

2013 Federation Referee Academy Physical Preparation Program

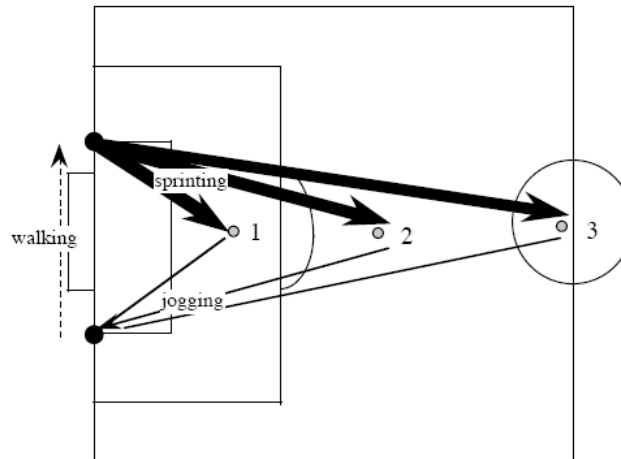
Cycle 1 – Week 1 (25 – 31 Mar)

Active Recovery	Rest or Active Recovery	Please do active recovery Approx 45 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim.	
		65-70%HR max	
		20min of extensive stretching	
High Intensity	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching	
	Workout	Run @ 90%HRmax	Recovery jog
		20sec (±100m)	20sec
		40sec (± 200m)	40sec
		60sec (± 300m)	60sec
		90sec (± 450m)	90sec
		60sec (± 300m)	60sec
40sec (± 200m)		40sec	
	20sec (±100m)	20sec	
	Recovery for 4min REPEAT same exercise		
	Cool Down	5min of jogging and walking to 65-70% HRmax 10min of extensive stretching	
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching	
	Workout	Run @ 90% SPmax	Recovery Jog
		½ pitch length	½ pitch
1 pitch length		½ pitch	
	1 ½ Pitch	walk width of pitch back to start	
	Do 3 LAPS in total. Start next lap every 3min 30sec Recovery 4min		
	Repeat 3 LAPS every 3min 30sec (see diagram below).		

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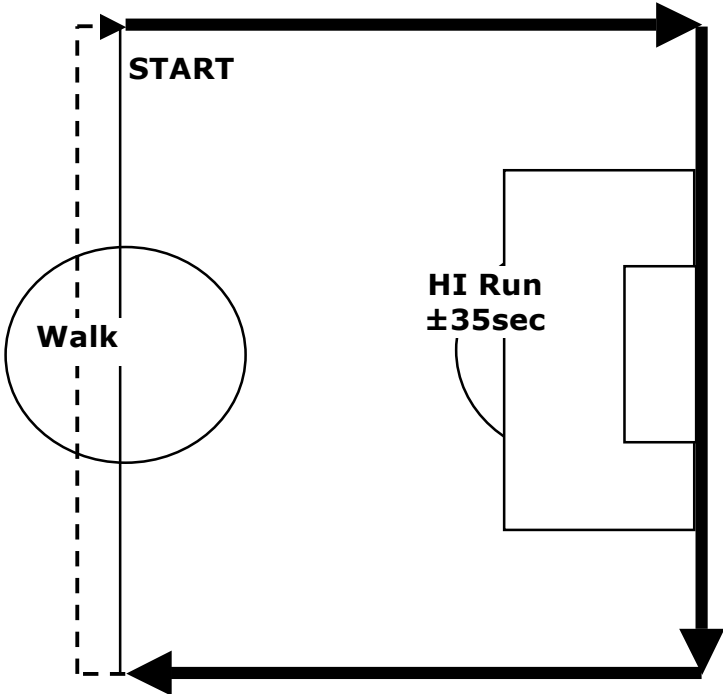
Speed

<p>START</p>	<p>Cool Down</p> <p>5min of jogging and walking to 65-70% HRmax 10min of extensive stretching</p>
<p>Warm Up</p>	<p>20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p>
<p>Workout</p>	<p>4 reps of 11m sprint, 11m jog, walk back to start 2 reps of 25m sprint, 25m jog, walk back to start 1 rep of 50m sprint, 50m jog, walk back to start Recovery and stretch for 5min REPEAT same exercise (see diagram below)</p>
<p>Cool Down</p>	<p>5min of jogging and walking to 65-70% HRmax 10min of extensive stretching</p>



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Cycle 1 – Week 2 (1 – 7 Apr)

Active Recovery	Active Recovery	Please do active recovery. Approx 45 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim @ 65-70%HR max 20min of extensive stretching
High Intensity	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Perform a HI run from halfway line down corner flag, then along goal line to other corner an up touch line to halfway line. Recover by walking along halfway line to start (see diagram below).</p> <p>Perform 8 runs of ± 35sec each</p> <p style="text-align: center;">Recovery for 3min</p> <p>REPEAT 8 runs in opposite direction.</p> <div data-bbox="594 1083 1312 1772" data-label="Diagram">  </div>
	Cool Down	5min of jogging and walking to 65-70% HRmax 10min of extensive stretching

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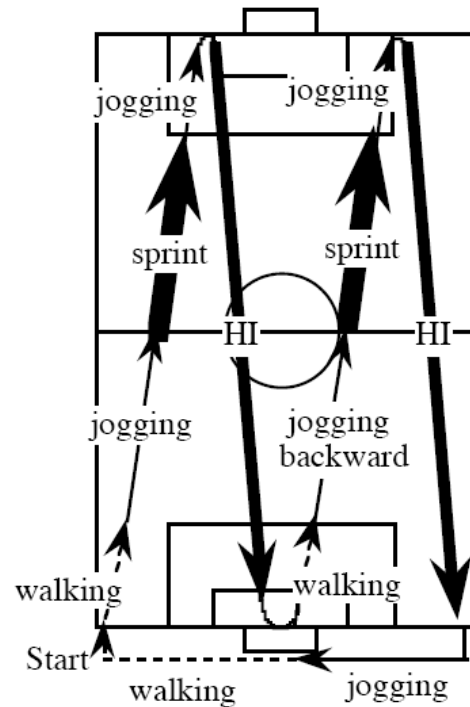
Speed Endurance

Warm
Up

20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching

Workout

Do **4 LAPS** of the field exercise below. Each lap should take ± 3 min
Recovery 4min
Repeat **4 LAPS** every ± 3 min (see diagram below).



Cool
Down

5min of jogging and walking to 65-70% HRmax
10min of extensive stretching

Speed

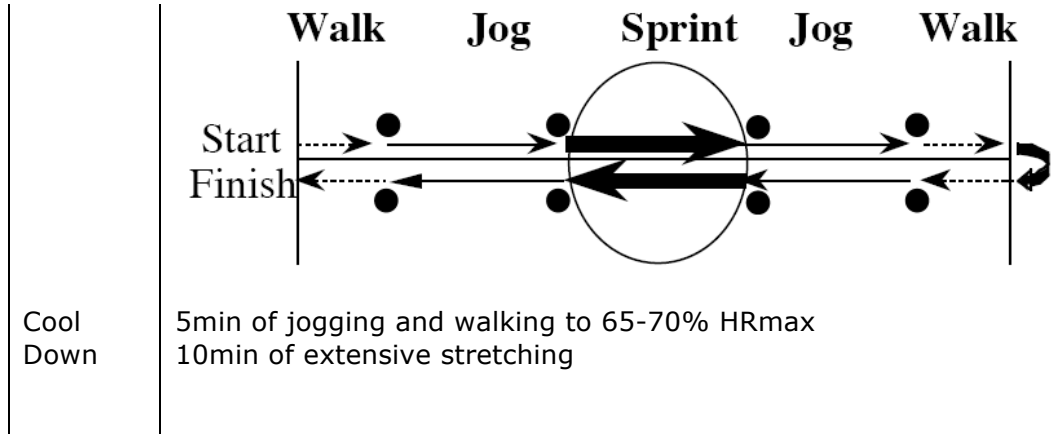
Warm
Up

20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching

Workout

Perform 5 full laps of the centre circle sprint (see diagram below)
Recovery and stretch for 5min
REPEAT same exercise (see diagram below)

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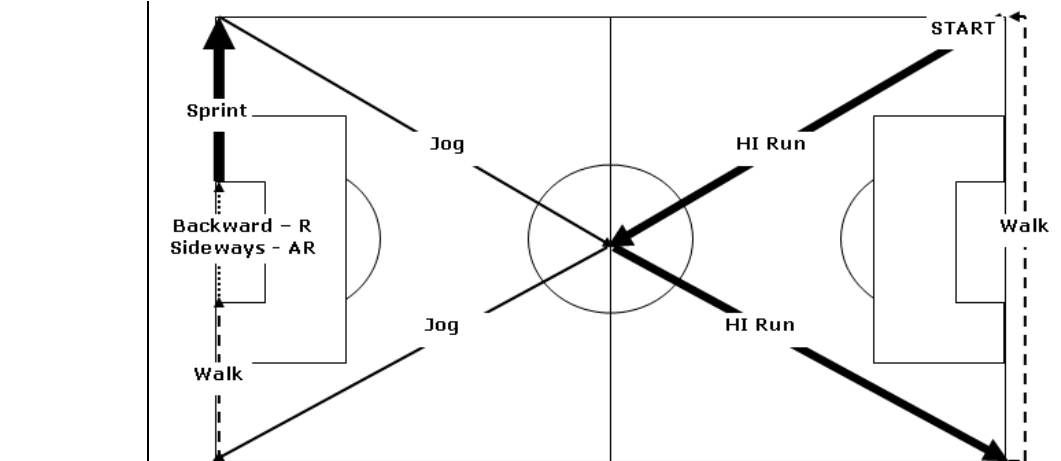
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Cycle 1 – Week 3 (8 Apr – 14 Apr)

Active Recovery	Active Recovery	Please do active recovery Approx 45 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim @ 65-70%HR max
		20min of extensive stretching
Extended Speed	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>From 5m dynamic start:</p> <ul style="list-style-type: none"> • 4x maximal 20m sprint (± 3sec) – 20sec recovery walk to start • 3x maximal 40m sprint (± 6sec) – 40sec recovery walk to start • 2x maximal 60m sprint (± 9sec) – 60sec recovery walk to start • 1x maximal 80m sprint (± 12sec) – 80sec recovery walk to start
		Recovery for 4min
		Repeat in reverse order
	Cool Down	5min of jogging and walking to 65-70% HRmax 10min of extensive stretching
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	Do 5 LAPS of the field exercise below.
		Recovery 4min
		Repeat 5 LAPS (see diagram below).
		Note: Start at top right, run to bottom left, then to top left and finish bottom right. Walk back to start.

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Speed



Cool Down

5min of jogging and walking to 65-70% HRmax
10min of extensive stretching

Warm Up

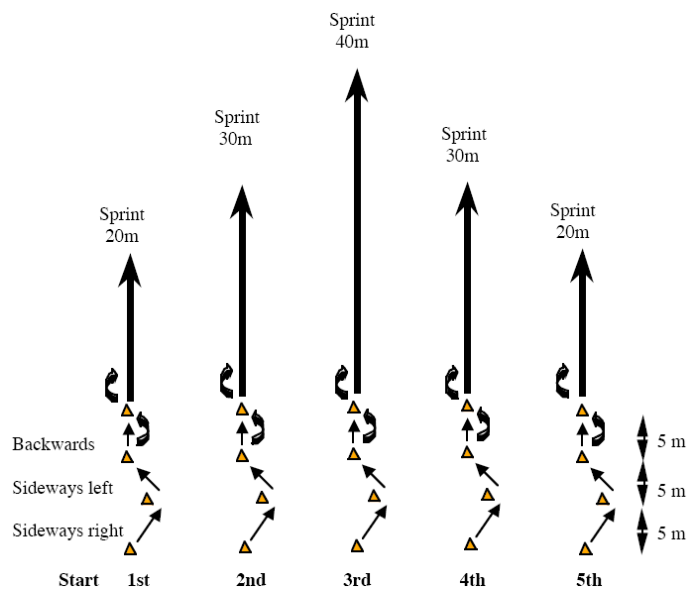
20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching

Workout

Perform **5 maximal sprints** in the order illustrated below.

Recovery and stretch for 5min

REPEAT same 5 maximal sprints





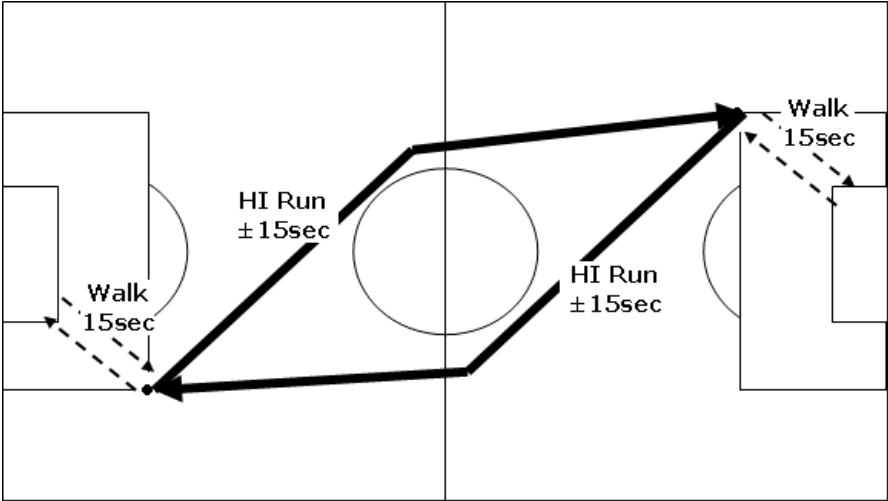
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Cool
Down

5min of jogging and walking to 65-70% HRmax
10min of extensive stretching

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Cycle 1 – Week 4 (15 – 21 Apr)

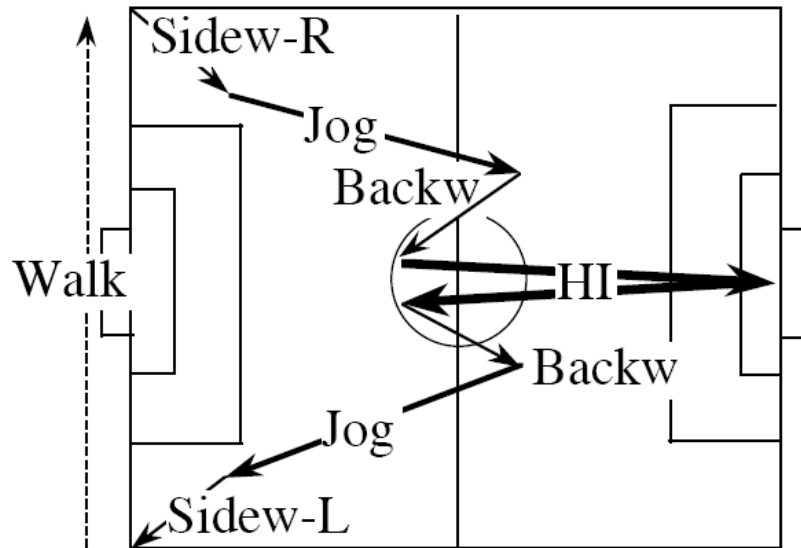
Active Recovery	Active Recovery	<p>Please do active recovery Approx 45 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim @ 65-70%HR max</p> <p>20min of extensive stretching</p>
	High Intensity	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout Perform a HI run (± 15sec) from corner of one penalty area to opposite corner as illustrated in diagram below. Rest by walking to corner of goal area and back (15sec) then repeat in opposite direction. This equals 1 lap. SET 1 - 8 LAPS (or 16x HI runs)</p> <p style="text-align: center;">Recovery for 4min</p> <p>SET 2 – repeat for 8 LAPS (or 16x HI runs)</p> <div style="text-align: center;">  </div>
Speed Endurance	Cool Down	<p>5min of jogging and walking to 65-70% HRmax</p> <p>10min of extensive stretching</p>
	Warm Up	<p>20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p>
	Workout	<p>Do 6 LAPS of the field exercise illustrated below.</p>

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Recovery 4min

Repeat 6 LAPS

Start



Distances:

- Sideways-Right = ±15m
- Medium Int. Jog = ±40m
- Backward Jog = ±15m
- High Int. Run = ±100m
- Backward Jog = ±15m
- Medium Int. Jog = ±40m
- Sideways-Left = ±15m

Cool
Down

5min of jogging and walking to 65-70% HRmax
10min of extensive stretching

**Speed and
Agility**

Warm
Up

20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching

Speed
and
Agility

Perform maximal sprints from a dynamic start. Slow walk back to start between each sprint.

2x5m, 2x10m, 2x15m, 2x20m, 2x25m (10 sprints in total).

Recovery and stretch for 5min

REPEAT same maximal sprints in reverse order.
2x25m, 2x20m, 2x15m, 2x10m, 2x5m

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<p>Cool Down</p>	<div style="text-align: right; margin-bottom: 10px;">● Left turn</div> <p style="text-align: center;">Alternate right turn and left turn for 20m and 25m sprints.</p> <p>5min of jogging and walking to 65% HRmax 10min of extensive stretching</p>
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