# Workouts For Soccer Referees

## Speed workouts:

### Workout #1

**Accelerations:** 4 x 50m accelerations building up to 90% of sprint max (rolling start)

**Workout:** Sprinting @ 90% of sprint max (A little less than all out sprinting)
- 30m sprint + walk back recovery X3
- 40m sprint + walk back recovery X3
- 50m sprint + walk back recovery X3
- 40m sprint + walk back recovery X3
- 30m sprint + walk back recovery X3

Static start position, focus on the making the first few steps powerful

**Recovery:** 1min between each sets
Your heart rate should return to 70% of HRM before the start of each rep.

### Workout #2

**Accelerations:** 4 x 50m accelerations building up to 90% of sprint max (rolling start)

**Workout:** Sprinting @ 90% of sprint max (A little less than all out sprinting)
- 4 sets of 3 reps 50meter

Static start position, focus on the making the first few steps powerful

**Recovery:** 30sec between reps and 2min between sets
Your heart rate should return to 65% of HRM before the start of each rep.

### Workout #3

**Accelerations:** 4 x 50m accelerations building up to 90% of sprint max (rolling start)

**Workout:** @ 90% of sprint max (A little less than all out sprinting)
- 3 Sets of 4 Reps 70meters

From static start position, focus on the making the first few steps powerful

**Recovery:** 30sec between reps and 2min between sets
Your heart rate should return to 65% of HRM before the start of each rep.

### Workout #4

**Accelerations:** 4 set of 50m accelerations building up to 90% of sprint max (rolling start)

**Workout:** 3 sets of 4 reps 80meter @ 85-90%

**Recovery:** 45 sec between reps and 2min between sets

### Workout #5

**Accelerations:** 4 x 50m accelerations building up to 90% of sprint max (rolling start)

**Workout:** 8 X 100m @ 75 % of max sprint speed, 1min recovery between reps.

**Recovery:** 60 sec between reps
Workout #6

Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)

Workout: 3 sets of 3 reps X 100m

Perform each sprint at 75% of max sprint speed
Take an easy start and perform this exercise at a comfortable pace

Recovery: 45 sec between reps and 2min between sets

Workout #7

Sprint Mobility Workout:
All sprints will be performed at a moderate pace, roughly 85% of max sprint speed. Individuals should perform a slow walk back recovery between each sprint.

- 10 m walk + 30 m sprint X 3 reps
- 10 m side shuffle right + 30m sprint X 3
- 10 m jogging + 50m sprint X3
- 10 m side shuffle left + 30m sprint X3
- 10 m backward jogging + 30m sprint X 3
  1 lap easy recovery jog
- 10 m walk + 30 m sprint X 3 reps
- 10 m side shuffle right + 30m sprint X 3
- 10 m jogging + 50m sprint X3
- 10 m side shuffle left + 30m sprint X3
- 10 m backward jogging + 30m sprint X 3

Workout #8

Perform each sprint at 90% of max sprint speed, from a two point static starting position. Backward jogging and side shuffles should be performed at low intensity to allow for recovery.

- (20m sprint + 10m deceleration + 30m backward jogging) X 2
- (40m sprint + 10m deceleration + 50m backward jogging) X 2
- (60m sprint + 10m deceleration + 70m backward jogging) X 2
  200m easy jogging
- (20m sprint + 10m deceleration + 30m side shuffle right) X 2
- (40m sprint + 10m deceleration + 50m side shuffle right) X 2
- (60m sprint + 10m deceleration + 70m side shuffle right) X 2
  200m easy jogging
- (20m sprint + 10m deceleration + 30m side shuffle left) X 2
- (40m sprint + 10m deceleration + 50m side shuffle left) X 2
- (60m sprint + 10m deceleration + 70m side shuffle left) X 2

Workout #9

Perform each sprint at 90% of max sprint speed. Backward jogging and side shuffles should be performed at low intensity to allow for recovery.

- (20m sprint + 10m deceleration + 30m backward jogging) X 6
- (40m sprint + 10m deceleration + 50m backward jogging) X 4
- (70m sprint + 10m deceleration + 40m right shuffle + 40m Left shuffle) X4
Test Preparation: (Level System: Work Up To Level 14)

Workout# 1: Practice Fitness Test: 16-18 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 2: Practice Fitness Test: 16-18 X 150 meters @ 30 sec per interval and 30/35 sec rest

Workout# 3: Practice Fitness Test: 18-20 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 4: Practice Fitness Test: 18-20 X 150 meters @ 30 sec per interval and 30/35 sec rest

Workout# 5: Practice Fitness Test: 20-22 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 6: Practice Fitness Test: 20-22 X 150 meters @ 30 sec per interval and 30/35 sec rest

Workout# 7: Practice Fitness Test: 22-24 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 8: Practice Fitness Test: 22-24 X 150 meters @ 30 sec per interval and 30/35 sec rest

Workout# 9: Practice Fitness Test: 24-26 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 10: Practice Fitness Test: 24-26 X 150 meters @ 30 sec per interval and 30/35 sec rest

Workout# 11: Practice Fitness Test: 26-28 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 12: Practice Fitness Test: 26-28 X 150 meters @ 30 sec per interval and 30/35 sec rest

Workout# 13: Practice Fitness Test: 28-30 X 150 meters @ 30 sec per interval and 35/40 sec rest

Workout# 14: Practice Fitness Test: 28-30 X 150 meters @ 30 sec per interval and 30/35 sec rest

Tapering For the Fitness Test:

Workout 15: Interval Pace Runs: (6-7 Days Before Test)
12 X 150 meters @ 30 sec per interval and 35/40 sec rest
Focus on pace and tempo of the run, be relaxed make it feel easy. By this time you should know the pace well enough to run each interval without looking at your watch. At the end of each repetition slowly run or jog into a walk, slowing down quickly will only waist energy. Practice timing your walking recovery so that you hit the line on the move, the last thing you want to do is get their early and stand or be late and be behind the group.

Workout 16: Test Practice (2-3 days Before Test)

Practice Starts: No more than 4 easy starts of about 20m
Focus on using proper form, Good arm drive, Long push with the legs,
Progress the body from low to high as a unit, not rounding the back.

Interval Practice: @ your race pace and rest
- 150m @ 30 sec + your Rest + 150m @ 30 sec
- 1min rest + 50m walking with your rest
- 150m @ 30 sec + your Rest + 150m @ 30 sec
- 1min rest + 50m walking with your rest
- 150m @ 30 sec + your Rest + 150m @ 30 sec
### High Intensity Ladder Workouts:

**Workout #1**  High Intensity Running (approximately 50m for every 10 sec of running)
- 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 60 sec high intensity running @ 90% max heart rate + 45 sec easy jog/walk
- 60 sec high intensity running @ 90% max heart rate + 45 sec easy jog/walk
- 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
- 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk

**Workout #2**  High intensity Running
- 5 min high intensity running @ 90% of max heart rate + 3 min jogging recovery
- 4 min high intensity running @ 90% of max heart rate + 2 min jogging recovery
- 3 min high intensity running @ 90% of max heart rate + 1 min jogging recovery
- 2 min high intensity running @ 90% of max heart rate + 1 min jogging recovery
- 1 min high intensity running @ 90% of max heart rate

**Workout #3**  High Intensity Running
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 3 min easy jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery
- 2 min running @ 90% max heart rate + 1 min jogging recovery

**Workout #4**  Time Ladder
- 6min @ 75% HRM + 30sec jogging recovery
- 4min @ 80% HRM + 30sec jogging recovery
- 2min @ 85% HRM + 30sec jogging recovery
- 1min @ 90% HRM + 30sec jogging recovery
- 2min easy jogging recovery
- 6min @ 75% HRM + 30sec jogging recovery
- 4min @ 80% HRM + 30sec jogging recovery
- 2min @ 85% HRM + 30sec jogging recovery
- 1min @ 90% HRM + 30sec jogging recovery
- 2min easy jogging recovery

**Workout #5**  4 Sets of 2 intervals, 2min @ 75-85% HRM
(30 sec jogging recovery between intervals and 1min jogging recovery between sets)
- 2min @ 75-85% HRM + 30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
- 2min @ 75-85% HRM + 30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
- 2min @ 75-85% HRM + 30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
- 2min @ 75-85% HRM + 30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
Workout #6
High Intensity Workout
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 2min jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery

Workout #7
High Intensity Ladder
Set 1
- 20” at 90% HRmax, followed by 20” active recovery (jogging)
- 40” at 90% HRmax, followed by 20” active recovery (jogging)
- 60” at 90% HRmax, followed by 20” active recovery (jogging)
- 2’ at 90% HRmax, followed by 60” active recovery (jogging)
- 2’ at 90% HRmax, followed by 60” active recovery (jogging)
- 60” at 90% HRmax, followed by 20” active recovery (jogging)
- 40” at 90% HRmax, followed by 20” active recovery (jogging)
- 20” at 90% HRmax, followed by 20” active recovery (jogging)
- 2’ recovery
Set 2
- 20” at 90% HRmax, followed by 20” active recovery (jogging)
- 40” at 90% HRmax, followed by 20” active recovery (jogging)
- 60” at 90% HRmax, followed by 20” active recovery (jogging)
- 2’ at 90% HRmax, followed by 60” active recovery (jogging)
- 2’ at 90% HRmax, followed by 60” active recovery (jogging)
- 60” at 90% HRmax, followed by 20” active recovery (jogging)
- 40” at 90% HRmax, followed by 20” active recovery (jogging)
- 20” at 90% HRmax, followed by 20” active recovery (jogging)

Workout #8
High Intensity Intervals 90%HRM (200m Ladder)
- 100m @ 90%HRM + 100m easy recovery jog + 20m walking
- 120m @ 90%HRM + 100m easy recovery jog + 40m walking
- 140m @ 90%HRM + 100m easy recovery jog + 60m walking
- 160m @ 90%HRM + 100m easy recovery jog + 80m walking
- 180m @ 90%HRM + 100m easy recovery jog + 100m walking
- 200m @ 90%HRM + 100m easy recovery jog + 80m walking
- 180m @ 90%HRM + 100m easy recovery jog + 60m walking
- 160m @ 90%HRM + 100m easy recovery jog + 40m walking
- 140m @ 90%HRM + 100m easy recovery jog + 20m walking
- 120m @ 90%HRM + 100m easy recovery jog
- 100m @ 90%HRM + 300m easy recovery jog
Workout #9  
High Intensity Intervals 90%HRM (200meter Ladder Down then Up)
- 200m @ 90%HRM + 100m easy recovery jog + 80m walking
- 180m @ 90%HRM + 100m easy recovery jog + 60m walking
- 160m @ 90%HRM + 100m easy recovery jog + 40m walking
- 140m @ 90%HRM + 100m easy recovery jog + 20m walking
- 120m @ 90%HRM + 100m easy recovery jog
- 100m @ 90%HRM + 100m easy recovery jog + 20m walking
- 120m @ 90%HRM + 100m easy recovery jog + 40m walking
- 140m @ 90%HRM + 100m easy recovery jog + 60m walking
- 160m @ 90%HRM + 100m easy recovery jog + 80m walking
- 180m @ 90%HRM + 100m easy recovery jog + 100m walking
- 200m @ 90%HRM + 300m easy recovery jog

Workout #10  
High Intensity Aerobic Ladder
- 100m @85% HRM + 150m easy recovery jog + 50m walking
- 200m @85% HRM + 250m easy recovery jog + 50m walking
- 300m @85% HRM + 350m easy recovery jog + 50m walking
- 400m @85% HRM + 450m easy recovery jog + 50m walking
- 500m @85% HRM + 350m easy recovery jog + 50m walking
- 400m @85% HRM + 250m easy recovery jog + 50m walking
- 300m @85% HRM + 150m easy recovery jog + 50m walking
- 200m @85% HRM + 50m easy recovery jog + 50m walking
- 100m @85% HRM

Workout #11  
High Intensity Mid Range Ladder
- 250m @ 45-47sec + 60sec active recovery
- 200m @ 35 -37sec + 45sec active recovery
- 150m @ 25 -27sec + 30sec active recovery
- 150m @ 25-27sec + 30sec active recovery
Complete at least 3 sets if possible perform 4 sets

Workout #12  
High Intensity Running Workout  **(200m Challenge)**
This workout is to be done until you are un-able to make the time any more. (Complete Failure)
Do not do this work out within a week of a major soccer match.
- Rep #1   200m @35sec + 4:00min rest
- Rep #2   200m @35sec + 3:45min rest
- Rep #3   200m @35sec + 3:30min rest
- Rep #4   200m @35sec + 3:15min rest
- Rep #5   200m @35sec + 3:00min rest
- Rep #6   200m @35sec + 2:45min rest
- Rep #7   200m @35sec + 2:30min rest
- Rep #8   200m @35sec + 2:15min rest
- Rep #9   200m @35sec + 2:00min rest
- Rep #10  200m @35sec + 1:45min rest
- Rep #11  200m @35sec + 1:30min rest
- Rep #12  200m @35sec + 1:15min rest
- Rep #13  200m @35sec + 1:00min rest
- Rep #14  200m @35sec + 45sec rest
- Rep #15  200m @35sec + 30sec rest
- Rep #16  200m @35sec + 15sec rest
- Rep #17  200m @35sec + no rest
- Rep #18  200m @35sec Done
<table>
<thead>
<tr>
<th>Workout #1</th>
<th>High intensity Interval</th>
<th>Distance/pace: 200m run @35sec pace:</th>
<th>Complete: 3 sets of 4 repetitions</th>
<th>Recovery: 100m jogging/walking between repetitions 400m jogging/walking between Sets</th>
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</thead>
<tbody>
<tr>
<td>Workout #2</td>
<td>200m Workout: This is a progressive workout; individuals should start with 14 reps and add two reps every time they do the workout until they progress up to 24 reps.</td>
<td>14-24 Repetitions of 200m @40sec pace; 45 sec rest between each rep.</td>
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<tr>
<td>Workout #3</td>
<td>300m workout: This is a progressive workout; individuals should start with 8 reps and add two reps every time they do the workout until they progress up to 16 reps.</td>
<td>8-16 Repetitions of 300m @60sec pace; 60 sec walking rest between each rep (100m)</td>
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<tr>
<td>Workout #4</td>
<td>High Intensity Running</td>
<td>(1 min High intensity Running @85% heart rate max + 30 sec jogging recovery) X 5</td>
<td>(1 min High intensity Running @85% heart rate max + 30 sec jogging recovery) X 5</td>
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<tr>
<td>Workout #5</td>
<td>High Intensity Running</td>
<td>(1 min High intensity Running @85% heart rate max + 30 sec jogging recovery) X 5</td>
<td>(1 min High intensity Running @85% heart rate max + 30 sec jogging recovery) X 5</td>
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<tr>
<td>Workout #6</td>
<td>10 reps of 1:30 sec high intensity running @ 90 to 95% of HRM (1 min rest)</td>
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<tr>
<td>Workout #7</td>
<td>2min running @85-90% HRM + 1min jogging recovery X 4 reps</td>
<td>1min running @90% HRM + 30 sec jogging recovery X 8 reps</td>
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<tr>
<td>Workout #8</td>
<td>8 reps of 2min high intensity running @ 80 to 85% of HRM (1 min jogging recovery)</td>
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<td>Workout #9</td>
<td>6 Reps of 3min High Intensity Runs (@80-85% of HRM, 1:30 jogging or walking recovery between reps)</td>
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<tr>
<td>Workout #10</td>
<td>4 x 5min Hard interval runs @ 80-85% of HRM (2min easy jog or walking between reps)</td>
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<tr>
<td>Workout #11</td>
<td>6 min up tempo running at 85 to 90% HRM x 3 sets 2-3 min jogging recovery</td>
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</table>
High Intensity Field Exercises:

Workout #1  Field Running
2 sets of 6 reps or laps
4min recovery between sets

- Green = 50% run / 25sec
- Yellow = 70% run / 15sec
- Red = 90% run / 20sec
- Blue = 60sec walk jog rec

Workout #2  Field Sprinting Exercise
Running is based of sprint Max
- Blue = walking recovery
- Yellow = 60% S-max (Jog)
- Red = 90% S-max (Sprinting)

Each lap should take about 4min
Workout= 2 sets of 4 laps
Rest= 4min between sets

Workout #3  Field Exercises
High Intensity Running
- Red = High Intensity Run 85%HRM
- Yellow = Jogging 50%HRM
- Blue = walking 60sec

Start with angle run #1 and move
Up one every lap then come
Back down, doing #5 only once
Workout #4
High Intensity Field Exercise
All Runs @ 90% HRM Max
Up and Back = one rep
Set #1 6X 200m @ 40-45Sec
   Rest 1min
Set #2 6X 170m @ 35-40Sec
   Rest 1min
Set #3 6X 100m @ 20-25Sec
   Rest 30sec
Sets #4 6X 32m @ 6-8sec
   Rest 15sec
2min Active Recover Between Sets

Workout #5
High Intensity Field Exercise
2 Sets of 4 laps
Red = Hard Run 90%HRM (20-22sec)
Blue = walking recovery
Green = easy jogging
Yellow = Side Slide (Alternate)
Rest: One lap jog between sets

Workout #6
High Intensity Field Exercise
Red = 90% HRM @ 15-17 sec
Blue = walk
Green = Backwards Jog
Purple = Easy Side Slide (alternate)
Complete: 2 sets of 8
½ lap jog and ½ lap walking
Recovery between sets
Workout #7  High Intensity Field Exercise
Red = 85-90% HRM (32-37 Sec)
Green = Easy Jog
Blue = Walking recovery
Complete: 3 sets of 3-4 reps
½ lap jog and ½ lap walking
  Recovery between sets

Workout #8  High Intensity Field Exercise
Red = 85% Sprint Max (13-14sec)
Blue = walk
Purple = Backwards or Side Slide
Green = easy Jog
Complete: 4 sets of 3 to 4 laps
Rest: 2min between sets (Active)

Workout #9  High Intensity Field Exercises
Red = 90% HRM (Hard Run)
Green = 50% HRM (Jog)
Blue = Walk recover
Complete: 5 laps
(Middle Loop is PK to PK, 35sec)
Workout #10  High Intensity Field Exercise

Red = 85-90% HRM High Intensity (Runs = 20-22 sec Pace)
Green = 50% HRM Recovery Jog
Purple = Side Slide or Backwards (Alternate between the 2)

Complete: 2 Sets of 5 laps

Workout #11  High Intensity Field Running

Red = 85-90% HRM (Hard Run)
Green = 50-60% HRM (Jog)
Blue = Walking
Purple = Side Slide (Alternate)

Complete: 3 to 4 sets
Of 5 laps per set
OR 15 to 20 total

Rest between sets 1 min active

Workout #12  High Intensity Field Exercise

Red = 85-90% HRM (21-23 sec)
Green = Easy Jog 50% HRM

Complete: 2 sets of 4-5 laps
Switch Directions Second Set
Total = 8 to 10 laps
Workouts #13  High Intensity Field Run

Blue = Always Walking Recovery
Lap #1 = High intensity = Red
   Moderate Jog = All others
Lap #2 = High Intensity = Red, Purple
   Moderate Jog = All others
Lap #3 = High Intensity = R,P,Y
   Moderate Jog = All others
Lap #4 = High Intensity = R, P, Y, G
   Moderate Jog = All others
Lap #5 = High Intensity = R,P,Y G,O
Then come back down starting at 4
9 total laps in one set
No rest between laps

Workout #14  Moderate intensity Field Running

Red = 75% HRM Moderate Run
Complete: 3 X8min runs
Rest: 2min jogging rec. between sets

Referees complete diagonal runs
Assistants complete sideline run

Workout #15  High Intensity Field Runs

Red = High intensity Run 90% HRM
   Short = 14-15 sec
   Long = 25-27sec
Green = Easy Jog
Blue = Walking Recovery

Complete: 2 sets of 4 laps
One lap jogging recovery between set
Field Sprinting Workouts:

Workout #1  Field Sprint Workout
Red = Hard Sprint 90% S Max
Green = Easy jogging
Blue = Walking recovery

Complete: 4 sets of 3 reps or laps
2 sets using left foot cut
2 sets using right foot cut

Rest: 2min active recovery

-Use two point starting position

-Make cuts at top of 18 sharp
  (Don’t round the turns)

Workout #2  Field Sprint Exercises
Red = Hard Sprint 90% S Max
Blue = Walking Recovery
Green = set 1 - Easy Run
  Set 2 – Side Right
  Set 3 – Back wards
  Set 4 – Side Left

Complete: 4 Sets of 4 Reps
Rest 2min between sets

(Add 20-30min Aerobic Work)

Workout #3  Sprint Ladder
Work your way through 6 sprints
Starting with the shortest and
Building up to the longest.
Perform 3 sets with a jog/walk back
Recovery between repetitions and
3 min active recovery between sets.

(This workout should be
supplemented with 20min run)
Workout #4 Field Sprint Workout

Red = Hard Sprint 90% S Max
Green = Easy jogging
Blue = Walking recovery

Complete: 4 sets of all 4 sprints
Rest: 2min active recovery
-Use two point starting position
(This workout should be supplemented with 20min run)

Agility Sprint Workouts:

Agility Workout #1  Box Agility Workout

Red = Hard Sprint 90% S Max
Green = Side Slide Facing
Blue = Walking recovery
Purple = Backwards jogging
Yellow = Side Slide Facing In

Complete: 2 sets of 3 laps
Rest: 2min active recovery between sets
(This workout should be supplemented with 20min run)

Agility Workout #2  Box Agility Workout

Red = Hard Sprint 90% S Max
Green = Side Slide Facing In
Blue = Walking recovery
Purple = Backwards jogging
Yellow = Side Slide Facing In

Complete: 2 sets of 3 laps
Rest: 2min active recovery between sets
(This workout should be supplemented with 20min run)
Agility Workout #3: Box Agility Workout

- **Red**: Hard Sprint 90% S Max
- **Green**: Side Slide Facing out
- **Blue**: Walking recovery
- **Purple**: Backwards jogging
- **Yellow**: Side Slide Facing In

Complete: 3 sets of 2 laps

Rest: 2 min active recovery between sets

(This workout should be supplemented with 20 min run)

Agility Workout #4: Box Agility Workout

- **Red**: Hard Sprint 90% S Max
- **Green**: Side Slide Facing Out
- **Blue**: Walking recovery
- **Purple**: Backwards jogging
- **Yellow**: Side Slide Facing In

Complete: 3 sets of 3 laps

Rest: 2 min active recovery between sets

(This workout should be supplemented with 20 min run)

Agility Workout #5: Box Agility Workout (Assistant Referees)

- **Red**: Hard Sprint 90% S Max
- **Green**: Side Slide Facing
- **Yellow**: Side Slide Facing In

Complete: 4 sets of 3 laps

Rest: 2 min active recovery

(This workout should be supplemented with 20 min run)

Agility Workout #6: Box Agility Workout (Referees)

- **Red**: Hard Sprint 90% S Max
- **Purple**: Side Slide Facing

Complete: 4 sets of 3 laps

Rest: 2 min active recovery

(This workout should be supplemented with 20 min run)
### Endurance Workouts:

<table>
<thead>
<tr>
<th>Workout#1</th>
<th>Workout: 15-20 min aerobic endurance running at 70 to 85% of HRM</th>
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</table>
| Workout #2 | Workout: 30 min aerobic endurance running at 65 to 85% of HRM  
             | Workout: 4 X 50m easy stride outs 60-70% of sprint speed       |
| Workout #3 | Alternative Workout: 20 to 40 min of continuous activity your choice  
             | Game play, biking, swimming, bleachers, etc  
             | (Not for individuals officiating matches over weekend)          |
| Workout #4 | Workout: 20 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM |
| Workout #5 | Workout: 30 min moderate intensity running @ 80% of max heart rate +  
             | Perform 1 min of high intensity running every fifth minute  
             | (Only 20 min for individuals officiating weekend matches)       |
| Workout #6 | Workout: 30 -40 min aerobic endurance running at 70 to 85% of HRM +  
             | At the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM |
| Workout #7 | Aerobic Intervals  
             | 3 times 10min up tempo running @80-85% HRM  
             | Rest 2-3 min easy recovery jogging after each repetition |
| Workout #8 | Aerobic Intervals  
             | 3min tempo running @80-85% HRM + 1min easy recovery jogging  
             | 6min tempo running @80-85% HRM + 1min easy recovery jogging  
             | 9min tempo running @80-85% HRM + 1min easy recovery jogging  
             | 3min tempo running @80-85% HRM + 1min easy recovery jogging  
             | 6min tempo running @80-85% HRM + 1min easy recovery jogging  
             | 9min tempo running @80-85% HRM + 1min easy recovery jogging |
| Workout #9 | Aerobic Intervals  
             | 2min tempo running @80-85% HRM +30sec easy recovery jogging  
             | 4min tempo running @80-85% HRM +30sec easy recovery jogging  
             | 5min tempo running @80-85% HRM +1min easy recovery jogging  
             | 6min tempo running @80-85% HRM +1min easy recovery jogging  
             | 5min tempo running @80-85% HRM +1min easy recovery jogging  
             | 4min tempo running @80-85% HRM +30sec easy recovery jogging  
             | 2min tempo running @80-85% HRM +30sec easy recovery jogging |
Core Strength Training:

#1: Core Strength (Holds-ABS)

- Prone Hold (Front) 2X45S
- Side Plank + Outside leg lifts R/L 2X15E
- Supine Hold (Back) 2X45S
- Prone Hold Straight Leg Lift R/L 2X15E
- Straight Leg Lift from Knees 2X15E
- Straight Leg Circles form Knees 2X15E

#2: Core Strength (Hold-ABS)

- Prone Plank (Front) 2X45S
- Prone Hold Straight Leg Lifts 2X10E
- Prone Opposite Arm and Leg 2X10E
- Superman 2X15
- Side Plank Right 2X30S
- Side Plank Left 2X30S
- Straight Leg Lift from Knees 2X10E
- Straight Leg Circles form Knees 2X10E

#3: Core Strength (Swiss Ball-Abs)

- SB Lateral leg raises(Ball BT Feet) 2X10e
- SB Weighted crunch 2X50
- SB Russian Twist 2X50
- SB Prone knee tuck and twist 2X10e
- SB Table Top (1 Leg) 2X30S
- Leg lift and push to sky 2X25
- Jack Knives 2X20E

#4: Core Strength (Swiss Ball-Hold)

- SB Double leg lift (on the ball) 2x10e
- SB Weighted crunch 2x50
- SB Russian Twist 2x50
- SB Prone pike press 2x10
- Prone Hold Straight Leg Lifts 2X10E
- Prone Opposite Arm and Leg 2X10E
- Superman 2X15

#5: Core Strength (High Bar Hang-Hold)

- HB Side To Side Knee Tucks 2X20
- HB Front Knee Tuck 2X20
- HB Side To Side Knee Rotation 2X20
- HB Front L or Knee Hold 2X30Sec
- Prone Hold (Front) X45S
- Supine Hold (Back) X45S
- Prone Hold Leg extension R/L X15E

#6: Core Strength (ABS)

- Leg lift and push to sky 2X25
- Lateral leg lifts (windshield wipers) 2X25E
- Bike Crunch 2X50 total
- Russian Twist 2X50 total
- Crunches 2X50
- Straight Leg Lift from Knees 2X10
- Straight Leg Circles form Knees 2X10E
### #7 Core Strength (ABS)

- **Jack Knives**: 2X20 ea leg
- **Russian twist**: 2X50 total
- **Side R/L**: 2X50 Each
- **Rhythmic**: 2X50
- **Superman**: 2X15
- **Bike Crunch**: 2X50 total
- **Crunches**: 2X50

### General Strength:

#### #1: General

- **Inside Leg Lifts R/L**: X10E
- **Out side leg lifts R/L**: X10E
- **Side Plank**: 2X45S
- **Prone and Supine**: 2X60S
- **Prone Hold Leg extension R/L**: X10PE
- **Supine Hold Leg Extension R/L**: X10PE

#### #2: General

- **Prone Opposite Arm and Leg**: 2X10
- **Side Plank Right**: 2X30S
- **Lower Body Crawl**: 2X10
- **Side Plank Left**: 2X30S
- **Prone Double Arm Raise**: 2X10
- **Prone Plank**: 2X30S
- **Prone Straight Leg Lifts**: 2X10
- **Supine Plank**: 2X30S
- **Prone Scissors**: 2X10

#### #3 General

- **Prone Plank**: 2X30S
- **Straight Leg Lift from Knees**: 2X10E
- **Supine Plank**: 2X30S
- **Leg Kicks from Knees**: 2X10E
- **Side Plank Right**: 2X30S
- **Straight Leg Circles form Knees**: 2X10E
- **Side Plank Left**: 2X30S

#### #4 General

- **Prone Opposite Arm and Leg**: 2X10
- **Lower Body Crawl**: 2X10
- **Superman**: 2X10
- **Prone Straight Leg Lifts**: 2X10
- **Prone Scissors**: 2X10
- **Straight Leg Lift from Knees**: 2X10E
- **Straight Leg Circles form Knees**: 2X10E
- **Leg Kicks from Knees**: 2X10E

#### #5 General

- **Prone Arm Hold Straight Leg Lifts**: 2X10
- **Supine Arm Hold Straight Leg Lifts**: 2X10
- **Lateran Arm Hold Leg Lifts Right**: 2X10
- **Lateran Arm Hold Leg Lifts Left**: 2X10
- **Straight Leg Circles form Knees**: 2X10E
- **Leg Kicks from Knees**: 2X10E
**Swiss Ball Abdominal Workouts:**

<table>
<thead>
<tr>
<th>#</th>
<th>Swiss Ball</th>
<th>Exercise</th>
<th>Reps</th>
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<tr>
<td>1#</td>
<td>Swiss Ball</td>
<td>Front Wall Slide</td>
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<td></td>
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<td>1-Leg Squat</td>
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<td>1-Leg Leg Curl</td>
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<td>Lateral Scissors R/L</td>
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<td>Push-Up (1-Leg on Ball)</td>
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<td>Prone Pike + Press</td>
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<td>Crunch - WT Ovrhead</td>
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<td>2#</td>
<td>Swiss Ball</td>
<td>Supine Knee Raise</td>
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<td>Lateral Leg Raise</td>
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<td>Supine Sissors</td>
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<td>Prone Press Out (Hands)</td>
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<td>Prone Walk-Out (Feet)</td>
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<td>Push-Up</td>
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<td>Weighted Crunch</td>
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<td>Swiss Ball</td>
<td>Prone Leg Tuck/Press</td>
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<td>Prone Skier</td>
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<td>1-Leg Bridge</td>
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<td>Crunches W/ MB</td>
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<td>Russian Twist W/ MB</td>
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<td>Double Leg Curls</td>
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<td>Single Leg Squat</td>
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<td>Push-Ups</td>
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