



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 1 from Monday 30<sup>th</sup> of December to Sunday 5<sup>th</sup> of January Macrocycle VI, week 1 (Training week 31)

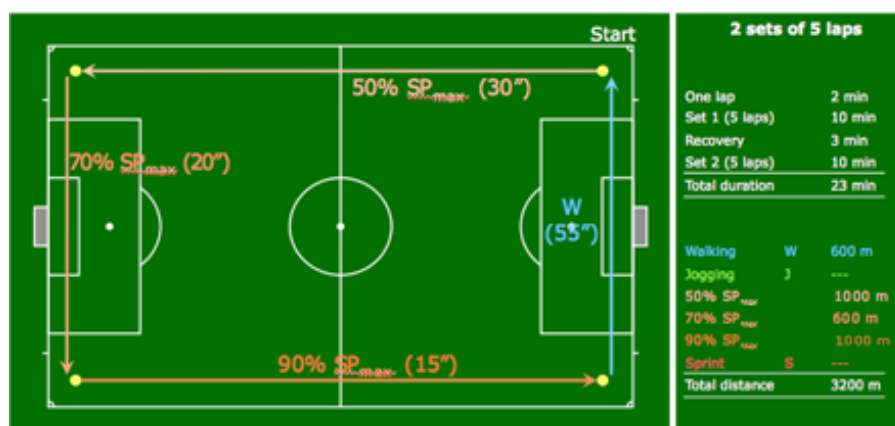
First of all, I wish you and your family a healthy, happy, and prosperous 2025!

The training distances covered in High Intensity, Speed Endurance and Sprint, will decrease progressively, and become more intermittent over the next macrocycle. Training volume and intensity must be cycled properly throughout the competitive season to ensure elite referees are fit and fresh after the winter break for both the European and domestic leagues.

Some new Referee SDS exercises for the Elite Referees and Assistant Referees have been integrated that combine both internal and external loads, like the SDS variations on Wednesday 8<sup>th</sup> (Tr. 121), and Tuesday 14<sup>th</sup> (Tr. 124), including the new Double-Quadruple-Double for ARs. On Tuesday 28<sup>th</sup> (Tr. 132), there is also a new exercise to challenge the teamwork between the referee and the ARs with clips from the same incident but from a different in-game perspective. New functional training exercises have also been added.

Mon. 30<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

- Tue. 31<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 117
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention 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](https://www.youtube.com/watch?v=zWj_anABsRc)
- \* Speed End. - Set 1: Perform 5 laps ( $\pm$  2' per lap) of the following field exercise at the prescribed intensities.  
- 4' recovery  
- Set 2: Perform another 5 laps.



- All together, this exercise takes 10' + 4' recovery + 10' =  $\pm$  24'.

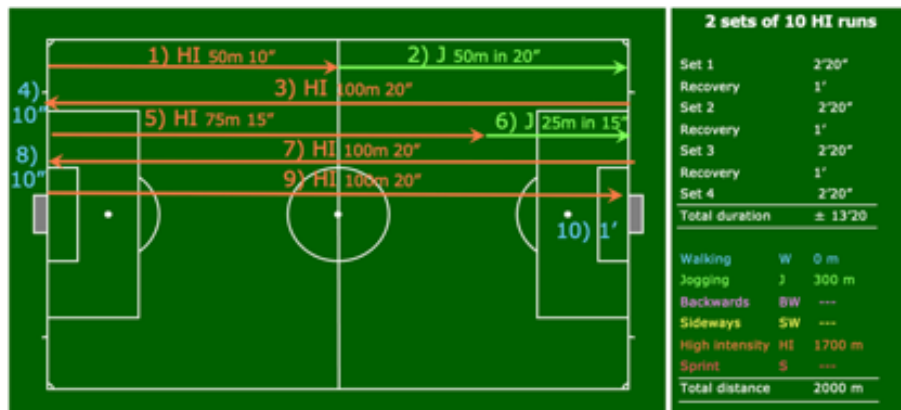
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 79'



## Performance Training in Football Refereeing Weekly Training Plan

- Wed. 1<sup>st</sup>: - Rest day / Complementary strength and/or injury prevention training
- Thu. 2<sup>nd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km).  
Tr. 118
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention 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](https://www.youtube.com/watch?v=zWj_anABsRc)
- \* High Int. - Each run is to be performed at high speed/intensity (>88%HR<sub>max</sub>)  
- 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.
- Set 2-3-4: same procedure
- Total distance: 1.700 m high-speed running, approximately 13 min.



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

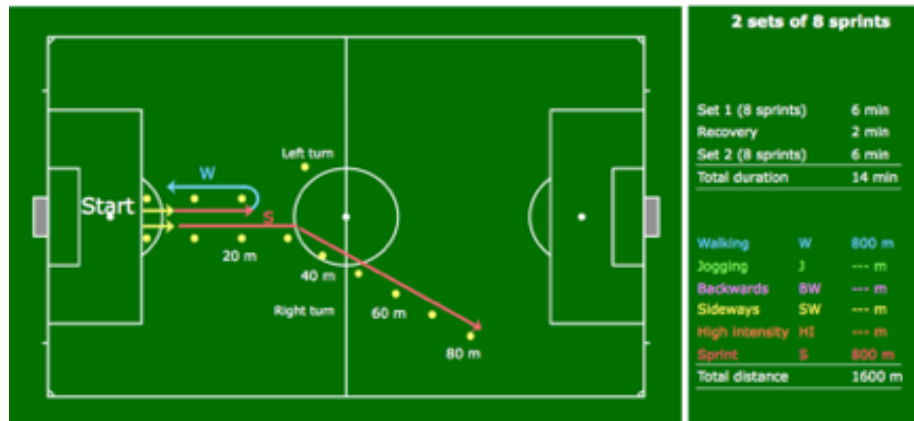
Total duration: 69'

- Fri. 3<sup>rd</sup>: - Rest day / Complementary strength and/or injury prevention training
- Sat. 4<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
Tr. 119
- \* Speed - Variations on the 80 m distance (see below) at 90% SPmax.  
- Set 1:  
- 20 m sprint up, 20 m walk down, 2 x  
- 40 m sprint up, 40 m walk down, 2 x  
- 1' recovery and stretching  
- 60 m sprint up, 60 m walk down, 2 x  
(1 x with a change in direction to the left, 1 x to the right)  
- 1' recovery and stretching



## Performance Training in Football Refereeing Weekly Training Plan

- 80 m sprint up, 80 m walk down, 2 x  
(1 x with a change in direction to the left, 1 x to the right)
- 2' recovery
- Set 2: Same exercise but in reversed order (80 > 60 > 40 > 20 m).
- The total exercise time is 14'.
- 3' recovery



- \* Cool down - 5' jogging and walking, followed by 10' static stretching.
- \* High Int. - In case you are not appointed for the next weekend you can consider doing one of the match simulation sessions (Ref Network)
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 61'

### Sun. 5<sup>th</sup>:

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 4<sup>th</sup> 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

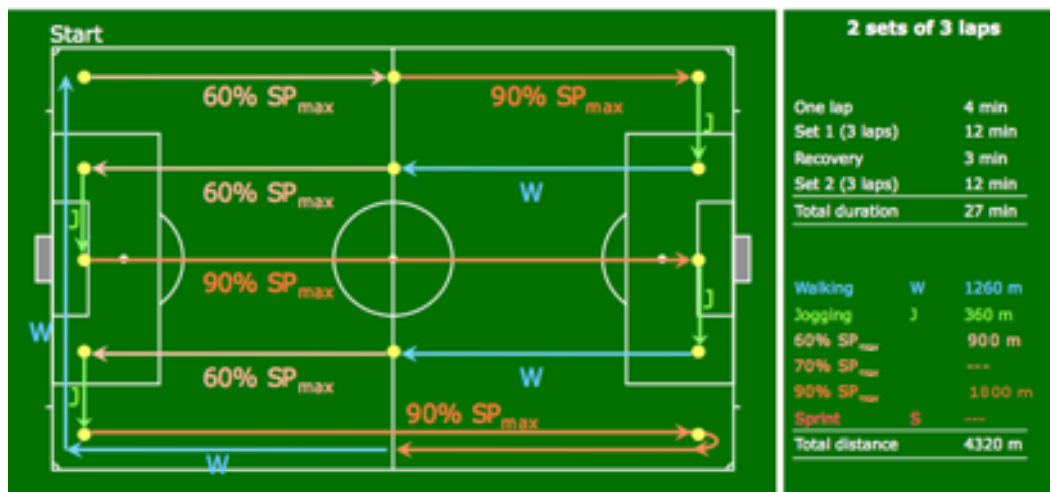
### WEEK 2 from Monday 6<sup>th</sup> to Sunday 12<sup>th</sup> of January

#### Macrocycle VI, week 2 (Training week 32)

- Mon. 6<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 120
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=htvBzERVNiA&t=16s>
- \* Speed End. - Set 1: Field exercise, 3 laps.

One full lap takes  $\pm$  4' before re-starting. The intensities or percentages are based on a % of maximal speed (SP<sub>max</sub>), not % HR<sub>max</sub>. Therefore, 60% SP<sub>max</sub> should be a jog and 90% SP<sub>max</sub> should constitute a fast tempo run.

- 4' recovery



- Set 2: Field exercise, again 3 full laps.
- All together this exercise takes 28'.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 81'

Tue. 7<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

Wed. 8<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 121

- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:



# Performance Training in Football Refereeing Weekly Training Plan

- 1 workout of 12 min:

<https://www.youtube.com/watch?v=htvBzERVNiA&t=16s>

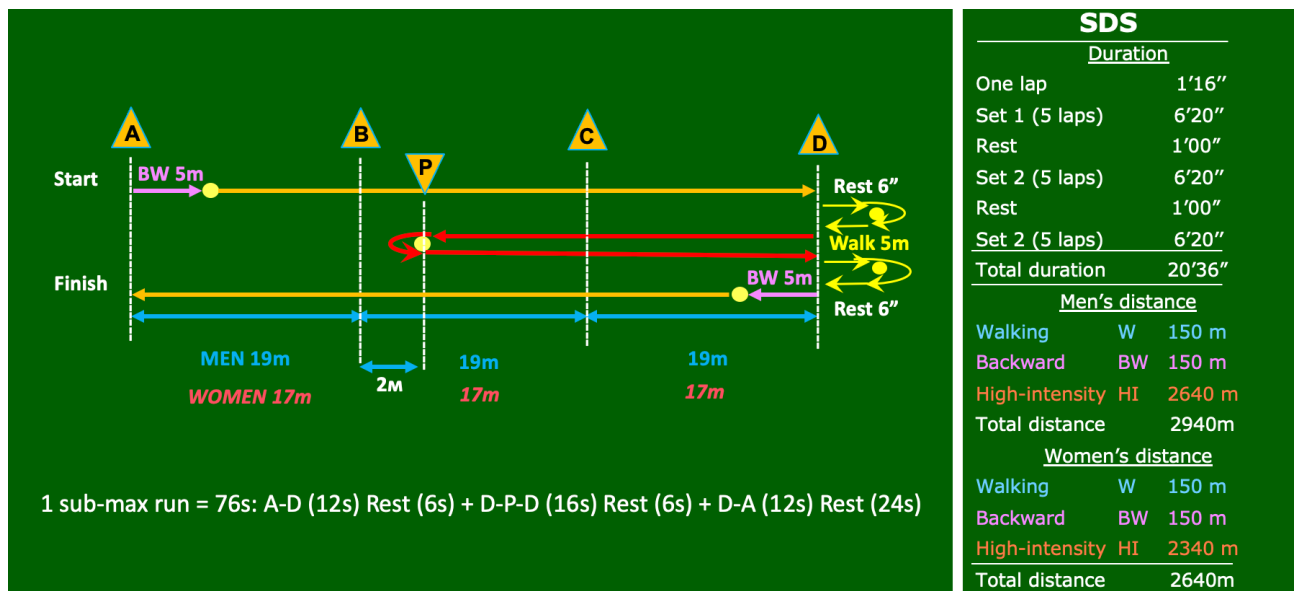
\* High Int.

- Set 1: Elite Referees and New International Referee can prepare as follows for the SDS test during the winter course:

- First, from the starting position, the Referee runs 5m backwards followed by a 52m forward high-intensity run to point D in 12". Then, he needs to walk around the cone (5m in total) in 6". The second run consists of running the double distance D-P-D in 16". Again, he needs to walk around the cone (5m in total) in 6". Third, the Referee runs 5m backwards followed by a 52m forward high-intensity run to point D in 12"! This constitutes 1 lap or 1 repetition. Recovery between the repetitions of each Set is 24"! One set consists of 5 repetitions!

- 72" recovery between the Sets

- Set 2 & 3: Same as Set 1!



Courtesy @ Sasho Danevski

- Total distance: 2.940 of which 2.640 m high-intensity running

- Total time: 20'36"

- ARs can practice the CODA (with flag), 30 m sprints and the Yo-Yo.

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

Total duration: 75'

Thu. 9<sup>th</sup>:

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

Fri. 10<sup>th</sup>:

\* Warm up

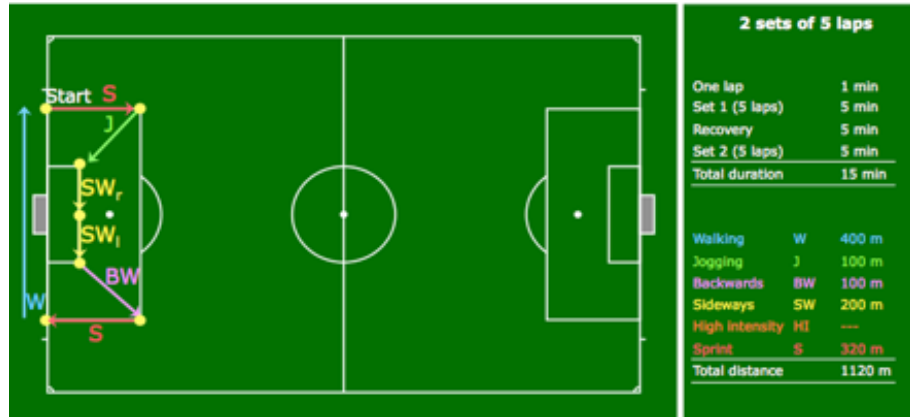
- 20' jogging, mobilisation and dynamic stretching.

Tr. 122



# Performance Training in Football Refereeing Weekly Training Plan

- \* Speed
  - 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.



- \* High Int.
  - If you don't have a match to referee at the weekend, Elite Referees and New International Referees can practice the next HI exercise to prepare for the tests that will be organised at the winter course.

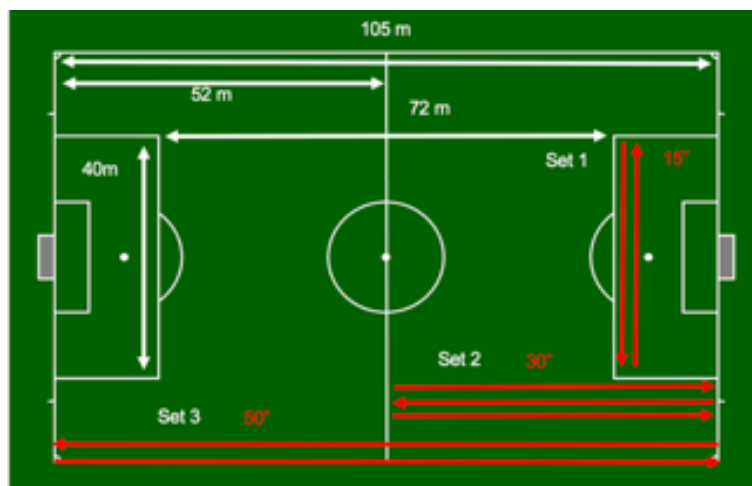
- Each run to be performed at high speed/intensity (>88%HR<sub>max</sub>)

**3 sets of 6 min each:**

- Set 1: 12 x (2 x 40 m) in 15"-17", 15"-17" rest
- Set 2: 6 x (3 x 52 m) in 30"-33" max, 30"-33" rest
- Set 3: 4 x (2 x 105 m) in 42"-45", 42"-45" rest

2' recovery after each set

- Total distance: 960 + 936 + 840 = 2.736 m high-speed running
- Total time: 24 min



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

Total duration: 76'



## Performance Training in Football Refereeing Weekly Training Plan

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Sat. 11<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

Sun. 12<sup>th</sup>: 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 4<sup>th</sup> 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 3 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of January Macrocycle VI, week 3 (Training week 33)

- Mon. 13<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 123
- Tue. 14<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 124
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4' each (1' rest between Sets)  
<https://www.youtube.com/watch?v=3ELbsd5tJjE>
- \* High Int. - Set 1: Elite Referees and New International Referees can prepare as follows for the SDS test during the winter course:
- Set 1:  
- First, from the starting position, the Referee runs 3 x 20m zig-zag at high intensity in 12" (A-D), followed by 6" rest. Second, the Referee runs the distance D-P-D in 16", followed by 6" rest. Third, the Referee runs 3 x 20m zig-zag again in 12" (D-A). This constitutes 1 lap or 1 repetition.  
Recovery between the repetitions of each Set 1 is 24".  
One set consists of 5 repetitions!
- 72" recovery between the Sets
- Set 2 & 3: Same as Set 1!
- From an organizational point of view, the first cone is placed at 20m (as usual), but now 1,5m on the right side of the straight line. The second cone is placed at 40m (as usual), but now 1,5m on the left side of the straight line.

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

**SDS TEST**

**3 Sets of 5 reps**

One rep	1 min 16 sec
Set 1 (5 reps)	5 min 56 sec
Recovery	72 sec
Set 2 (5 reps)	5 min 56 sec
Recovery	72 sec
Set 3 (5 reps)	5 min 56 sec
<b>High-intensity HI</b>	<b>2880 m</b>
<b>Total distance</b>	<b>2880 m</b>

Courtesy @ Milovan Ristić





# Performance Training in Football Refereeing Weekly Training Plan

\* High Int.

- For ARs, there is a new **Double-Quadruple-Double** exercise:

- Set 1:

- First, from the starting position, the AR runs 29m at high intensity, turns, and runs 29m back at HI in 12" (A-C-A), followed by 6" rest

- Second, the AR runs sideways 4x10m (AB-BA-AB-BA) in 16", followed by 6" rest

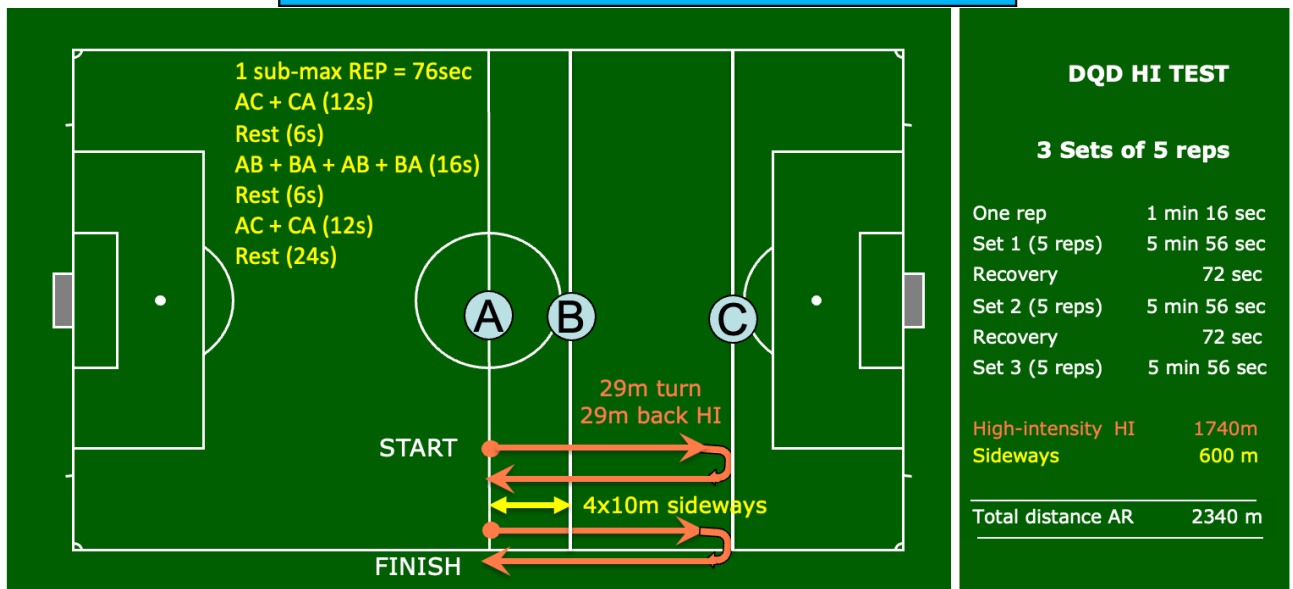
- Third, the AR runs 29m at high intensity, turns, and runs 29m back at HI in 12" (A-C-A). This constitutes 1 lap or 1 repetition. Recovery between the repetitions of each Set is 24"!

- One set consists of 5 repetitions!

- Recovery between the Sets: 72"

- Set 2 & 3: Same as Set 1!

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						



Courtesy @ Milovan Ristić

\* Cool down

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

Total duration: 84'



# Performance Training in Football Refereeing

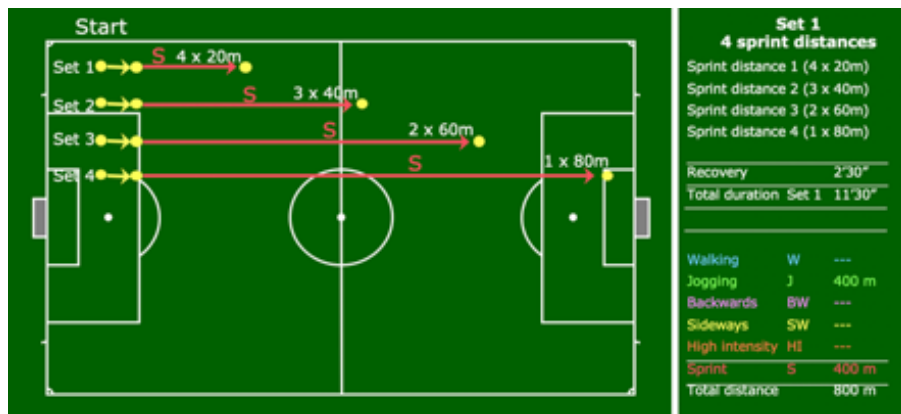
## Weekly Training Plan

Wed. 15<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

Thu. 16<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
 Tr. 125 \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
 \* Strength - 15' strength, core stability & injury prevention exercises.  
 - Alternatively, you can consider a Functional Training Session:  
 - 3 sets of 4' each (1' rest between Sets)  
<https://www.youtube.com/watch?v=3ELbsd5tJjE>  
 \* Rep. Spr. Ab. - Set 1 at 90-95% SPmax:  
 Altogether, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
Set 1 every 20"	Set 1 every 25"
Set 2 every 40"	Set 2 every 45"
Set 3 every 50"	Set 3 every 55"
Set 4 every 60"	Set 4 every 65"

- 2' recovery between each set



- The total duration of this RSA session is  $\pm$  25'.

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

Total duration: 82'

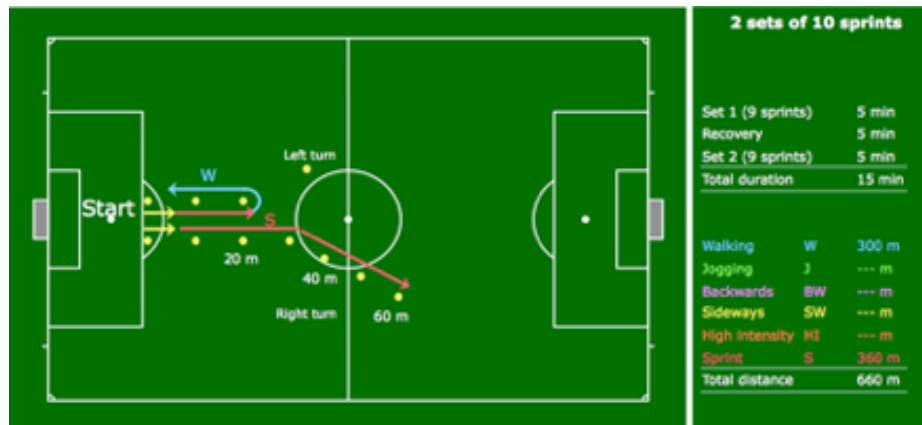
Fri. 17<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

Sat. 18<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
 Tr. 126 \* Speed - Variations on the 60 m distance (see below):  
 - 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total.  
 - 2' recovery and stretching



## Performance Training in Football Refereeing Weekly Training Plan

- 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total.  
(2 x with a change in direction to the left, 2 x to the right)
- 3' recovery and stretching
- 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total.  
(1 x with a change in direction to the left, 1 x to the right)
- The total exercise time is 15'.



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

Total duration: 65'

Sun. 19<sup>th</sup>: 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 4<sup>th</sup> 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.



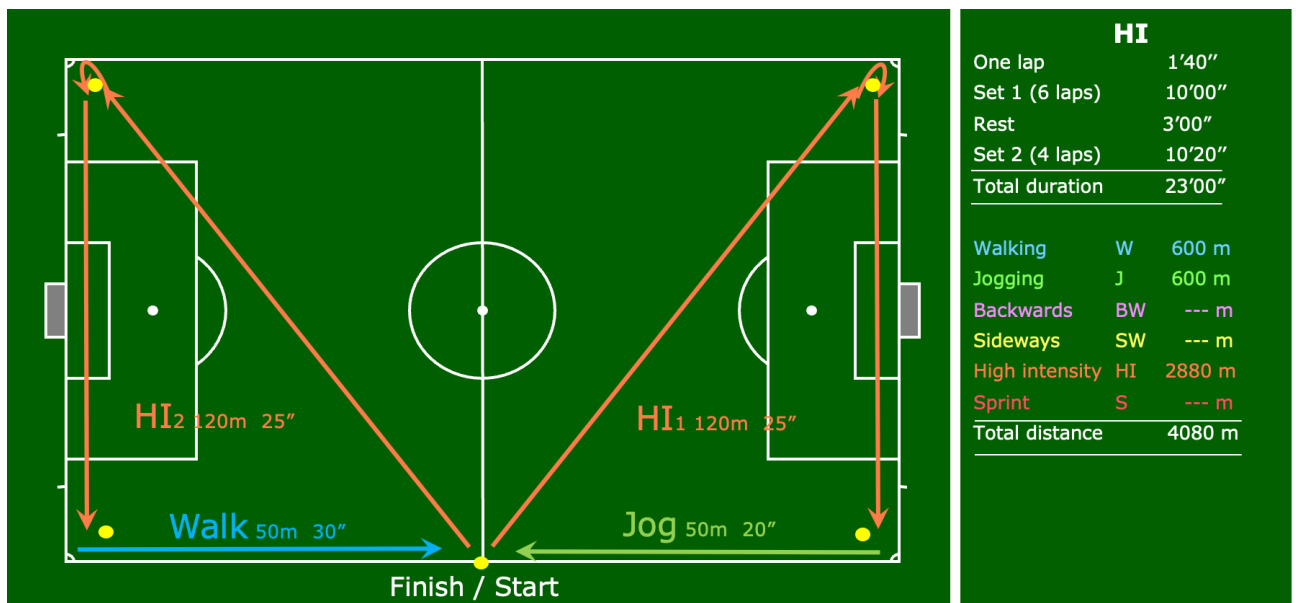
# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 4 from Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> of January

#### Macrocycle VI, week 4 (Training week 34)

- Mon. 20<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 127
- Tue. 21<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 128
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=m2Fi0v-grG0>
  - \* High Int. - Set 1:  
- 120m HI in 25" + 50m Jog in 20" + 120m HI in 25" + Walk in 30"  
- 6 laps in total  
  
- 2' recovery  
  
- Set 2: again 6 laps



Courtesy @ Sasho Danevski

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

Total duration: 79'

Wed. 22<sup>nd</sup>: - Rest day / Complementary strength and/or injury prevention training

- Thu. 23<sup>rd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 129
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.



# Performance Training in Football Refereeing Weekly Training Plan

- \* Strength
  - 15' strength, core stability & injury prevention exercises.
  - Alternatively, you can consider a Functional Training Session:
  - 1 workout of 12 min:  
<https://www.youtube.com/watch?v=m2Fi0v-grG0>
- \* 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 again 50m (100m)
  - Your heart rate should peak at >90% HR<sub>max</sub> at the end of each rep
  - Rest for 90" then repeat 5 x. Total time is 15'.
  - 4' passive recovery (until bpm < 65% HR<sub>max</sub>)



- \* Speed End. - 1 set of the following Field exercise for a total of 10'.

2 sets of 5 laps		
One lap		2 min
Set 1 (5 laps)		10 min
Recovery		4 min
Set 2 (5 laps)		10 min
<b>Total duration</b>		<b>24 min</b>

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	800 m
<b>Total distance</b>		<b>2300 m</b>

- All together, this exercise takes 8' + 4' recovery + 10' = ± 22'.

- \* 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

2 sets of 5 laps		
One lap		2 min
Set 1 (5 laps)		10 min
Recovery		4 min
Set 2 (5 laps)		10 min
<b>Total duration</b>		<b>24 min</b>

Walking	W	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
Speed End.	SE	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3200 m</b>



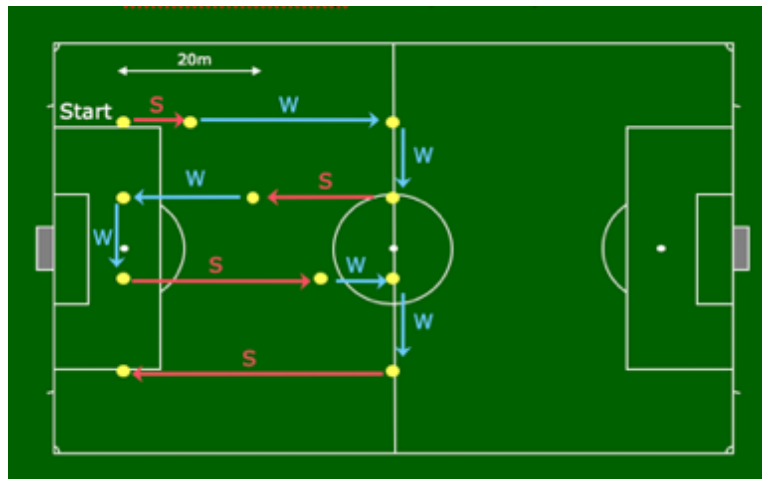
## Performance Training in Football Refereeing Weekly Training Plan

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

Total duration: 87'

Fri. 24<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

- Sat. 25<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- Tr. 130
- \* 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.
    - 2' recovery
    - Set 2: Now start first with 40m and then work down to 10m.
    - 2' recovery
    - Set 3: Repeat set 1



- The total exercise time is 10'. The total sprint distance is 300 m.

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

Total duration: 71'

Sun. 26<sup>th</sup>: 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 4<sup>th</sup> 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.



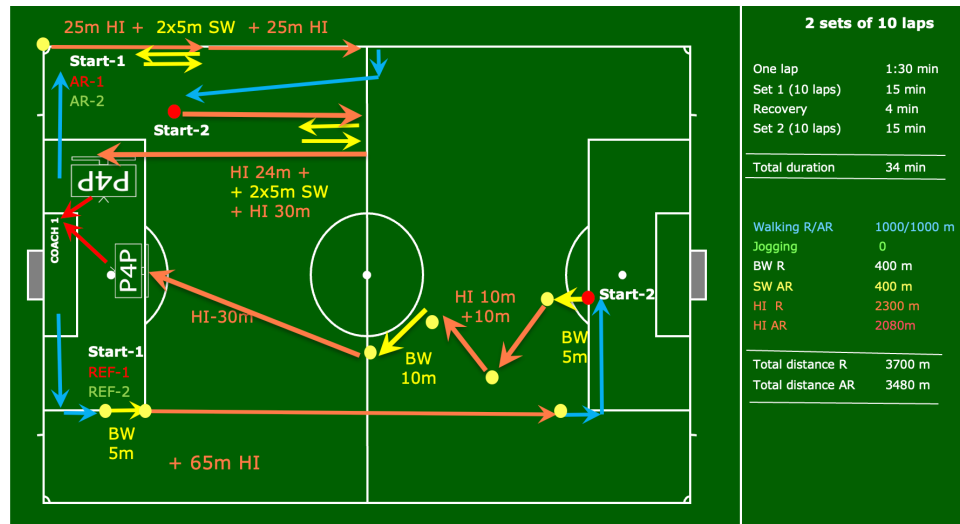
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 5 from Monday 27<sup>th</sup> of January to Sunday 2<sup>nd</sup> of February Macrocycle VI, week 5 (Training week 35)

- Mon. 27<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 131
- Tue. 28<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 132
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4' each (1' rest between Sets)  
[https://www.youtube.com/watch?v=5Yq6\\_TmhVLI](https://www.youtube.com/watch?v=5Yq6_TmhVLI)
- \* High Int. - Set 1:  
From start 1, **Ref pair** runs 5 meters BW and 65m HI in 15". They continue walking to the Start-2 in 15". On the next beep, they run 5 meters BW, 2 x 10m HI zigzag, 10m BW, and continue at HI to the screen (15") to watch an incident from the referee's angle. The ARs start at the same time of the Referees. They run 25m HI, 2x5m SW, and again, 25m HI in 15". They continue walking to the Start-2 in 15". On the next beep, they run 24m HI, 2x5m SW, and again 30m HI in 15" to arrive in time in front of the screen.
- The ARs are exposed to the same match incident as the referee but from their viewing angle. Now the Referee and the AR wearing a red bib walk to coach 1 and report their team decision. The coach provides feedback about the outcome and the decision-making process during the same 15" interval (**Teamwork**). The Referee and AR wearing a green bib meet with coach 2 to report their decision and receive feedback (**Teamwork**). On the next beep, the Referee and AR pairs walk back to their starting position, respectively. They start the second lap after 1:30". Every 15" a new pair of Referees and ARs start from starting position 1, respectively.
- 4' recovery
- Set 2: Same as set 1.



# Performance Training in Football Refereeing Weekly Training Plan



- All together, this exercise takes 26'.

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

Total duration: 81'

Wed. 29<sup>th</sup>:

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

Thu. 30<sup>th</sup>:

\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

Tr. 133

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

\* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 3 sets of 4' each (1' rest between Sets)

[https://www.youtube.com/watch?v=5Yq6\\_TmhVLI](https://www.youtube.com/watch?v=5Yq6_TmhVLI)

\* Speed End. - Set 1: Field exercise, 5 laps of 2' each.  
- During each lap, there are 12 different activities: walking (W), jogging (J), high intensity running (HI), sprinting (S).

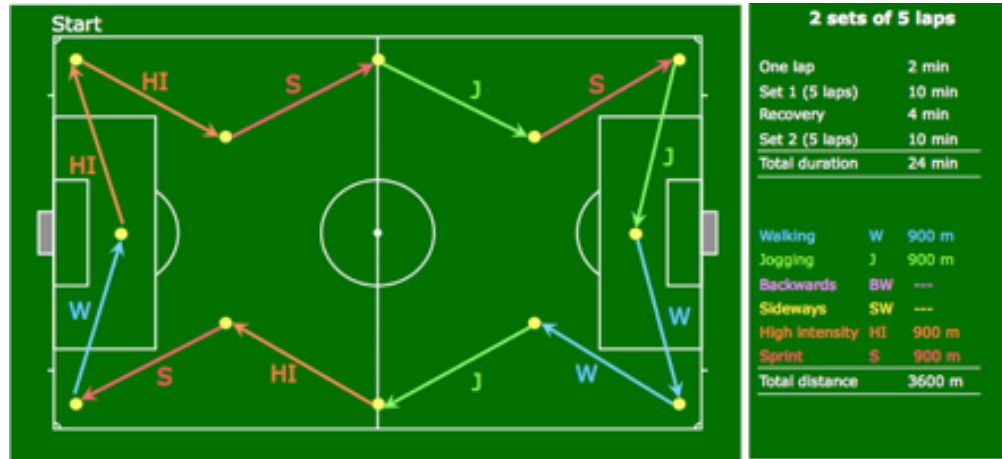
- 4' recovery.

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





# Performance Training in Football Refereeing Weekly Training Plan



- All together, this exercise takes 10' + 4' recovery + 10' = ± 24'.

\* Match - 10' match play.

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

Total duration: 89'

Fri. 31<sup>st</sup>:

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

Sat. 1<sup>st</sup>:

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

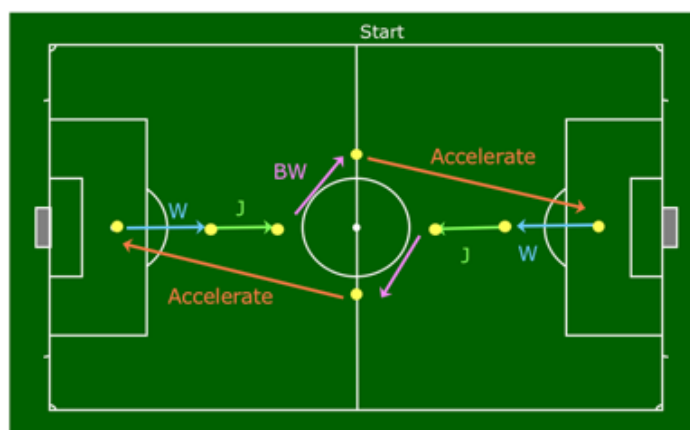
Tr. 134

\* 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: 50'



## Performance Training in Football Refereeing Weekly Training Plan

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Sun. 2<sup>nd</sup>:

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 4<sup>th</sup> 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 6 from Monday 3<sup>rd</sup> to Sunday 9<sup>th</sup> of February

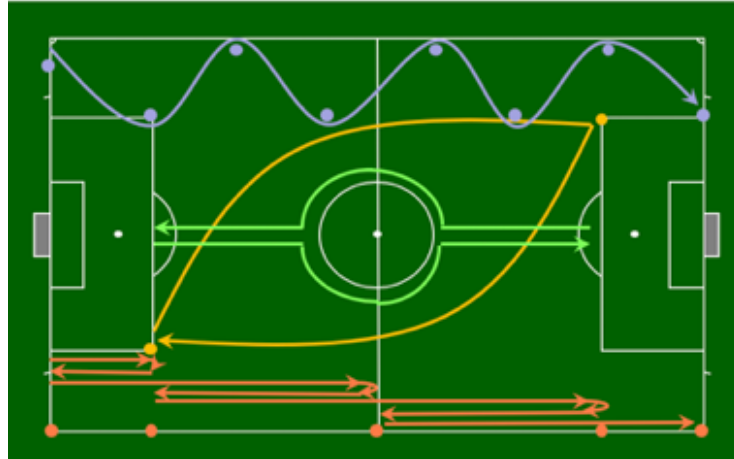
#### Macrocycle VI, week 6 (Training week 36)

- Mon. 3<sup>rd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 135
- Tue. 4<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 136
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:  
<https://www.youtube.com/watch?v=VV5zpq4woA0k>
  - \* Sp. & Ag. - Referees: 5 x 30 m, 30" recovery.  
  
- Assistant Referees: 4 reps of the CODA agility drill (**with flag**)  
- 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, the 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)
- 
- 3' recovery
  - \* High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery  
- 2' recovery between each of the 4 sets  
- The swerv (6x 30"-30")  
- The across the halfway line (10x 15"-15")  
- The diagonal (4x 45"-45")  
- The suicide (3x 60"-60")



# Performance Training in Football Refereeing

## Weekly Training Plan



- All together this exercise takes 4 x 6 min with 2 min rec  $\pm$  30'.

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

Total duration: 95'

Wed. 5<sup>th</sup>:

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

Thu. 6<sup>th</sup>:  
Tr. 137

\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).

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

\* Strength - 15' strength, core stability & injury prevention exercises.  
- Alternatively, you can consider a Functional Training Session:  
- 1 workout of 12 min:

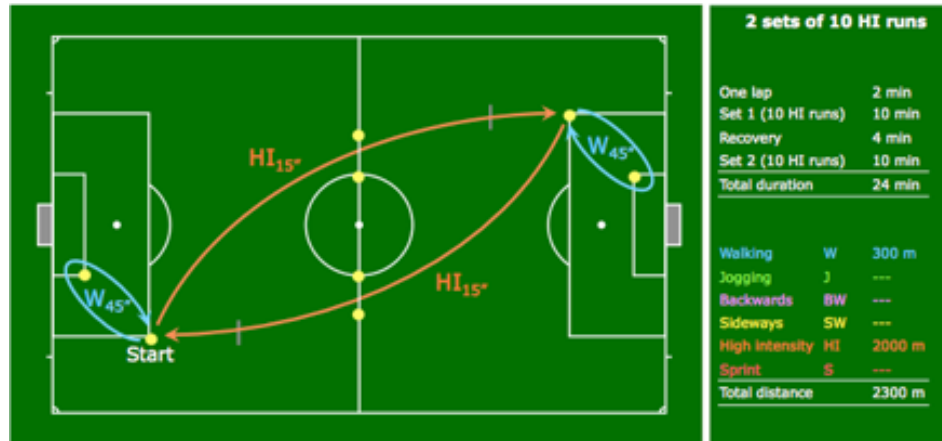
<https://www.youtube.com/watch?v=VV Szp4woA0k>

\* Speed End. - Field exercise (below) for a total of 8' or 6 laps.

2 sets of 6 laps	
One lap	1'20"
Set 1 (6 laps)	8 min
Recovery	4 min
Set 2 (6 laps)	8 min
<b>Total duration</b>	<b>20 min</b>
Walking W	480 m
Jogging J	480 m
Backwards BW	480 m
Sideways SW	---
High Intensity HI	---
Sprint S	720 m
<b>Total distance</b>	<b>2160 m</b>

- 4' recovery.

- Field exercise (below) along the wide diagonal line, run for 10' or 10 tempo runs in total.



- All together, these exercises take 8' + 4' recovery + 10' = 22'.

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

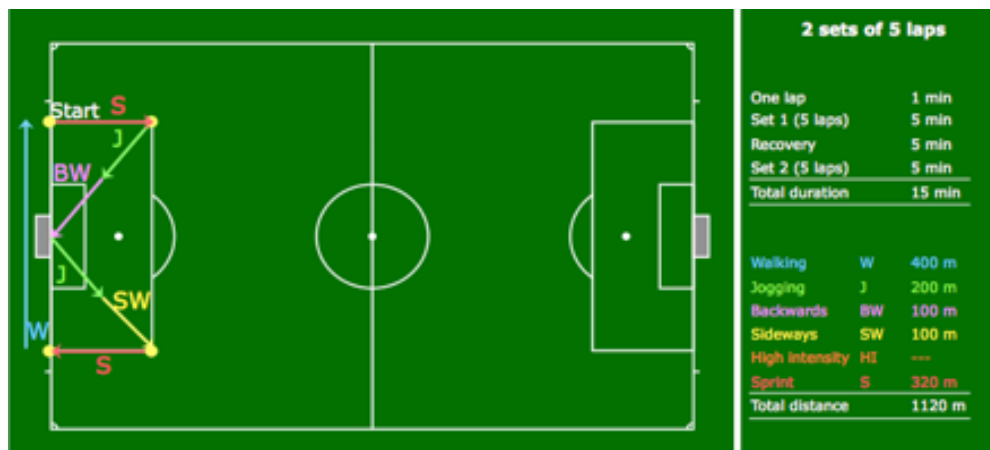
Total duration: 87'

Fri. 7<sup>th</sup>: - Rest day / Complementary strength and/or injury prevention training

Sat. 8<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 138

- \* Speed - 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'.

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

Total duration: 50'



## Performance Training in Football Refereeing Weekly Training Plan

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Sun. 9<sup>th</sup>:

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 4<sup>th</sup> 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.