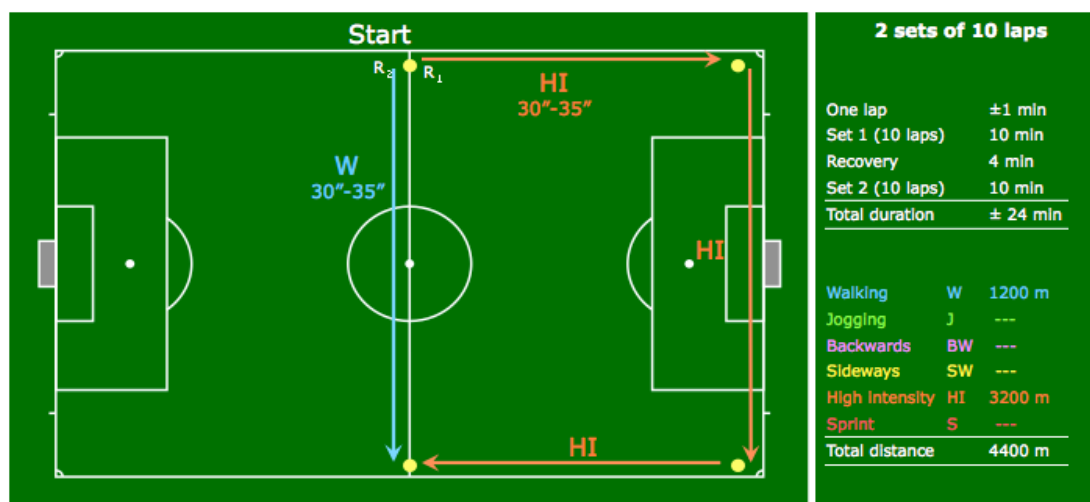




Performance Training in Football Refereeing Weekly Training Plan

WEEK 13 from Monday 24th to Sunday 30th of March Macrocycle VIII, week 1 (Training week 43)

- Mon. 24th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 163
- Tue. 25th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 164
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised 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=ov91YQWISFg>
- * High Int. - Set 1:
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 crosses the midline by walking or jogging. He needs to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B performs a HI run counterclockwise with 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 takes the turns on his L-shoulder. Altogether, this exercise is done 5 full laps, or 10 HI-runs for each of the referees.
- Altogether, this first run takes $\pm 10'$ (1600 m HI running alternated with 600 m recovery for each referee).
- 2' recovery
- Set 2: Perform another 5 full laps (or 10 HI-runs).



- Altogether, this exercise takes $\pm 22'$.
(10' Set 1 + 2'recovery + 10' Set 2)

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

Total duration: 77'

Wed. 26th:

- Rest day / Complementary strength and/or injury prevention training

Thu. 27th:
Tr. 165

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Agility - 'T'- drill for Referees:

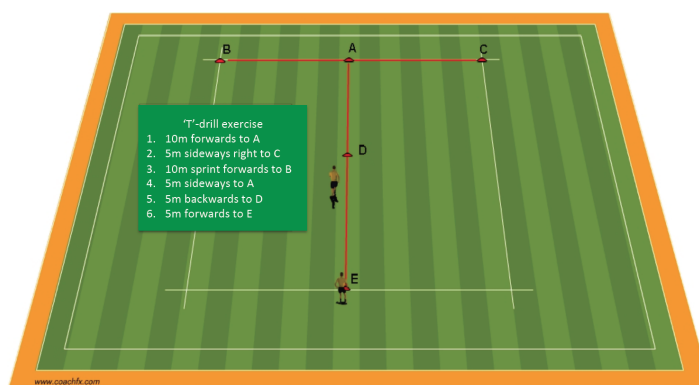
- Set 1:

Referees sprint forwards as indicated in the figure: 10 m straight forwards from cone A to cone B, turn around cone B, continue sprinting forwards to cone C, turn around cone C, continue sprinting forwards to cone D, turn around cone D, continue sprinting forwards to cone B, turn around cone B and continue sprinting through the finish. Reference time is 9.8".

- 1' recovery, 3 reps

- Set 2:

Again 3 reps with 1' recovery in between, but Referees now start on the left side instead of the right side.



- ARs do 4 reps of the CODA exercise **with flag** (one hand change):
- Sprint 10 m (one foot lined up 0.5 m in front of cone A) from cone A to B, then sideways left 8 m from cone B to C, then sideways right 8 m from cone C to D, sprint back to the finish line.
- The reference time is 9.8": 4 reps in total
(2 x starting sideways running with the L leg & 2 x starting R leg)



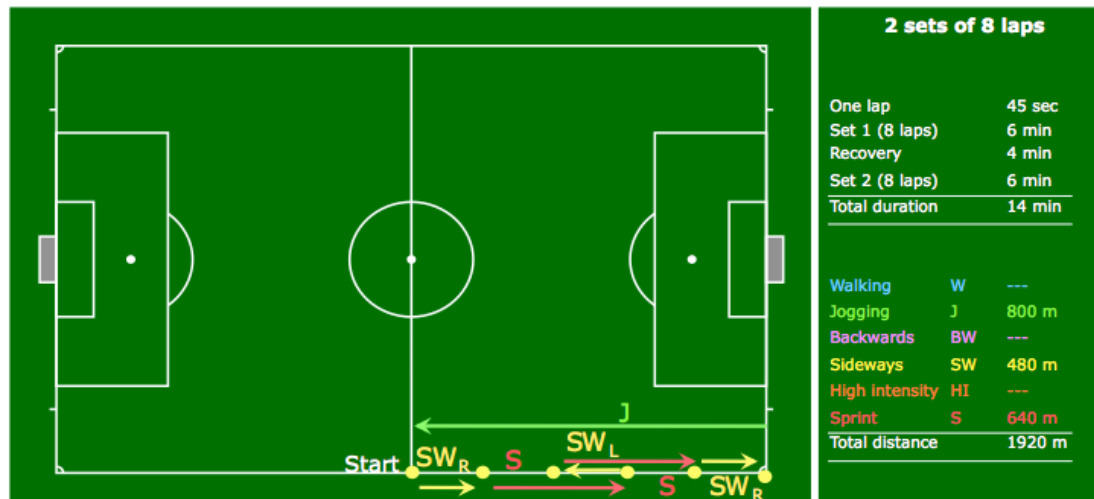


Performance Training in Football Refereeing Weekly Training Plan

- Altogether, these exercises take 8' + 4' rec. + 10' = 22'.

* SE for ARs

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



* Match - 10' match play

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

Total duration: 100'

Fri. 28th:

- Rest day / Complementary strength and/or injury prevention training

Sat. 29th:
Tr. 166

* Warm up

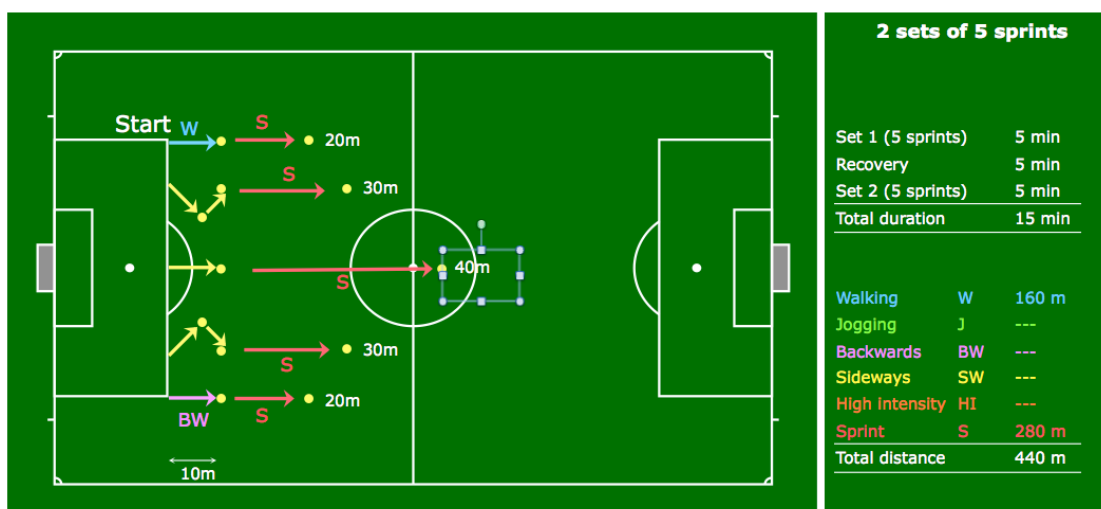
- 20' jogging, mobilisation and dynamic stretching.

* Speed

- 5 maximal sprints in the order illustrated below.

- Walk back to the start position after each sprint.

- Once the 5 sprints (140 m total sprinting distance) have been completed, a 5' stretching break is recommended.





Performance Training in Football Refereeing Weekly Training Plan

- 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' extensive stretching.

Total duration: 50'

Sun. 30th:

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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

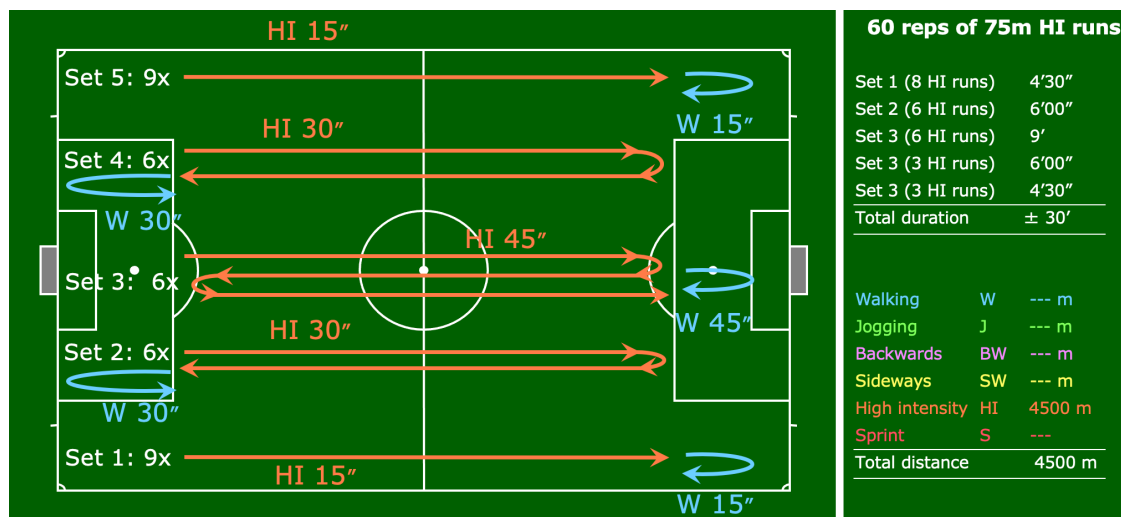
If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 14 from Monday 31st of March to Sunday 6th of April Macrocycle VIII, week 2 (Training week 44)

- Mon. 31st. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 167
- Tue. 1st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 168
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised 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=w6NuscjVacQ>
- * High Int. - Each run is to be performed at high speed/intensity ($>88\%$ HR_{max})
- Set 1: 9 x single 75 m runs with 15" rest
 - Set 2: 6 x double 75 m runs with 30" rest
 - Set 3: 6 x triple 75 m runs with 45" rest
 - Set 4: 6 x double 75 m runs with 30" rest
 - Set 5: 9 x single 75 m runs with 15" rest
- Total distance: 4500 m high-speed running
- Total time: 30 min





-
- 2 sets of 10 HI runs**
- | | |
|-----------------------|---------------|
| One lap | 1'30" |
| Set 1 (10 reps) | 15' 00" |
| Recovery | 3 min |
| Set 2 (10 reps) | 15'00" |
| Total duration | 33'00" |
-
- | | | |
|-----------------------|----|---------------|
| Walking | W | 900 m |
| Jogging | J | --- |
| Backwards | BW | --- |
| Sideways | SW | 960 |
| High intensity | HI | 2000 m |
| Sprint | S | --- |
| Total distance | | 3860 m |

- Total duration: 85'

- Rest day / Complementary strength and/or injury prevention training

* Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

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

* Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).

* Agility - Set 1: 'Referee Sprint' of 60 m, 1' rest, 5 reps



Performance Training in Football Refereeing Weekly Training Plan

The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (ARs), before sprinting the remaining 50 m.

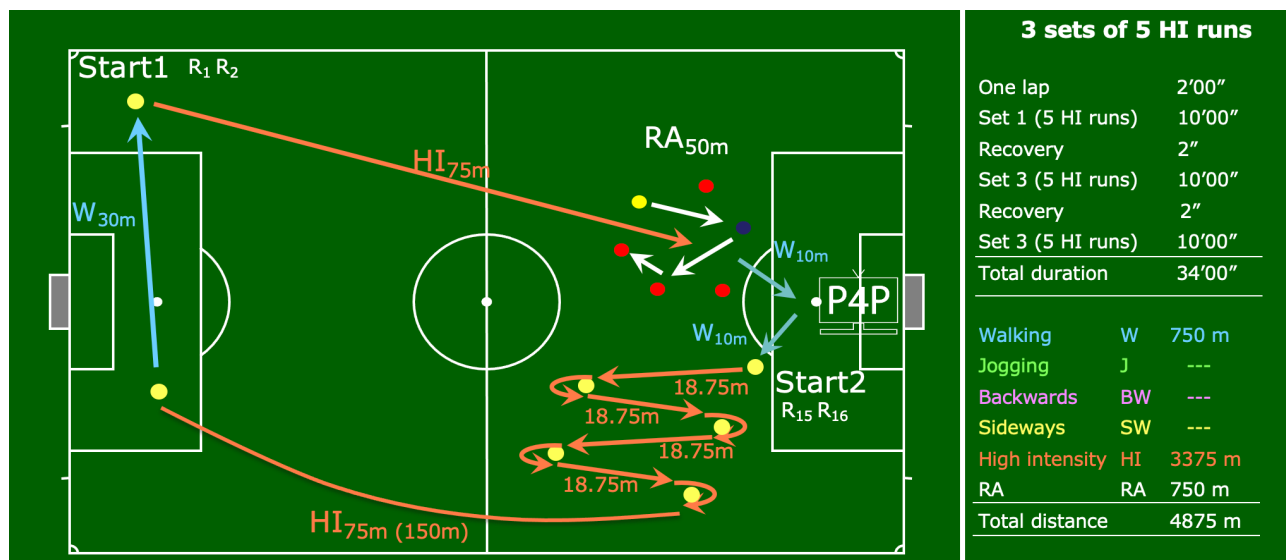
- 4' recovery
- Set 2: 'Referee Sprint' of 60 m, 1' rest, 5 reps.
- 4' recovery

* On-field Review - High intensity exercise

- Set 1: From start 1, Ref-1 runs at high intensity (15") to the other penalty area to continue an agility drill using the reaction lights for another 15" (a beep signal is given for the timing). Each of the Referees has his own light color. After that, he carefully watches an incident on a big screen or a laptop. Then they walk to the coach to report the technical and disciplinary decision. Finally, they walk back to the starting position 2. From the start, run at high intensity to the other side of the pitch, turn around all 4 cones and return at a high intensity (150 m in total in 30"), afterward walk back to the start (30m in 30") and repeat this 5 x per set.

- 2' recovery
- Set 2 & 3: Same as set 1

- Perception and Decision making: Following each run, there is a challenging incident on a big screen or laptop. They are first exposed to an overview followed by a close-up. A technical and disciplinary decision has to be taken.



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

Total duration: 94'



- Rest day / Complementary strength and/or injury prevention training

- 20' jogging, mobilisation and dynamic stretching.

- Set 1:
Sprint exercise in the penalty area, 5 laps in total.

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

- The total exercise time is 15'.



Total duration: 50'

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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

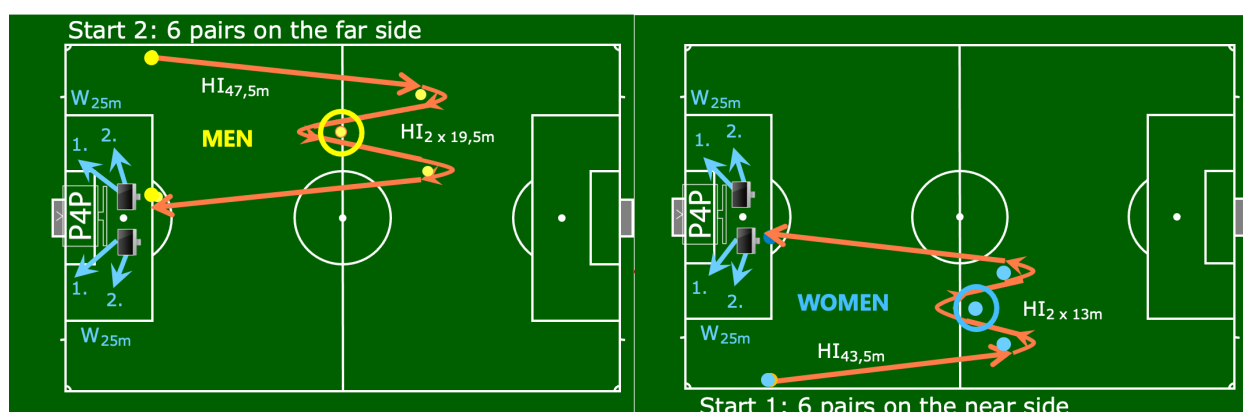
If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 16 from Monday 7th to Sunday 13th of April Macrocycle VIII, week 3 (Training week 45)

- Mon. 7th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 171
- Tue. 8th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 172
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised 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=zWj_anABsRc
- * High Int. - Set 1: Field exercise, 10 to 12 x
- From the start, run at high intensity to the other side of the field, turn around the 3 cones and run to the TV screens to take a decision, report your decision, and return to the starting position. The fitness level determines around which cone the referees may turn (either 134 m or 113 m in 30 sec)
- 4' recovery
- Set 2: Same as set 1, however, start on the opposite side.
- Altogether, for 10 laps this exercise takes 34 min including 2' rec.
- This is how we did it for the first-time with mixed teams during the winter course in Rome 2023 (men and women).

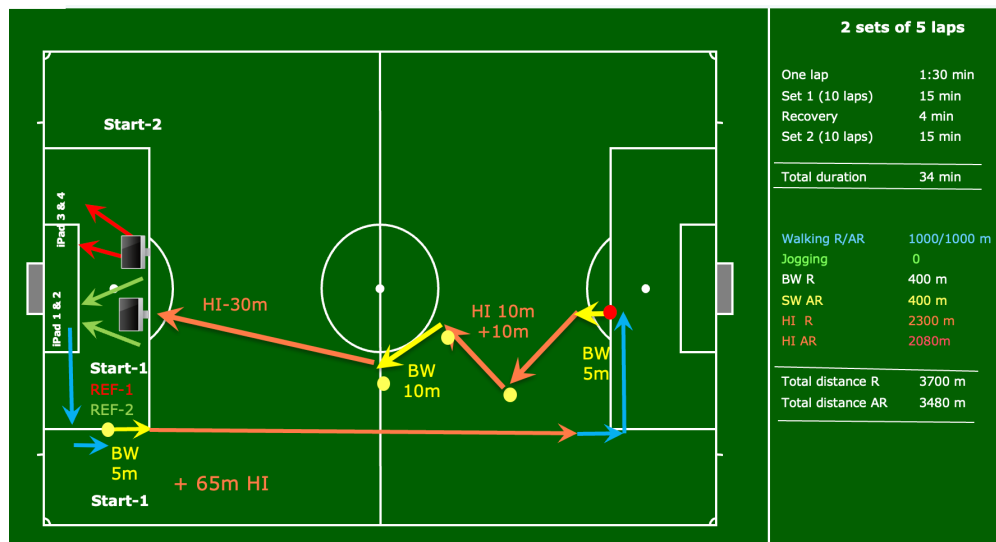


- * Concentration: - In case there are no TV screens available, try the next alternative:

When the referee arrives in the penalty area after his 150 m run, the coach moves along the edge of the penalty area with a ball in his hands. When he bounces the ball on the ground, the referee must decide if it is a foul for the attacking team inside (> penalty) or outside

(> free kick) the penalty area. If the referee's decision is correct > thumbs up, if not > 5 push-ups.

- This is another option we used during the EURO2024.



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

Total duration: 89'

Wed. 9th:

- Rest day / Complementary strength and/or injury prevention training

Thu. 10th:
Tr. 173

* Low Int.

- 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

- 15' individualised 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: Run 6 laps as indicated in the picture.

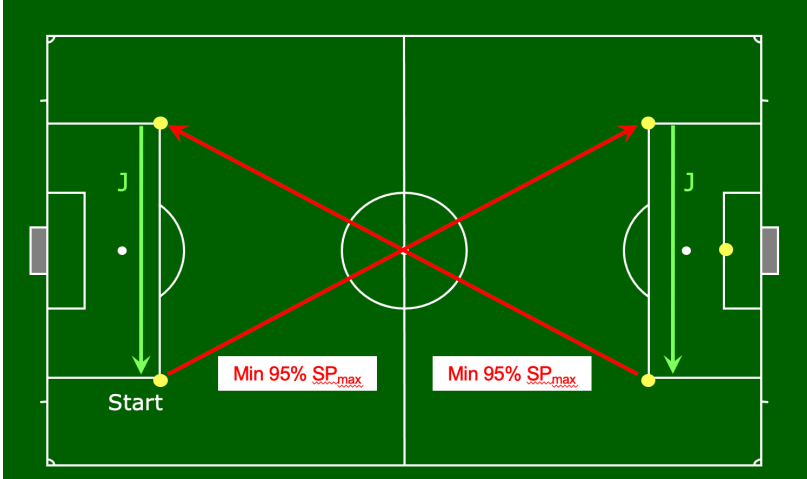
- 4' recovery

- Set 2: Run again 6 laps of the same exercise.



Performance Training in Football Refereeing

Weekly Training Plan



2 sets of 6 laps	
One lap	1'15"
Set 1 (6 laps)	7.5 min
Recovery	4 min
Set 2 (6 laps)	7.5 min
Total duration	19 min

Walking	W	---
Jogging	J	960 m
Backwards	BW	---
Sideways	SW	---
Speed End	SE	2040 m
Sprint	S	---
Total distance		3000 m

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

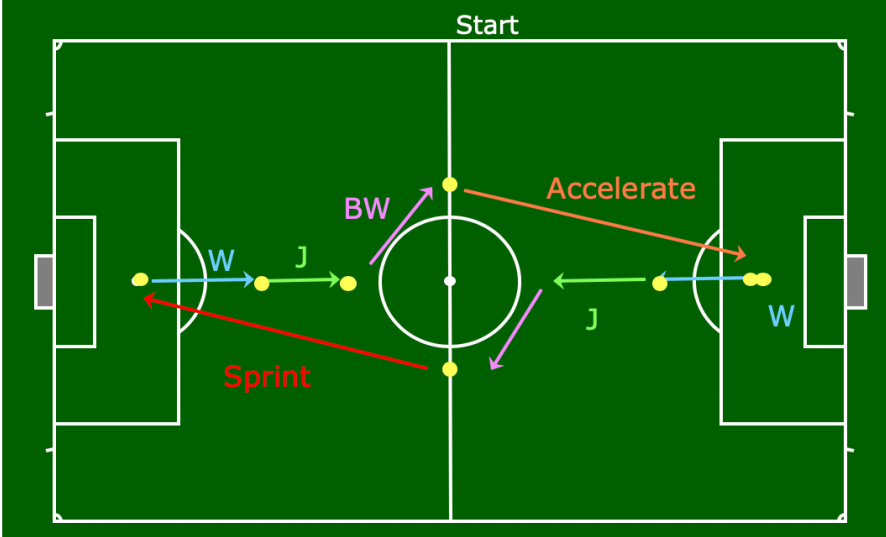
Total duration: 74'

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

Sat. 12th: * Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 174

- * Speed - Variation on the centre-circle exercise:
 - Set 1: 4 laps in total (8 accelerations).
 - 3' recovery
 - Set 2: 4 laps in total (8 accelerations).



2 sets of 5 laps	
One lap	1 min
Set 1 (4 laps)	5 min
Recovery	5 min
Set 2 (4 laps)	5 min
Total duration	15 min

Walking	W	200 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	320 m
Sprint	S	320 m
Total distance		1260 m

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 13th: If you don't have a match appointment for the domestic league, use your free time



Performance Training in Football Refereeing Weekly Training Plan

for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention...). On the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.



Performance Training in Football Refereeing

Weekly Training Plan

WEEK 17 from Monday 14th to Sunday 20th of April Macrocycle VIII, week 4 (Training week 46)

Mon. 14th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 175

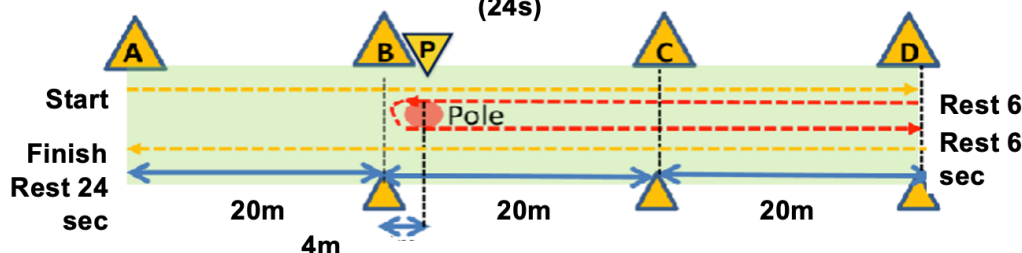
Tue. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 176

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

* Strength - 15' individualised 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=m2Fi0v-grG0>

* High Int. - **Elite Referees:** 3 Sets of the SDS with the newest audio file.

1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)



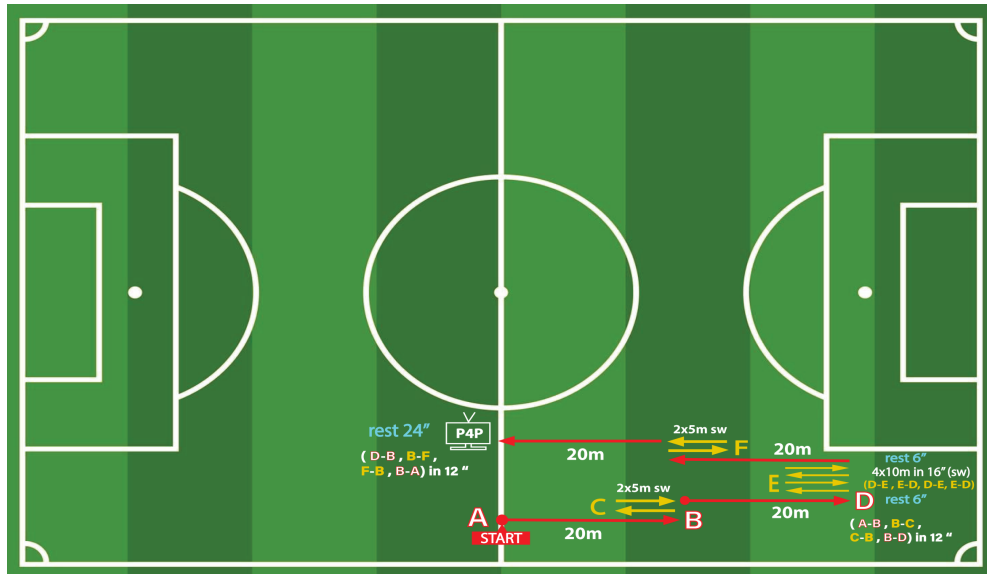
	Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
Timetable - by set	1	0:00	0:12	0:18	0:34	0:40	0:52
	2	1:16	1:28	1:34	1:50	1:56	2:08
	3	2:32	2:44	2:50	3:06	3:12	3:24
	4	3:48	4:00	4:06	4:22	4:28	4:40
	5	5:04	5:16	5:22	5:38	5:44	5:56

- This exercise takes 21'15" and covers 2.880 m of HI running.

- For ARs, there is a new variation that is using the same sound file as for the regular SDS for Referees. For 3 Sets, it takes about 21'.

Timetable						
Lap	Recovery	A - B - A	Rest	AC - CA AC - CA	Rest	A - B - A
		Double		Quadruple		Double
1	00:00	00:12	00:18	00:34	00:40	00:52
2	01:16	01:28	01:34	01:50	01:56	02:08
3	02:32	02:44	02:50	03:06	03:12	03:24
4	03:48	04:00	04:06	04:22	04:28	04:40
5	05:04	05:16	05:22	05:38	05:44	05:56
72" rest						

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>

* High Int.

- For the **CORE International Referees**, the following Yo-Yo based exercise is scheduled

- use the mp3 file of the Yo-Yo test to run the following exercise:

- start with levels 15, 16 and 17 (takes 7'30"), 2 min rest

- the mp3 file of the beep test should start at 6'45"

- then repeat levels 16 and 17 (takes 5'), 1 min rest)

- the mp3 file of the beep test should start at 9'22"

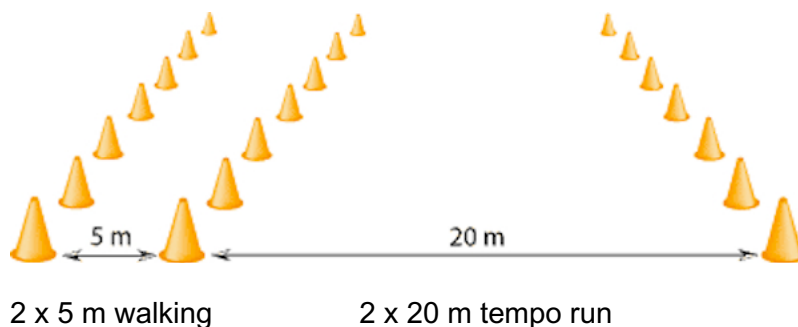
- then repeat level 16 (takes 2'30").

- the mp3 file of the beep test should start at 9'22"

- Take each turning point in such a way that you turn alternatively on your left and right shoulder

- Do this exercise by preference on natural grass rather than indoor

- The duration of this exercise is 24'





Performance Training in Football Refereeing Weekly Training Plan

- The heart rate trace should look like this:



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

Total duration: 79'

Wed. 16th:

- Rest day / Complementary strength and/or injury prevention training

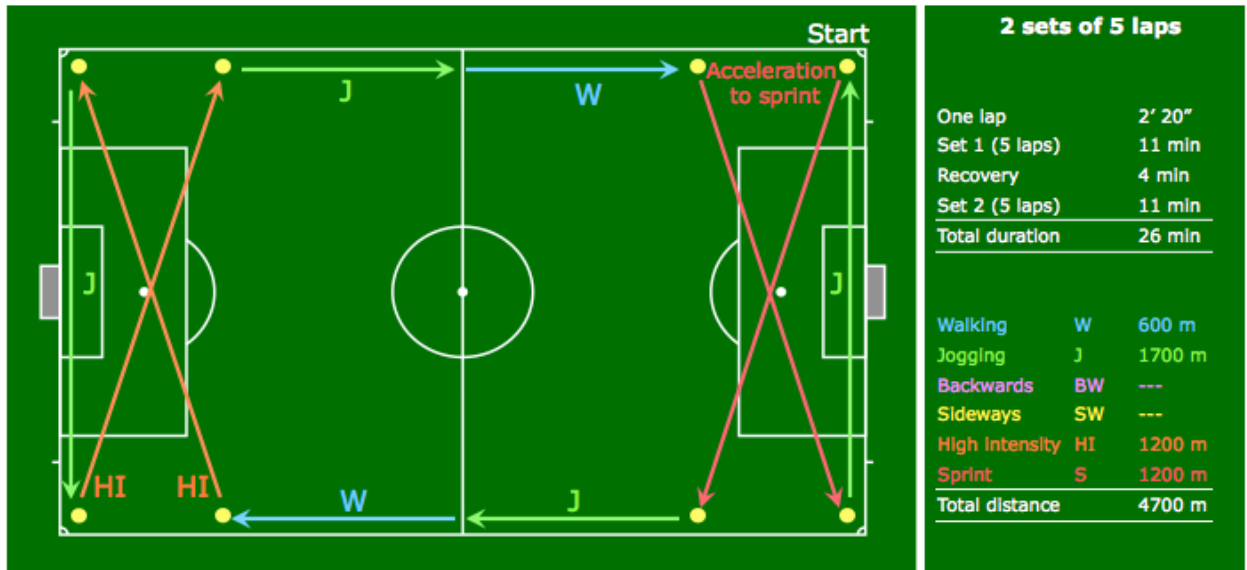
Thu. 17th:

Tr. 177

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised 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 or 20 high speed runs, starting at either one of the starting positions. This first set will take \pm 11'.
- 4' recovery
- Set 2:
Field exercise, again 5 laps or 20 high speed runs that take \pm 11'.



Performance Training in Football Refereeing Weekly Training Plan

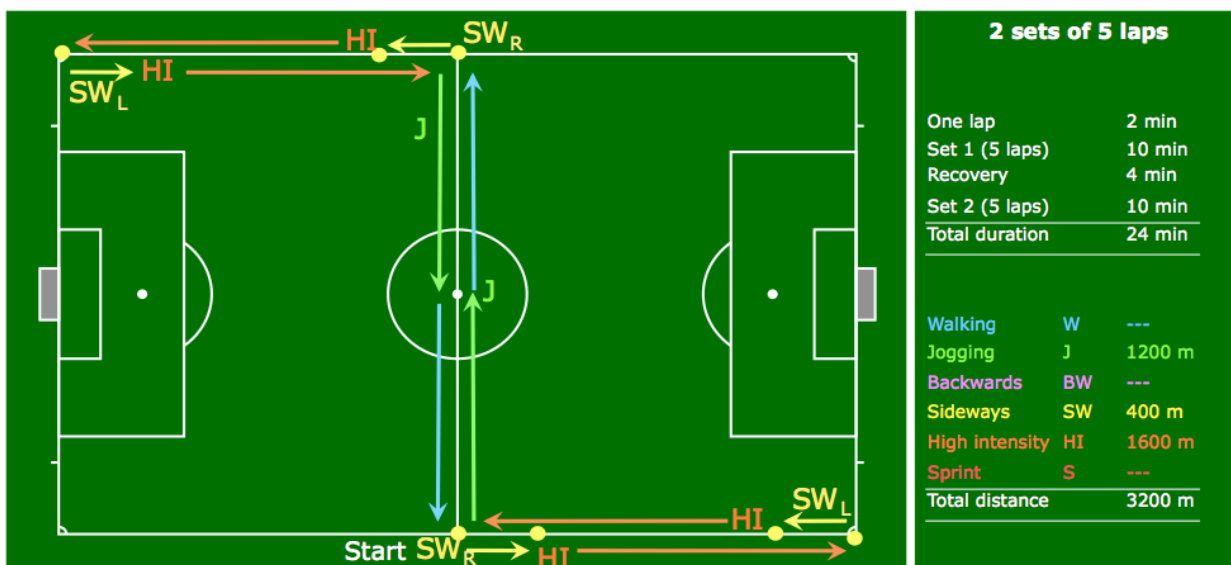


- Altogether, this exercise takes 11' + 4' recovery + 11' = 26'.

- The total distance covered in high speed running is 2500 m.

* 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

- 10' match play.

* Cool down

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

Total duration: 91'

Fri. 18th:

- Rest day / Complementary strength and/or injury prevention training



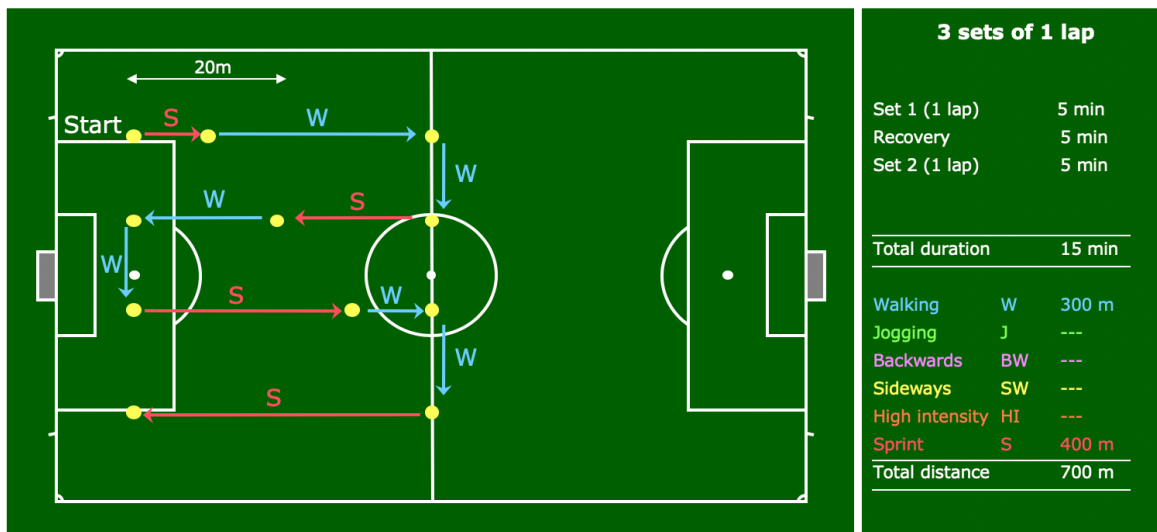
Performance Training in Football Refereeing Weekly Training Plan

Sat. 19th: * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 178

* 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, followed by 2 min recovery.
Now start first with 40m and then work down to 10m.

Recovery: 5 min.

- Set 2: Repeat Set 1



- Sprints should ideally start from a dynamic start position (walking, jogging, sideways or backwards...).

- ARs can do the second set with flag.

- 5' recovery, followed by a 2nd Set of 8 sprints.

- The total exercise time is 15', the total sprint distance 400 m.

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

Total duration: 50'

Sun. 20th: 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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

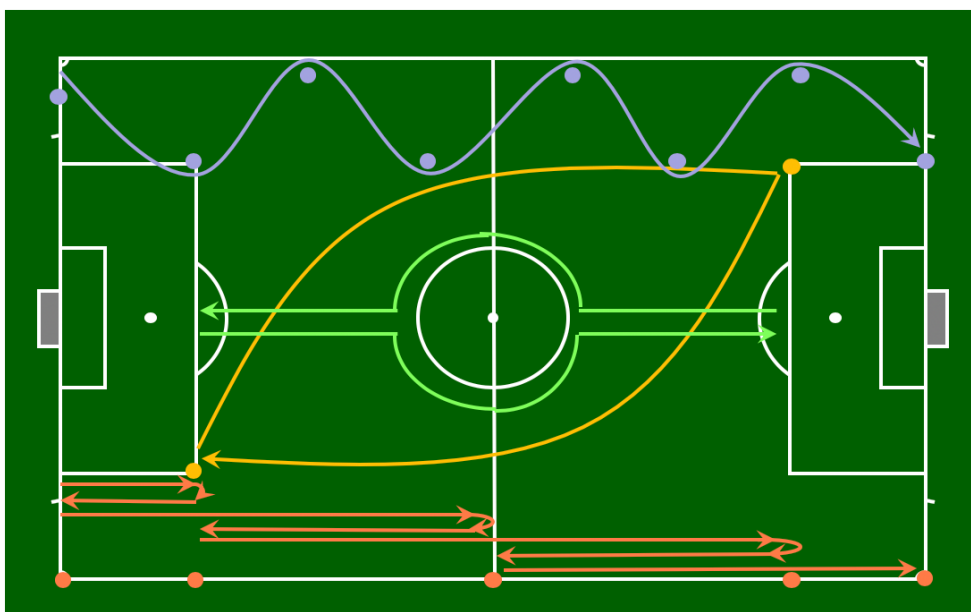
If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 18 from Monday 21st to Sunday 27th of April Macrocycle VIII, week 5 (Training week 47)

- Mon. 21st. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 179
- Tue. 22nd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 180
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised 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=G8ZaToDUXBM>
- * 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")
- Across the halfway line (10x 15"-15")
- The diagonal (4x 45"-45")
- 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' extensive stretching.

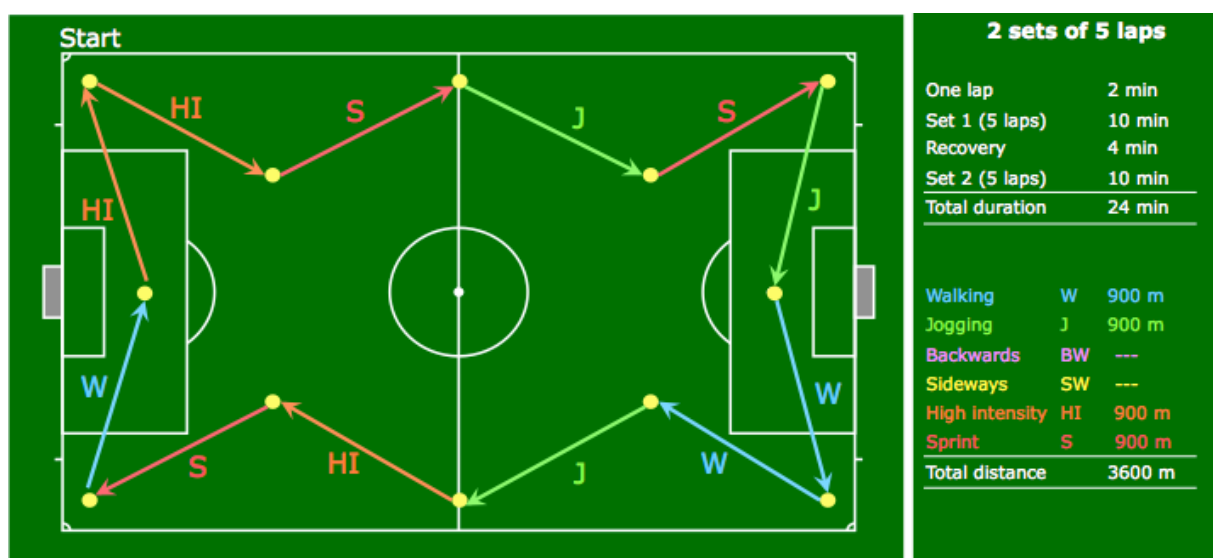
Total duration: 85'

- Wed. 23rd. - Rest day / Complementary strength and/or injury prevention training



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 24th.
Tr. 181
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
 - * Warm up - 20' jogging, mobilisation and dynamic stretching.
 - * Strength - 15' individualised 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 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.
 - Altogether, this exercise takes 10' + 4' recovery + 10' = \pm 24'.



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

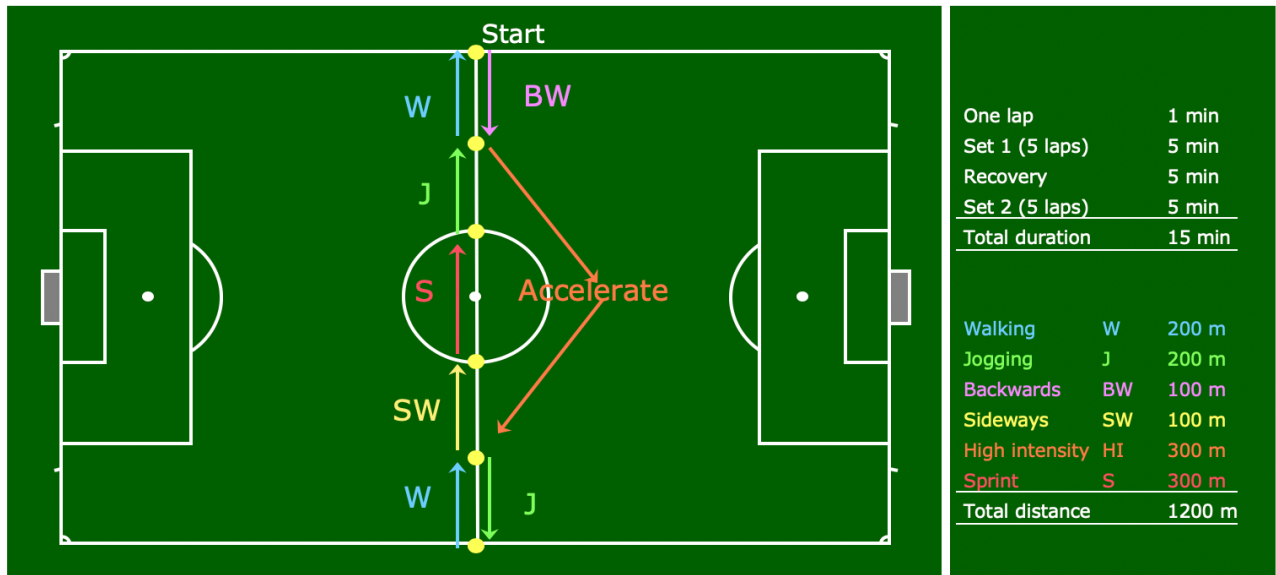
Total duration: 89'

- Fri. 25th.
- Rest day / Complementary strength and/or injury prevention training



Performance Training in Football Refereeing Weekly Training Plan

- Sat. 26th. * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 182
* Speed - Set 1: Variation on the centre circle sprint, 5 laps or 10 sprints



- 5' recovery
- Set 2: Variation on the centre circle sprint, 5 laps or 10 sprints.
- The total exercise time is 15'.

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

Total duration: 50'

Sun. 27th. 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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

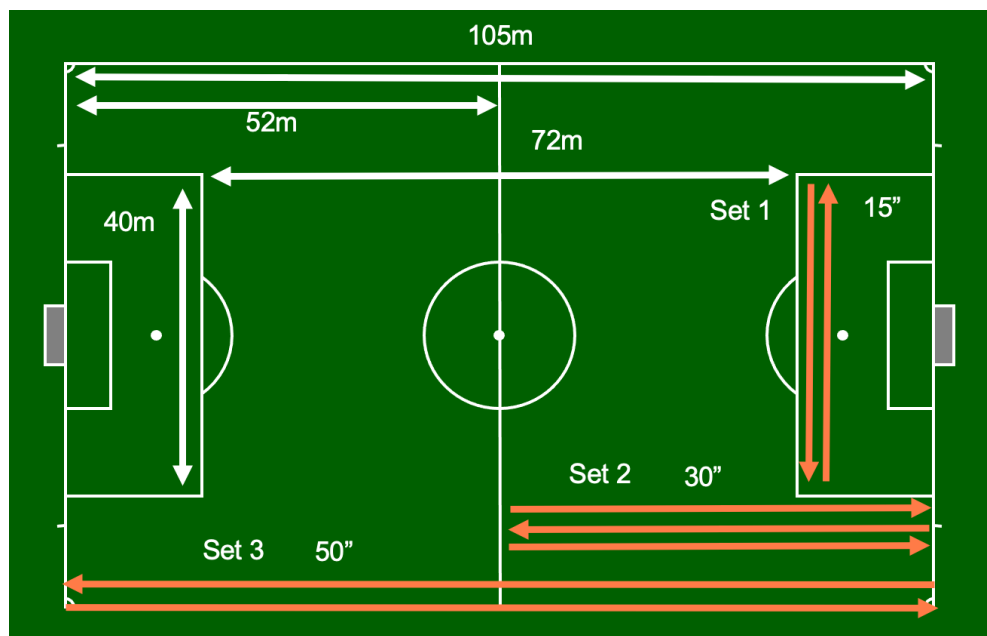
If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 19 from Monday 28th of April to Sunday 4th of May Macrocycle VIII, week 6 (Training wee 48)

- Mon. 28th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 183
- Tue. 29th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 184
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised 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=4CspMFI5vbo>
- * High Int. - 3 sets of 6 min each:
- Set 1: 10 x (2 x 40 m) in 15"-17", 15"-17" recovery
 - Set 2: 5 x (3 x 52 m) in 30"-33" max, 30"-33" recovery
 - Set 3: 3 x (2 x 105 m) in 42"-45", 42"-45" rest
 - 2-4' recovery after each set according to level
 - This exercise takes 24'. The total HI distance is 2.150 m.



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

Total duration: 79'

Wed. 30th.

- REST DAY / Complementary strength or injury prevention training

Thu. 1st.
Tr. 185

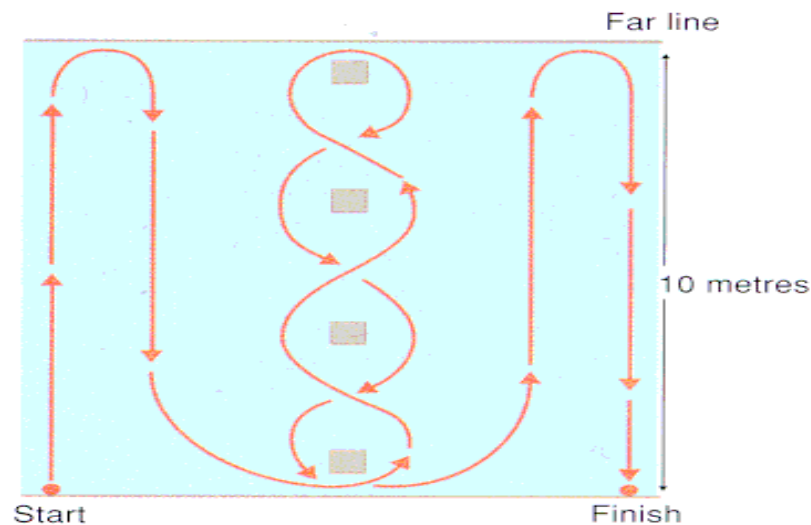
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * 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

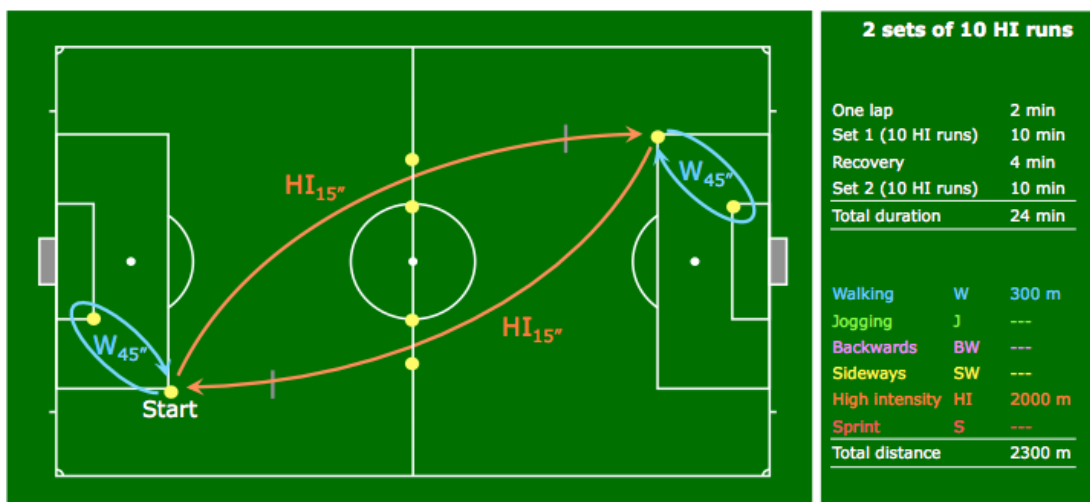


- * Speed End. - Set 1:
Diagonal Referee run, 10 reps of 1' each.

Starting at the edge of the penalty area, referees progressively accelerate to 90-95% SP_{max} (15") along the diagonal line as indicated below. As from the mark near the opposite penalty area on (marked by the vertical bar), they decelerate while keeping the attentional focus inside the penalty area. 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.
- Altogether 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: 92'

Fri. 2nd:

- Rest day / Complementary strength and/or injury prevention training

Sat. 3rd:

Tr. 186

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed/Agility
 - Set 1:
Sprint exercise in the penalty area, 5 laps in total.
 - 5' recovery
 - Set 2:
Sprint exercise in the penalty area, again 5 laps in total.
 - The total exercise time is 15'.



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 the UEFA Ref Network, there are also 3 different match simulation exercises in case you are VAR or 4th Official to compensate for not being physically involved in the game.

If you are used to these leisure activities, you may also consider alternative intermittent activities such as alpine/cross-country skiing or playing badminton, football, padel, squash, or tennis.