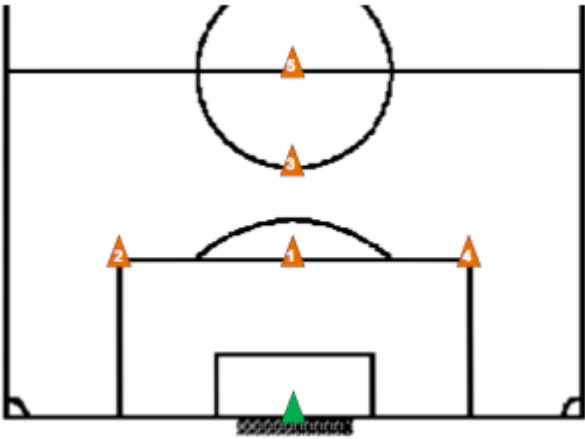


2013 Federation Referees' Academy Physical Preparation Program

Cycle 2 – Week 1 (22 – 28 Apr)

Active Recovery	Rest or Active Recovery	<p>Please do active recovery Approx 45 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim.</p> <p>65-70%HR max</p> <p>20min of extensive stretching</p>
High Intensity	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Start at green cone run at 100% to cone 1 then back to green cone. Then run to cone 2 and back to green cone. Then same to cones 3, 4, and 5. This equals 1 lap.</p> <p style="text-align: center;">Rest for 1min and repeat for 8 laps in total</p> <p>Recovery for 4min</p> <p>Repeat 8 Laps</p> <div style="text-align: center;">  </div>
	Cool Down	<p>5min of jogging and walking to 65-70% HRmax</p> <p>10min of extensive stretching</p>
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching

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Workout

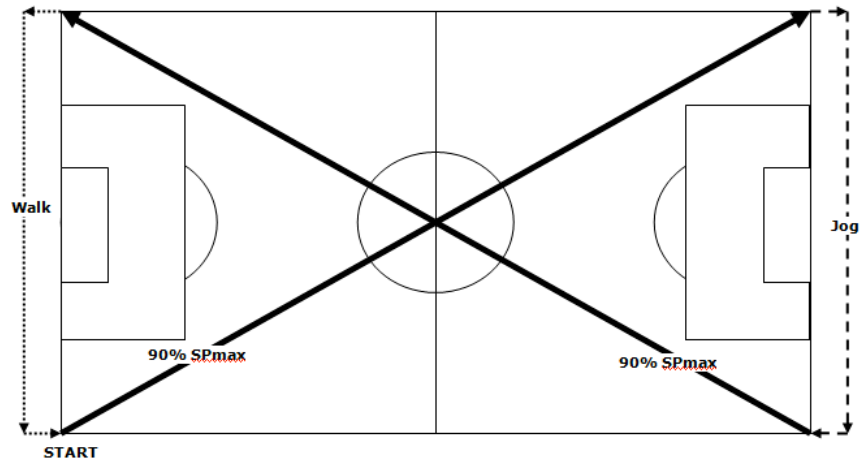
Complete the course as illustrated below.

From Start perform 90% Sprint diagonally from one corner of field to other, then jog across field and repeat. Walk back to start. This equals 1 lap.

Repeat for **5 laps in total**

Recover 4min

Repeat 5 Laps



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

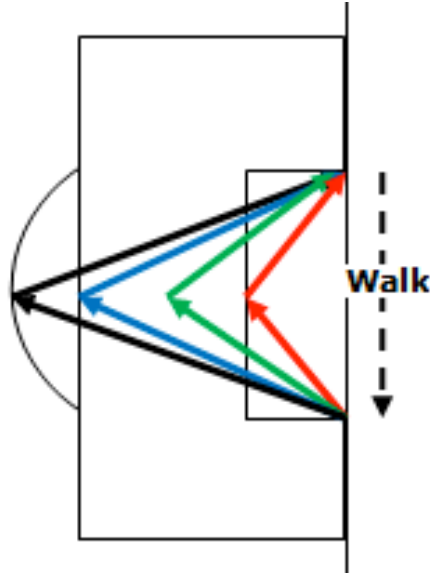
Workout

Starting at left corner of goal area, perform **6 sprints** each of **red, green, blue** and **black**. Walk back to start after each sprint

Recovery and stretch for 5min

REPEAT same exercise in **reverse order** and starting from right corner of goal area.

**2013 Federation Referees' Academy
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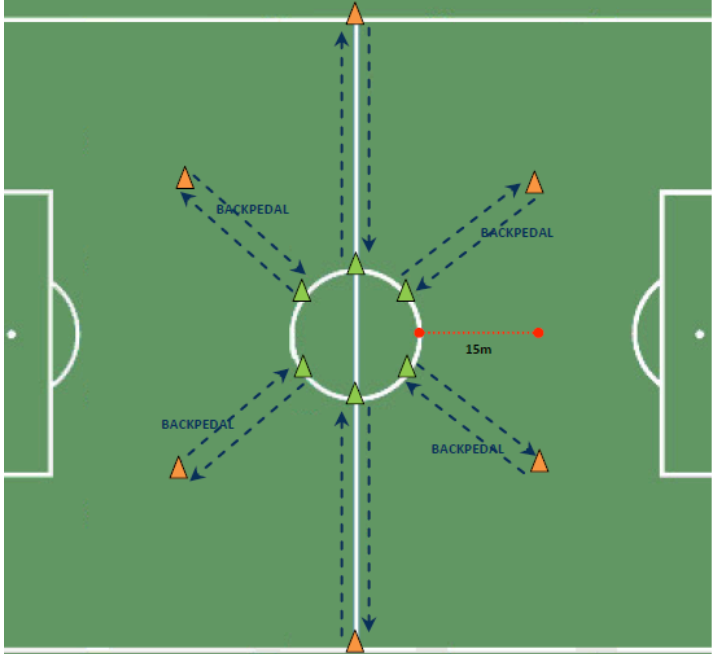


Cool
Down

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

2013 Federation Referees' Academy Physical Preparation Program

Cycle 2 – Week 2 (29 Apr – 5 May)


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	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Start at a green cone run HI to orange cone on touchline then back to same green cone.</p> <p>Walk to next green cone and run out to orange cone then run backwards back to green cone.</p> <p>Repeat sequence with no backward running for run to touchline.</p> <p style="text-align: right;">Rest 2 min</p> <p>REPEAT</p> <p style="text-align: right;">Rest 2 min</p> <p>REPEAT</p>
		

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Speed Endurance	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	<p>Do 3 LAPS of the field exercise below.</p> <p style="text-align: center;">Recovery 4min</p> <p>Repeat 3 LAPS</p>
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	<p>Start at green cone. Jog to orange cone, sprint to yellow, jog to yellow, sprint to orange, jog to green. Walk back to start.</p> <p>Repeat for a total of 6 runs</p> <p style="text-align: center;">Recovery and stretch for 5min</p> <p>Repeat 6 runs</p>
Cool Down	5min of jogging and walking to 65-70% HRmax 10min of extensive stretching	

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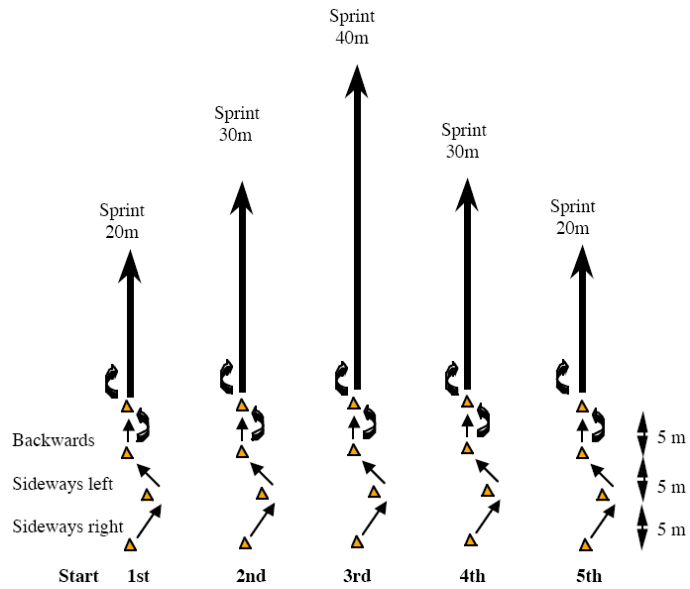
Cycle 2 – Week 3 (6 – 12 May)

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 20 sets of the following:</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>75m HI Run 15sec</p> </div> <div style="border-left: 1px solid black; height: 100px; margin: 0 10px;"></div> <div style="text-align: center;"> <p>25m Walk 30sec</p> </div> </div> <p style="text-align: center;">Rest 5min</p> <p>Repeat 20 sets</p>
Speed Endurance	Cool Down	<p>5min of jogging and walking to 65-70% HRmax 10min of extensive stretching</p>
	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout From Green cone, sprint 10m then jog 40m. Turn immediately and sprint 20m then jog 30m. Turn and sprint 30m, then jog 20m etc till 50m sprint. This equals 1 lap. Walk 50m back to start. 6 Laps in total</p> <p style="text-align: right;">Recovery 4min</p> <p>Repeat 6 LAPS (see diagram below).</p> 	
Speed	Cool Down	<p>5min of jogging and walking to 65-70% HRmax 10min of extensive stretching</p>
	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout Perform 5 maximal sprints in the order illustrated below.</p>	

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Recovery and stretch for 5min

REPEAT same 5 maximal sprints

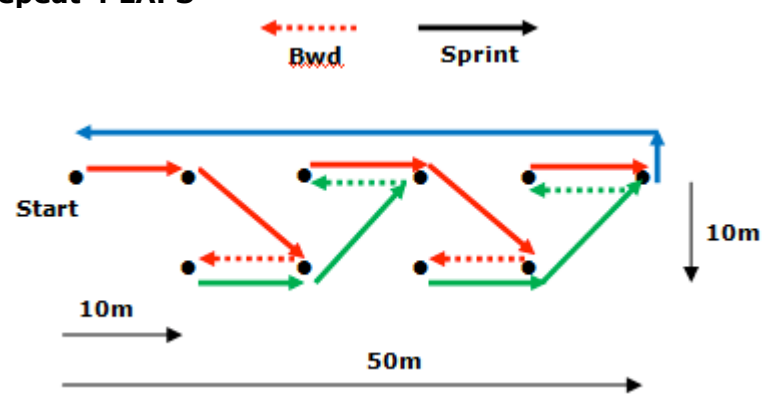


Cool
Down

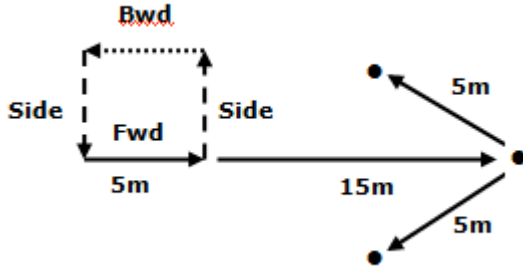
5min of jogging and walking to 65-70% HRmax
10min of extensive stretching

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Cycle 2 – Week 4 (13 - 19 Jun)

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</p> <p>Workout</p> <p>Cool Down</p>	<p>20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Perform a 20 sets of the following</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 5px;">150m HI Run 30sec</td> <td style="border-left: 1px solid black; border-right: 1px solid black; width: 10px;"></td> <td style="text-align: center; padding: 5px;">50m Walk 40sec</td> </tr> </table> <p>5min of jogging and walking to 65-70% HRmax 10min of extensive stretching</p>	150m HI Run 30sec		50m Walk 40sec
150m HI Run 30sec		50m Walk 40sec			
Speed Endurance	<p>Warm Up</p> <p>Workout</p>	<p>20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Complete the course as illustrated below. From Start sprint along red solid line, then backwards. Then sprint along green solid line, then backwards and son on until the end when you sprint back to the start along blue solid line. This equals 1 lap.</p> <p>Rest for 1min and repeat for 4 laps in total</p> <p style="text-align: center;">Recovery 4min</p> <p>Repeat 4 LAPS</p> <div style="text-align: center;">  </div>			

2013 Federation Referees' Academy Physical Preparation Program

Speed and Agility	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
	Speed and Agility	<p>Move around 5m square as shown for 3 circuits then sprint 20m, turn sharply to left and accelerate for 5m. Walk back to start.</p> <p>Repeat for a total of 8 runs (alternating turns after 20m sprint) Recovery and stretch for 5min</p> <p>Repeat 8 runs</p> <div style="text-align: center;">  </div>
Cool Down	5min of jogging and walking to 65% HRmax 10min of extensive stretching	