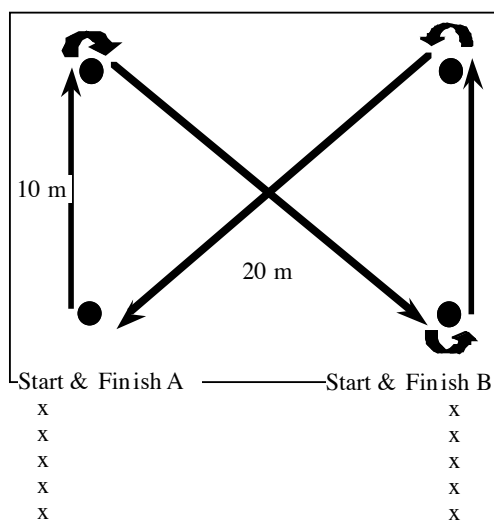
Wed. 4th:

REST DAY

Thu. 5th:

Tr. 167

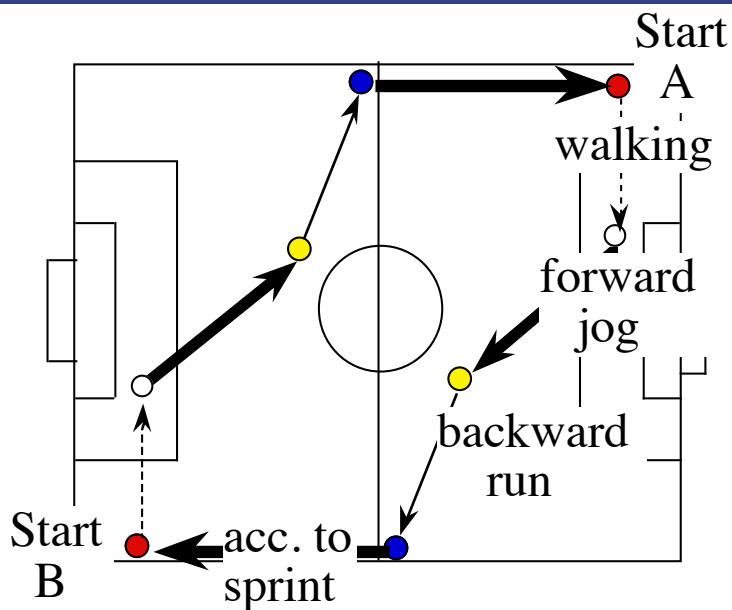
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Agility
 - Set 1
 - Referee Sprint of 60 m, 1' rest, 5 reps
The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50 m.
 - 2' recovery
 - Set 2: 'Referee Sprint' of 60 m, 1' rest, 5 reps
 - 2' recovery



- * Speed End. Field exercise 8'; 1 set (see below)
- 2' recovery
- All together these exercises take 26' (6' Set 1, 2' recovery, 6' Set 2, 2' recovery, 8' Field, 2' recovery)



Performance Training in Football Refereeing Weekly Training Plan



* Match - 10' match play

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

Total duration: 86'

Fri 6th:

REST DAY

Sat. 7th:

Tr. 168

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

* Speed Tr.

- Set 1

- Sprint exercise in the penalty box, 5 laps in total

- 5' recovery

- Set 2: Sprint exercise in the penalty box, again 5 laps in total

- The total exercise time is 15'





Performance Training in Football Refereeing Weekly Training Plan

WEEK 15 from Monday 9th to Sunday 15th of April **Macrocycle VIII, week 3 (Training week 45)**

- Mon. 9th: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 169
- Tue. 10th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 170
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1
- Perform the pitch laps below in the following order:
- Lap 1, lap 2, lap 3 finishing with lap 4
- All together, this first run takes \pm 12.5'.

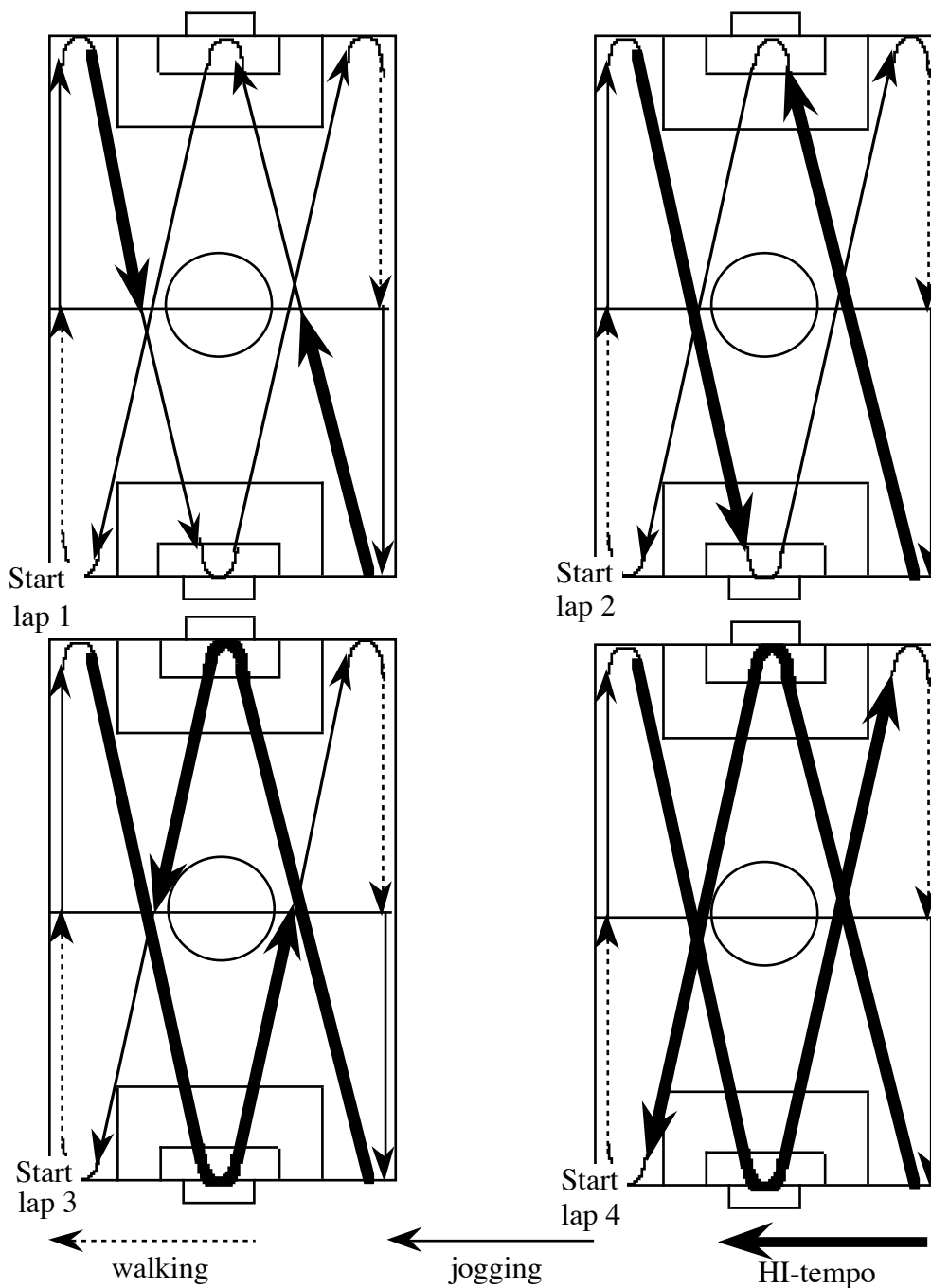
- 2' recovery

- Set 2
- Same number of laps, but referees now they start in reversed order: first lap 4, then lap 3, lap 2, and finally lap 1

- In total, this exercise takes 12.5' + 2' recovery + 12.5' = \pm 27'



Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 77'

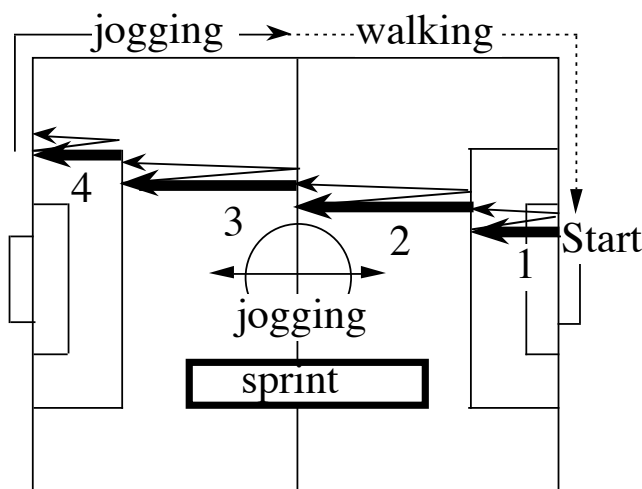
Wed. 11th:

REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 12th. Tr. 171
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
 - * Warm up - 20' extensive warm up, mobilisation and stretching
 - * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
 - * Ext. Speed - Set 1: 4 laps of the next exercise utilising the length of the pitch:
 - Start on the goal line from a dynamic position (e.g., knee lifts). Then sprint to the 16 m box, return to the goal line jogging backward and then continue jogging forward to the 16 m box (1)
 - From the 16 m box, sprint to the midline and then return jogging to the 16 m box continue jogging back to the midline (2)
 - From the midline, sprint to the opposite penalty box, then return jogging to the midline and continue jogging to the penalty box (3)
 - From the 16 m box, sprint to the goal line, then return jogging backward to the 16 m box and continue jogging to the goal line (4)
 - Continue jogging to the midline and then walk back to the start position. This constitutes 1 lap. For each lap of 320 m, referees sprint approx. 110 m (duration 1 lap \pm 2'30")



- 4' recovery
- Set 2: again 4 laps of 2'30" each
- All together, this exercise takes 10' + 4' recovery + 10' = 24'
- * Match - 10' match play
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 13th:

REST DAY

Sat. 14th:

Tr. 172

* Warm up

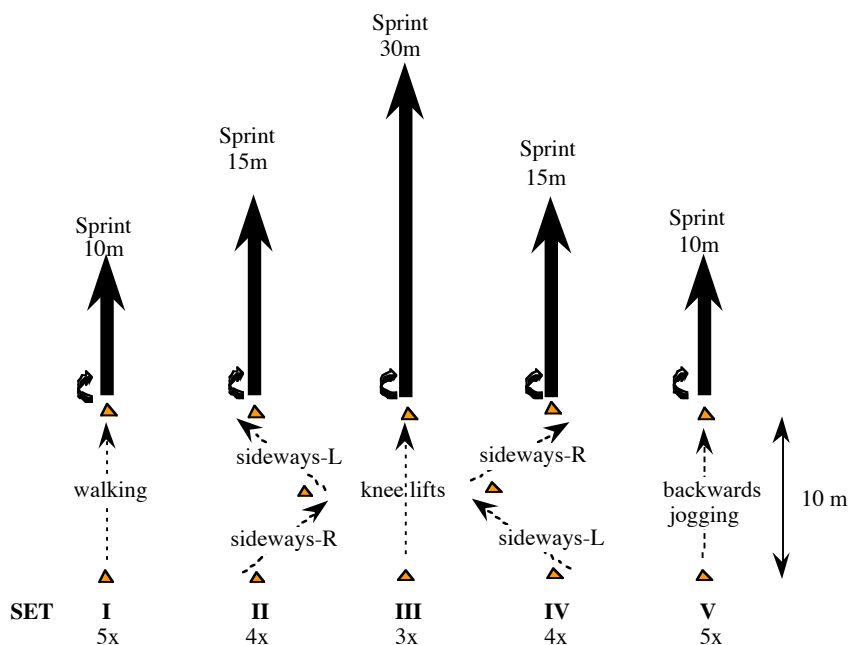
- 20' of jogging, dynamic exercises and stretching

* Speed

- Straight forward sprints from dynamic starting position:

- Set 1: 5 x 10 m, starting from 10m walking
- Set 2: 4 x 15 m, starting from 10m sideways running
- Set 3: 3 x 30 m, starting from 10m knee lifts
- Set 4: 4 x 15 m, starting from 10m sideways running
- Set 5: 5 x 10 m, starting from 10m backwards running

- After every sprint, a 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)



- Between the various sets, there is a 1' recovery

- The total exercise time is 15'.

* Cool down

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

Total duration: 50'

Sun. 15th:

If you don't have a match appointment for the domestic league, 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 other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 16 from Monday 16th to Sunday 22nd of April **Macrocycle VIII, week 4 (Training week 46)**

- Mon. 16th. * Act. Rec. - 50' recovery session in a fitness centre
Tr. 173
- Tue. 17th. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 174
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Yo-yo based training exercise
- Set 1: start with levels 15, 16 and 17 (takes 7:30)
> Just start the mp3 file of the beep test at 6'45"
- 4 min rest
- Set 2: repeat levels 16 and 17 (takes 5 minutes)
> Just start the mp3 file of the beep test at 9'22"
- 3 min rest
- Set 3: repeat level 16 (takes 2:30)
> Just start the mp3 file of the beep test at 9'22"
- 2 min rest
- 2 x 5 m walking 2 x 20 m tempo run
- This exercise takes 24 min in total
- Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 74'



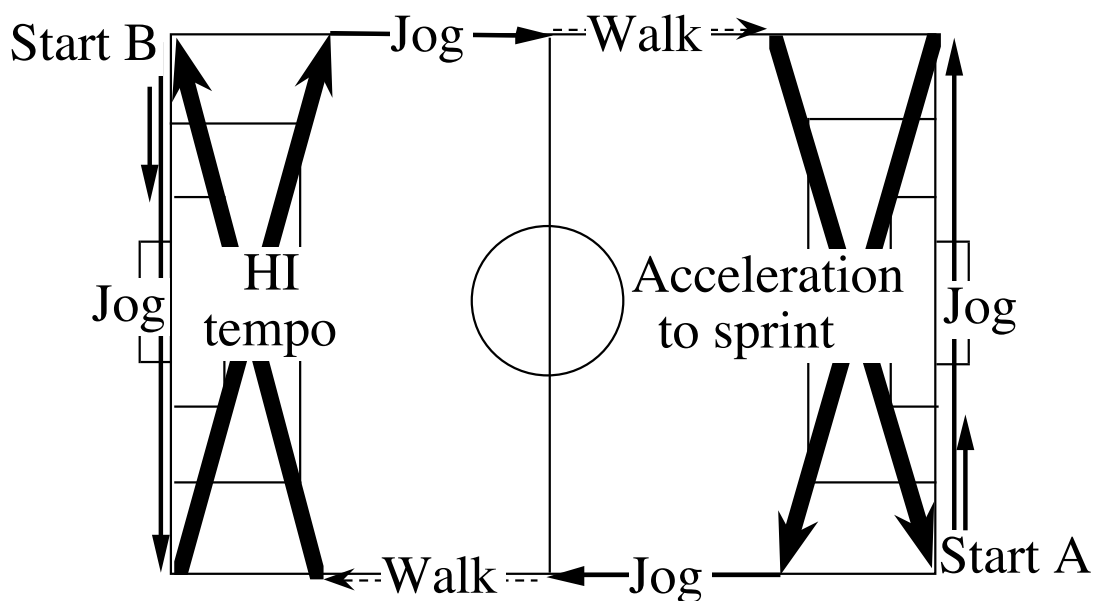
Performance Training in Football Refereeing Weekly Training Plan

Wed. 18th:

REST DAY

Thu. 19th:
Tr. 175

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End.
 - Set 1: Field exercise, 5 laps or 20 high speed runs
 - This first run will take \pm 11'
 - 4' recovery
 - Set 2: Field exercise, again 5 laps or 20 high speed runs
 - Again, this second run will take \pm 11 minutes
 - All together, this exercise takes 11' + 4' recovery + 11' = 26'.
 - The total distance covered in high speed running is 2500 m.



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

Total duration: 86'

Fri. 20th:

REST DAY



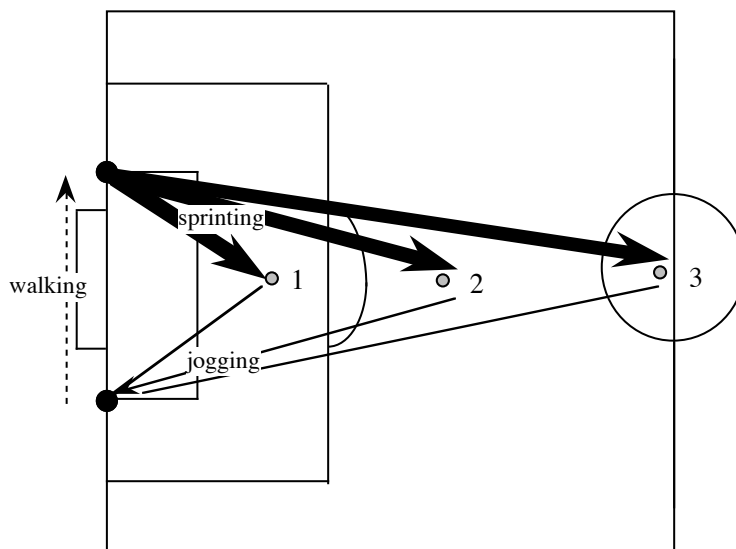
Performance Training in Football Refereeing Weekly Training Plan

Sat. 21st. * Warm up - 20' of jogging, dynamic exercises and stretching
Tr. 176

* Speed

Set 1:

- 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



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

- The total exercise time is 15', with the total sprint distance being 288 m.

* Cool down - 5' jogging and walking, followed by 10' extensive 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 use your free time to work on any fitness weaknesses you might have, e.g., aerobic endurance, strength, injury prevention,...).

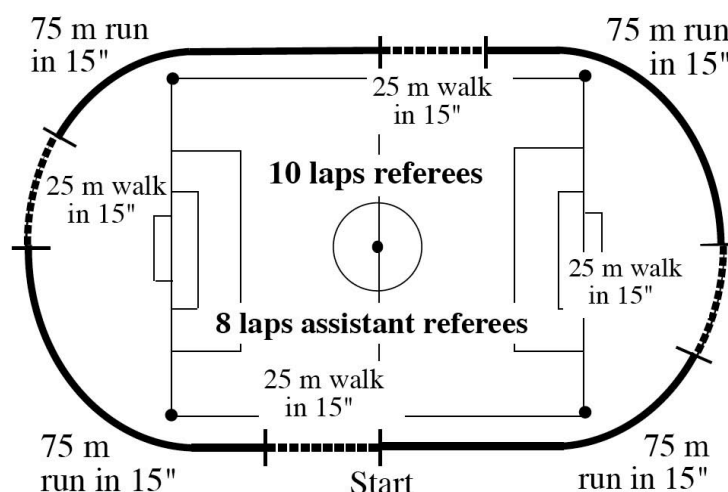
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 17 from Monday 23rd to Sunday 29th of April **Macrocycle VIII, week 5 (Training week 47)**

- Mon. 23rd:** * Act. Rec. - 50' recovery session in a fitness centre
Tr. 177
- Tue. 24th:** * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 178
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Maximal Aerobic Training (VO₂max Training)



- On the first whistle, referees have to cover 75 m in 15" from any starting position. Then there is 15" to cover 25 m walking. On the next whistle, referees have to run again 75 m in 15", followed by 25 m of deceleration and walking in 15".

- One full lap on a track consists of 4 interval runs followed by 4 recovery walks.

All together, the total exercise consists of 10 laps resulting in 40 tempo runs, each followed by a 15" deceleration and walking period.

- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this VO₂max exercise is 20'.



Performance Training in Football Refereeing Weekly Training Plan

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

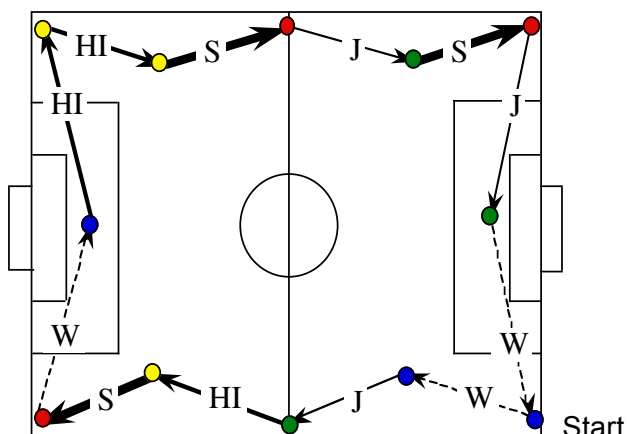
Total duration: 73'

Wed. 25th:

REST DAY

Thu. 26th:
Tr. 179

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End.
 - Set 1: Field exercise, 5 laps of 2' each:
 - During each lap, there are 12 different activities. The colour of the next cone gives the intensity of the next activity as follows:
 - walking to the blue cones (w)
 - jogging to the green cones (J)
 - high intensity tempo run to the yellow cones (HI)
 - sprinting to the red cones (S)
 - 4' recovery
 - Set 2: Field exercise, again 5 laps of 2' each
 - All together, this exercise takes 10' + 4' recovery + 10' = \pm 24'



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

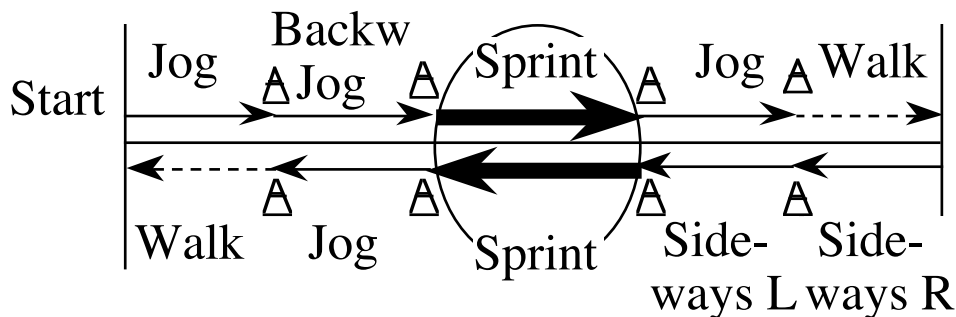
Total duration: 84'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 27th: REST DAY

Sat. 28th: * Warm up - 20' of jogging, dynamic exercises and stretching
Tr. 180 * Speed - Set 1: Variation on the centre circle sprint, 4 laps or 8 sprints



- 5' recovery

- Set 2: Variation on the centre circle sprint, 4 laps or 8 sprints

- The total exercise time is 15', with the total sprint distance being 293 m.

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

Total duration: 50'

Sun. 29th: If you don't have a match appointment for the domestic league, 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 other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 18 from Monday 30th of April to Sunday 6th of May **Macrocycle VIII, week 6 (Training week 48)**

<u>Mon. 30th:</u> Tr. 181	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 1st:</u> Tr. 182	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' extensive warm up, mobilisation and stretching
	* Strength	- 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* Ext. Speed	- <u>Set 1:</u> > 8 sprints to the midline (\pm 7.5") with 50" active recovery in between each and every sprint > Jog 1 lap of the pitch (\pm 2'30") for further recovery > Duration Set 1: \pm 10' - <u>Set 2:</u> > 4 sprints to the opposite penalty box (\pm 12") with 70" active recovery in between each and every sprint > Jog 1 lap of the pitch (\pm 2'30") for further recovery > Duration Set 1: \pm 7.5' - <u>Set 3:</u> > 10 sprints to the penalty box (\pm 3") with 20" active recovery in between each and every sprint > Duration Set 1: \pm 3.5' All together, this extended speed session takes \pm 20' including 5' active recovery.
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching
		<u>Total duration: 70'</u>
<u>Wed. 2nd:</u>	REST DAY	
<u>Thu. 3rd:</u> Tr. 183	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' extensive warm up, mobilisation and stretching
	* Strength	- 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises



Performance Training in Football Refereeing Weekly Training Plan

* Agility

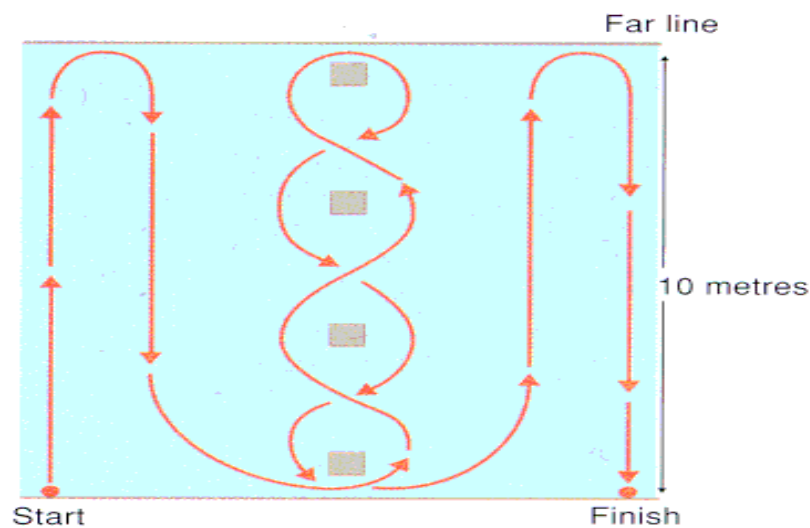
- Set 1: 'Illinois Agility Run' of 60m, 1' rest, 5 reps.
Sprint time should be less than 17".

The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50m. Sprint time should be less than 17".

- 2' recovery

- Set 2: 'Illinois Agility Run' of 60m, 1' rest, 5 repetitions

- 2' recovery



* Speed End.

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

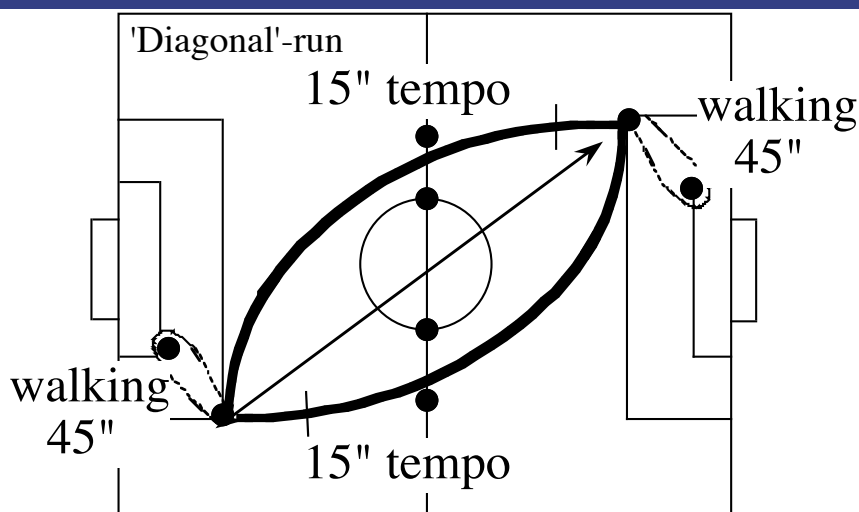
Starting at the edge of the penalty box, referees progressively accelerate to 90-95% SP_{max} (15") along the diagonal line as indicated below. As from the mark near the opposite penalty box on (marked by the vertical bar), they decelerate while keeping the attentional focus inside the penalty box. Between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

- 4' of recovery

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



Performance Training in Football Refereeing Weekly Training Plan



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

- All together these exercises take 27'
(6.5' Set 1, 2' recovery, 6.5' Set 2, 2' recovery, 8' Field, 2' recovery).

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

Total duration: 87'

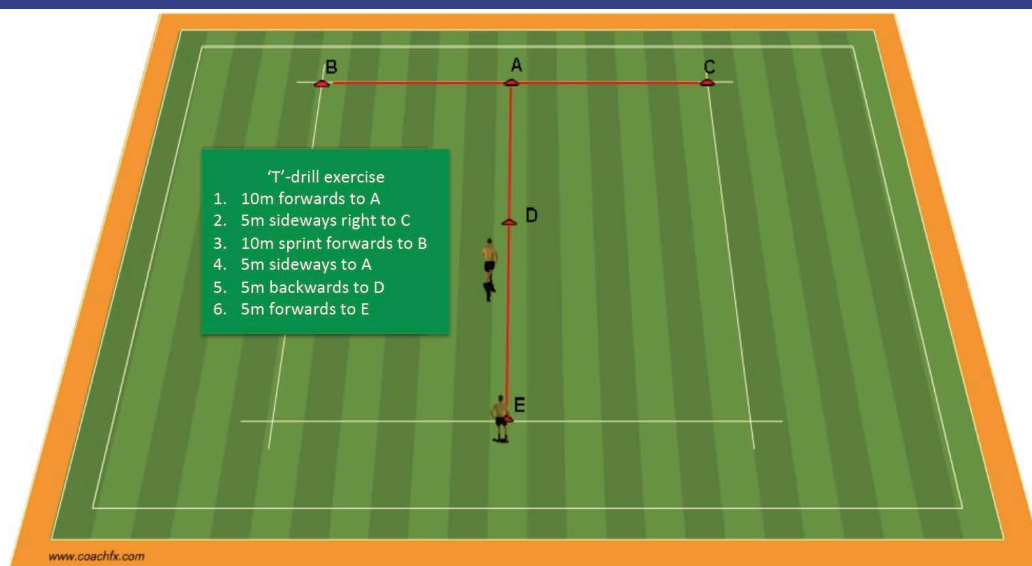
Fri. 4th: REST DAY

Sat. 5th: * Warm up - 20' of jogging, dynamic exercises and stretching
Tr. 184

- * Speed/Agility
 - Set 1:
 - 3 sprints as per the illustration below
 - 2' recovery between repetitions
 - 5' recovery and stretching
 - Set 2:
 - 3 sprints as per the illustration below
 - 2' recovery between repetitions
 - The total exercise time is 15', with the total distance being 300m.



Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 50'

Sun. 6th:

If you don't have a match appointment for the domestic league, 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 other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.