### Performance Training in Football Refereeing

**Weekly Training Plan**

**WEEK 3 from Monday 18th to Sunday 24th of January**  
**Macrocycle VI, week 3 (Training week 33)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Mon. 18th:</strong></td>
<td>* Low Int.</td>
<td>5’ jogging slowly building up to 70% HR(_{\text{max}}) (± 1 km).</td>
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<tr>
<td></td>
<td>* Warm up</td>
<td>20’ jogging, mobilisation and dynamic stretching.</td>
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<tr>
<td></td>
<td>* Strength</td>
<td>15’ strength, core stability and injury prevention exercises.</td>
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</tbody>
</table>
|          | * High Int. | **Set 1:**  
|          |          | 30” run at 90% HR\(_{\text{max}}\), 15” jogging, 14 x 4’ recovery |
|          |          | **Set 2:**  
|          |          | 30” run at 90% HR\(_{\text{max}}\), 15” jogging, again 14 x 4’ recovery |
|          | * Cool down | 5’ jogging and walking, followed by 10’ static stretching. |
| **Tue. 19th:** | | REST DAY |
| **Wed. 20th:** | * Low Int. | 5’ jogging slowly building up to 70% HR\(_{\text{max}}\) (± 1 km). |
|          | * Warm up | 20’ jogging, mobilisation and dynamic stretching. |
|          | * Strength | 15’ strength, core stability and injury prevention exercises. |
|          | * Extended Sp. | **Set 1:**  
|          |          | > 8 sprints to the midline (± 7”) with 50” active recovery jogging in between each sprint  
|          |          | > Jog 1 lap of the pitch (± 2’)  
|          |          | > Duration Set 1: ± 10’  
|          |          | **Set 2:**  
|          |          | > 4 sprints to the opposite penalty box (± 11”) with 70” active recovery jogging in between each sprint  
|          |          | > Jog 1 lap of the pitch (± 2’)  
|          |          | > Duration Set 2: ± 7.5’  
|          |          | **Set 3:**  
|          |          | > 10 sprints to the penalty box (± 3”) with 20” active recovery jogging in between each sprint  
|          |          | > Jog 1 lap of the pitch (± 2’)  
|          |          | > Duration Set 3: ± 3.5’ |

**Total duration:** 80’
- The total duration of this extended speed session is ± 27’.

* Cool down

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

Thu. 21st:

REST DAY

Fri. 22nd:

* Warm up

  - 20’ jogging, mobilisation and dynamic stretching.

* 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

    - 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’.
Performance Training in Football Refereeing
Weekly Training Plan

* High Int. - In case you don’t have a match to referee in the weekend, the next 2 sets of a Yo-Yo based exercise are challenging!

Set 1:
- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20”
- 20” recovery walk (10 m)
- 10 reps in total
- 2’ recovery

Turning line

Start/Finish line

(2 x 50 m) x 20 reps
100 m high speed run (20”)

2 x 5 m
10 m rec. walk (20”)

Set 2:
- 2 shuttles x 50 m @ high speed (50 m – turn L - 50 m) in 20”
- 20” recovery walk (10 m)
- 10 reps in total

- All together, this exercise takes 15’20”.
- 2000 m of high-intensity running, 200 m walking, 20 turns in total.

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

Sat. 23rd: REST DAY

Sun. 24th: 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.

Total duration: 67’
**WEEK 4 from Monday 25th of January to Sunday 31st of February**

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

**Mon. 25th:**  
* Act. Rec.  
Tr. 126  
- 50’ recovery session in a fitness centre.

**Tue. 26th:**  
* Low Int.  
Tr. 127  
- Warm up: 20’ jogging, mobilisation and dynamic stretching.

* Strength: 15’ strength, core stability and injury prevention exercises.

* High Int.  
- **Set 1:** Two lines are marked approx. 5 meters away from each side of one of the goal lines. The referees are divided into 3 groups based on their fitness level. The referees in the group with the best fitness (x) have to run the longest distance (+ 210 m), while the group with the weakest runners (z) covers a shorter distance (about 190 m), and the intermediate referees (y) start on the goal line and cover an intermediate distance (about 200 m).

- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediately back to the starting position (40” max). After a given rest that equals the running time (40” max), they start the second run. A signal may be used to indicate when the referees have to reach the opposite line and the home position.

- Referees do this first exercise 10 x (15’ max).

- 2’ recovery.

**Set 2:** All referees start again at the end with the 3 lines and...
run at a given speed to the opposite goal-line (20’). After a given rest that equals the running time (20’), they run back to the starting position (repetition 2).

Referees do this second exercise 10 x (7’).

- All together, this high intensity exercise takes ± 24’.
  (15’ Set 1 + 2’ recovery + 7’ Set 2).

* Tip
- Differentiating the whole group into 3 teams should guarantee that the relative exercise intensity for each referee does not vary too much. If there is an extreme difference in fitness level between referees, the distances between the goal line and the 2 other lines can even be further extended (e.g. 10 meters). Another possibility is to divide the referees in even more groups (and use even more than just 3 starting positions).

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

Total duration: 80’

Wed. 27th: REST DAY
Thu. 28th: * Low Int.
Tr. 128

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

* Strength
- 15’ strength, core stability and injury prevention exercises.

* Speed End.
- 1 Set of the below exercise takes ± 8’.
  - 50 m sprint (± 10”), walking back 30”, 5 x, 1’ rest
  - 25 m sprint (± 5”), walking back 15”, 5 x, 1’ rest
  - 16 m sprint (± 3”), walking back 9”, 5 x
  - 4’ recovery

* Speed End.
- 1 set of the following Field exercise for a total of 10’.
Performance Training in Football Refereeing

Weekly Training Plan

- 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

* Match - 10’ match play.

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

Fri. 29th: REST DAY

Sat. 30th: * Warm up - 20’ jogging, mobilisation and dynamic stretching.

Tr. 129
Performance Training in Football Refereeing
Weekly Training Plan

* Speed
- Set 1:
  - 1) 11 m sprint, 11 m jogging, walking to the start, 4 reps
  - 2) 25 m sprint, 25 m jogging, walking to the start, 2 reps
  - 3) 50 m sprint, 50 m jogging, walking to the start, 1 rep

  - 5’ recovery and stretching.
  - Followed by a 2\textsuperscript{nd} Set of 7 sprints.

- The total exercise time is 15’. The total sprint distance is 288 m.

* High Int.
- In case you don’t have a match to referee in the weekend, the next 3 sets of the next Yo-Yo based exercise are challenging!

- Set 1:
  - 2 x 40 m (40 m – turn – 40 m) in 17”
  - 17” recovery walk (10 m)
  - 10 reps in total
  - 2’ recovery between sets

- Set 2:
  - 4 x 20 m (20 m – turn – 20 m – turn – 20 m – turn – 20 m) in 19”
  - 19” recovery walk (10 m)
  - 8 reps in total
  - 2’ recovery between sets
**Performance Training in Football Refereeing**

**Weekly Training Plan**

- **Set 3:**
  - 8 x 10 m (10 m – turn – 10 m – turn – 10 m – ...) in 21”
  - 21” recovery walk (40 m)
  - 6 reps in total
  - 2’ recovery

- All together, this exercise takes 21’
  - 6’ Set 1 + 2’ rec. + 5’ Set 2 + 2’ rec. + 4’ Set 3 + 2’ rec.

- 1920 m of high-intensity running, 240 m walking, 72 turns in total.

**YOYO#Exercise#1**!! 10!X!(2X40m),!8!X!(4X20m),!6!X!(8X10m)!!#

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

**Total duration: 71’**
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.
WEEK 5 from Monday 1st to Sunday 7th of February  
Macrocycle VI, week 5 (Training week 35)

**Mon. 1st.**  
Tr. 130  
* Act. Rec.  
- 50’ recovery session in a fitness centre.

**Tue. 2nd.**  
Tr. 131  
* Low Int.  
- 5' jogging slowly building up to 70% HR\(_\text{max}\) (± 1 km).
* Warm up  
- 20' jogging, mobilisation and dynamic stretching.
* Strength  
- 15’ strength, core stability and injury prevention exercises.
* High Int.  
- Yo-Yo intermittent recovery run, level 1

### SPEED LEVEL

<table>
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<tr>
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<th>INTERVALS</th>
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</tr>
<tr>
<td>9</td>
<td>1 (80)</td>
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<td>11</td>
<td>1 (120)</td>
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<td>12</td>
<td>2 (160)</td>
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<td>22</td>
<td>1 (560)</td>
</tr>
<tr>
<td>23</td>
<td>1 (600)</td>
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</tbody>
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- International referees should aim for 18:2 or more.  
This corresponds to 1.800 m and takes 14'42".

- National elite referees should aim for 17:6 or more.  
This corresponds to 1.640 m and takes 13’26”.
Performance Training in Football Refereeing
Weekly Training Plan

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

** Cool down**

**Total duration: 70’**

**Wed. 3rd:**
REST DAY

**Thu. 4th:**
Low Int.
Tr. 132

- 5’ jogging slowly building up to 70% HR\(_{\text{max}}\) (+ 1 km).

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

* Strength
- 15’ strength, core stability and injury prevention exercises.

* 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.

- 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. 5th:**
REST DAY
Sat. 6th: Warm up  
Tr. 133 
* Speed 
- 20’ jogging, mobilisation and dynamic stretching. 
- 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) 
- Once the 9 sprints (180 m total sprinting distance) have been completed take a 5’ stretching and drinking break. 
- Set 2: 
  - In reversed order, i.e. from 30 m to 10 m, each distance 3 x for a further 9 sprints. 
- The total sprint distance is 360 m. The total exercise time is 15’. 
* Cool down  
- 5’ jogging and walking, followed by 10’ static stretching.

Sun. 7th: 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 6 from Monday 8th to Sunday 14th of February
Macrocycle VI, week 6 (Training week 36)

Mon. 8th:
   * Act. Rec.
   Tr. 134
   - 50’ recovery session in a fitness centre.

Tue. 9th:
   * Low Int.
   Tr. 135
   - 5’ jogging slowly building up to 70% HRmax (+ 1 km).
   - Warm up
   - 20’ jogging, mobilisation and dynamic stretching.
   - Strength
   - 15’ strength, core stability and injury prevention exercises.
   (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).
   - Sp. & Ag.
   - Referees: 5 x 30 m, 30” recovery.
   - Assistant Referees: 4 reps of the CODA agility drill:
     - 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
**Weekly Training Plan**

### Referees:

* High Int.  

- **Warm up**: 20’ jogging, mobilisation and dynamic stretching.
- **Strength**: 15’ strength, core stability and injury prevention exercises.

### Assistant Referees:

* High Int.  

- **Warm up**: 20’ jogging, mobilisation and dynamic stretching.
- **Strength**: 15’ strength, core stability and injury prevention exercises.

### Cool down

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

**Total duration**: 83’

**Wed. 10th**:  
**REST DAY**

**Thu. 11th**:  
* Low Int.  
  Tr. 136

- 5’ jogging slowly building up to 70% HR\(_{\text{max}}\) (+1 km).
- **Warm up**: 20’ jogging, mobilisation and dynamic stretching.
- **Strength**: 15’ strength, core stability and injury prevention exercises.
Performance Training in Football Refereeing
Weekly Training Plan

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

- 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. 12th: REST DAY

Sat. 13th: * Warm up - 20’ jogging, mobilisation and dynamic stretching.

Tr. 137 * Speed - 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’.

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

Sun. 14th: 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.