
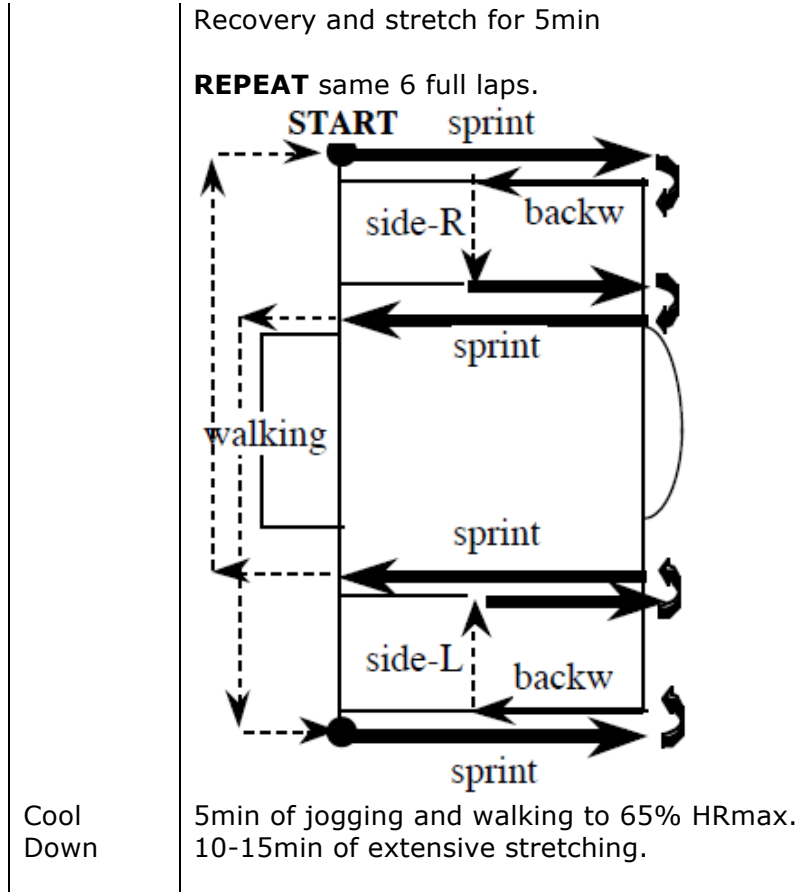


2013 Federation Referees' Academy Physical Preparation Program

Cycle 3 – Week 1 (20 – 26 May)

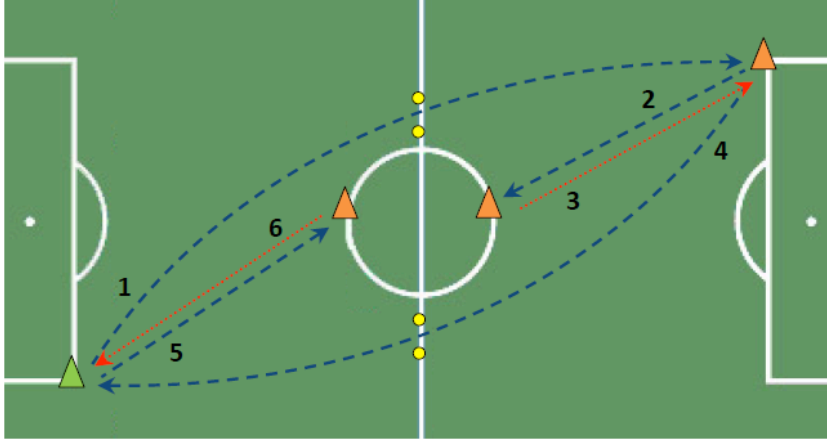
Active Recovery	Active Recovery	<p>Approx 30 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim. 65-75%HR max.</p> <p>20min of extensive stretching</p>
	High Intensity	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout Perform 20 sets of the HI runs outline below</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>150m HI Run 30sec</p> </div> <div style="border-left: 1px solid black; width: 10px; height: 100px;"></div> <div style="text-align: center;"> <p>50m Walk 40sec</p> </div> </div> <p>Cool Down 5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching</p>
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<ul style="list-style-type: none"> - From Green cone, sprint 10m up, then jog 40m to end. - Turn immediately and sprint 20m, then jog 30m to end. - Turn and sprint 30m, then jog 20m to end. - Turn and sprint 40m up, then jog 10m to end. - Turn and sprint 50m up. - Walk 50m back to start. <p style="text-align: right;">This equals 1 lap.</p> <p>Repeat for 4 Laps in total</p> <p style="text-align: center;">Recover 5min</p> <p>Repeat 4 laps</p>  <p>Cool Down 5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching</p>
Speed and Agility	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout 1	Perform 6 full laps of the penalty area exercise in the order illustrated below.

**2013 Federation Referees' Academy
Physical Preparation Program**



2013 Federation Referees' Academy Physical Preparation Program

Cycle 3 – Week 2 (27 May – 2 Jun)

Active Recovery	Active Recovery	Approx 30 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>From green cone, run at HI to opposite corner of penalty area (1) then turn and continue to centre circle (2). Recovery jog back to corner of penalty area (3) Repeat in opposite direction (4, 5, 6). This equals 1 lap. Repeat for 3 laps in total</p> <p style="text-align: center;">Recover for 4min</p> <p>REPEAT 3 laps</p>
		
	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching
Extended Speed	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching as well as acceleration exercises to prepare for workout below.
	Workout	<p>SET 1 Start in one corner, perform a HI run down touchline to halfway, then jog to other corner. The turn and sprint around cone 1 to other corner. Turn and jog down touchline to halfway and finish with a HI run to goal line. Walk along goal line to recover.</p>

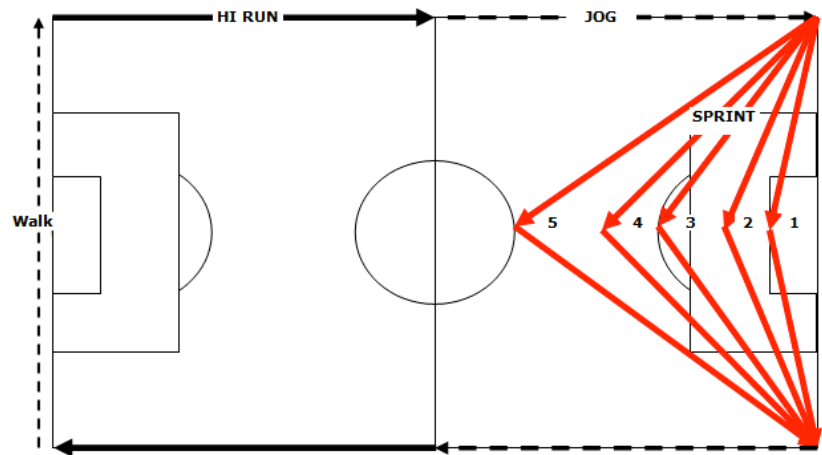
2013 Federation Referees' Academy Physical Preparation Program

Repeat with sprints going around cones sequentially until all 5 are complete.

Recover for 4min

SET 2

Start from finish point of set 1 so that you are turning opposite way during sprints. Do the sprints in the same sequence.

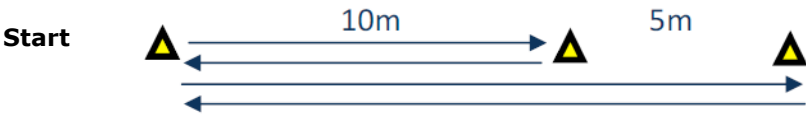


Cool
Down

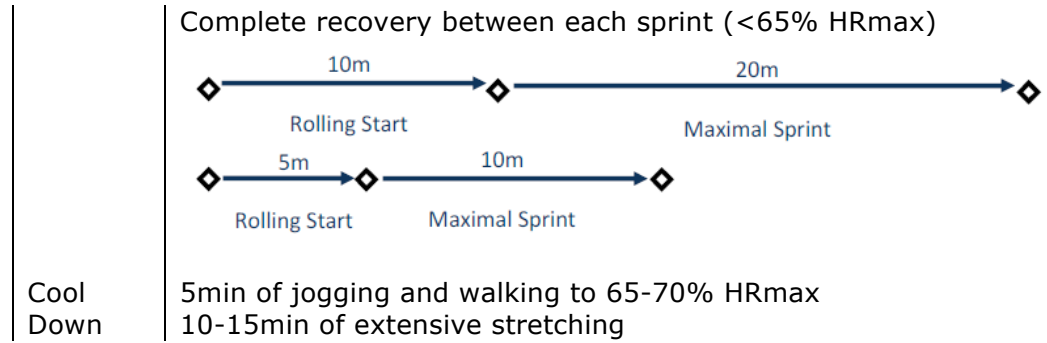
5min of jogging and walking to 65-70% HRmax
10-15min of extensive stretching

2013 Federation Referees' Academy Physical Preparation Program

Cycle 3 – Week 3 (3 – 9 Jun)

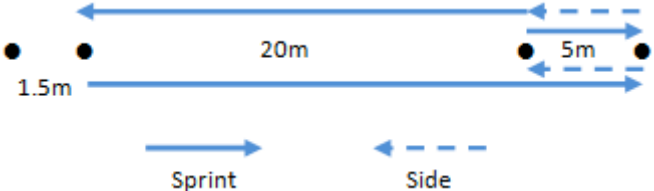
Active Recovery	Active Recovery	<p>Approx 30 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim @ 65-70%HR max.</p> <p>20min of extensive stretching</p>
	High Intensity	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout Perform 5x 1000m intervals, resting 4min between each run. Run each interval as quickly as possible.</p> <p>Cool Down 5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching</p>
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Perform 5x maximal sprints as illustrated below. Rest 30sec between sprints.</p> <p style="text-align: center;">Recover 4min</p> <p>Repeat 5 sprints</p> <div style="text-align: center;">  </div>
	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching
Speed and Agility	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Set 1 – Perform 5x 20m sprint with 10m rolling start.</p> <p>Recover and stretch 5min</p> <p>Set 2 – Perform 5x 10m sprint with 5m rolling start</p> <p>Rolling start = backwards, sideways, high knees etc</p>

2013 Federation Referees' Academy Physical Preparation Program

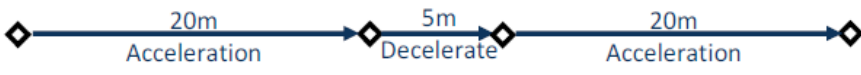


2013 Federation Referees' Academy Physical Preparation Program

Cycle 3 – Week 4 (10 – 16 Jun)

Active Recovery	Active Recovery	<p>Approx 30 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 on the field as illustrated below:</p> <div style="text-align: center;"> <p>75m HI Run 15sec</p> <p style="margin: 0 100px;"> </p> <p>25m Walk 25sec</p> <p>Rest 4min</p> <p>REPEAT 20 sets</p> </div> <p>Cool Down 5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching</p>
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Do 6 sets of the exercise illustrated below. Rest 30sec between runs.</p> <p style="text-align: center;">Rest 4min</p> <p>REPEAT 6 sets but with sideways movement being in opposite direction.</p> 
Speed and Agility	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching
	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching

2013 Federation Referees' Academy Physical Preparation Program

Workout	<p>Perform 5 sets of the exercise illustrated below and using the dynamic start. Slow walk back between sets.</p> <p>Recover and stretch for 5min</p> <p>REPEAT 5 sets</p>  <p>The diagram shows a horizontal line with four diamond markers. The first segment is labeled '20m Acceleration', the second is '5m Decelerate', and the third is '20m Acceleration'.</p>
Cool Down	<p>5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching</p>

2013 Federation Referees' Academy Physical Preparation Program

Cycle 3 - Week 5 (17 – 23 Jun)

Active Recovery

Active Recovery

Approx 30 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

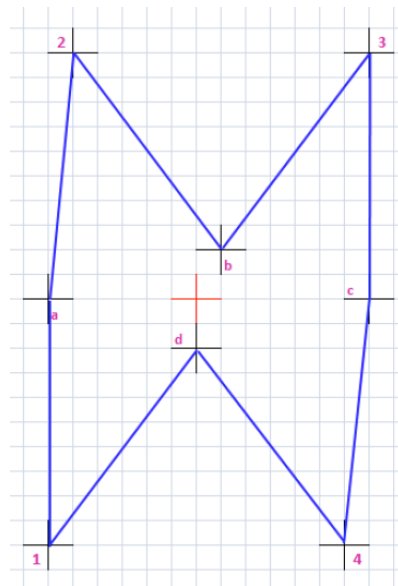
Workout

Yo-Yo Intermittent Recovery Test

Use the audio file 'Yo-Yo IRT Level 1' on an mp3 player and set up the field with cones as illustrated below or use alternate set up included with this program.

- Start on the single beep at yellow cone run to a red cone on double beep and then immediately to next yellow cone, arriving by the final buzzer.
- Rest for 10sec
- Repeat on next beep
- Keep going until you cannot maintain the speed of the audio file.

Record your score on the logbook.



Also refer to pdf file 'Yo-Yo IRT – Alternate Set Up' for more details on this set up.

2013 Federation Referees' Academy Physical Preparation Program

Speed and Agility

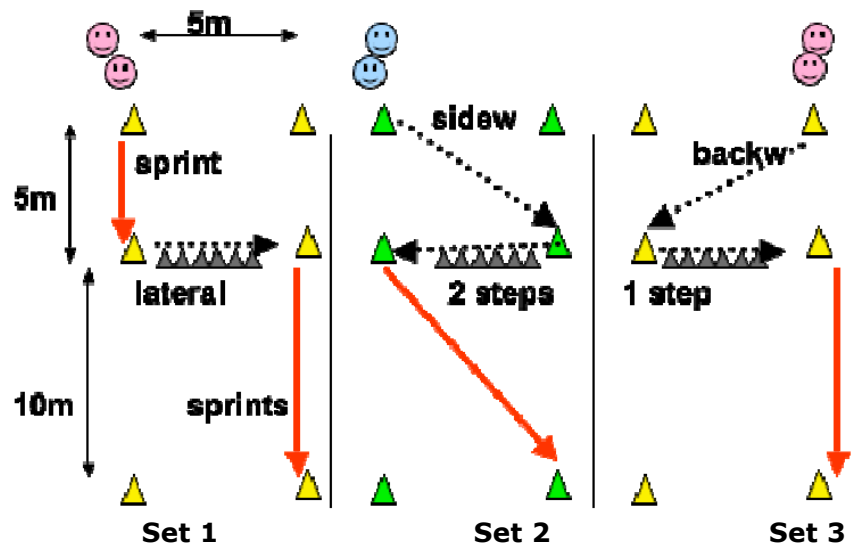
Cool Down 5min of jogging and walking to 65-70% HRmax
10-15min of extensive stretching

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

Workout 1 Perform **6 runs** each of the courses illustrated below. Do 3 runs starting from the right and 3 runs from the left.

Recover for 1min after each run.

Rest 4min between each set.

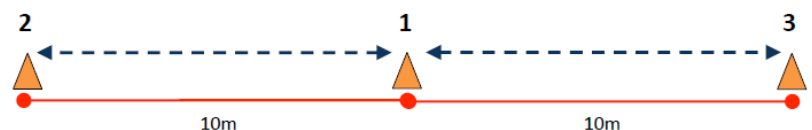


Recover and stretch for 8min

Workout 2 Starting from Cone 1, run the following sequence as fast as possible **1-2-3-1**

Recover for 1min between runs.

Repeat for a total of **5 runs**



Cool Down 5min of jogging and walking to 65-70% HRmax

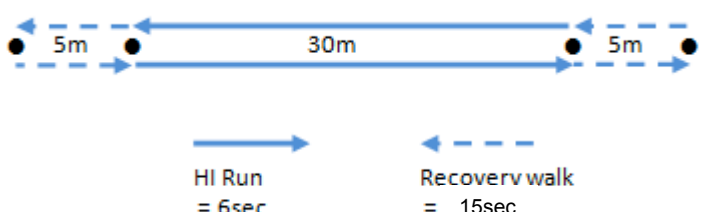


**2013 Federation Referees' Academy
Physical Preparation Program**

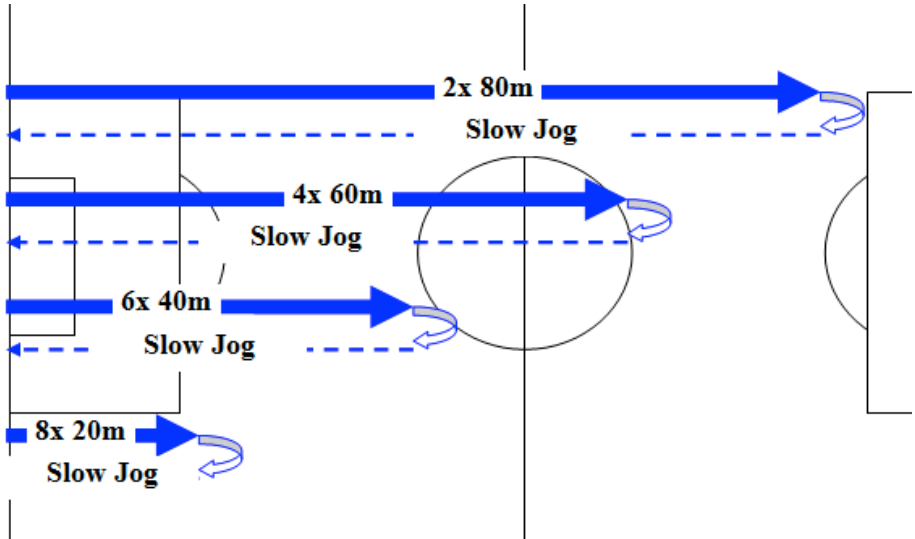
10-15min of extensive stretching

2013 Federation Referees' Academy Physical Preparation Program

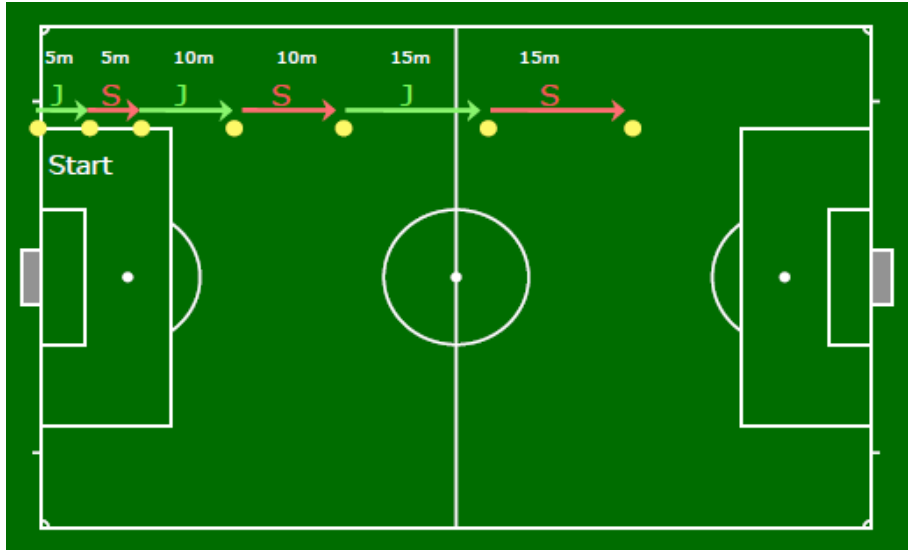
Cycle 3 – Week 6 (24 – 30 Jun)

Active Recovery	Active Recovery	Approx 30 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 30m HI Run in 6sec, recovery walk of 10m in 15sec then repeat for a total of 10x 30m runs.</p> <p style="text-align: center;">Rest 3min</p> <p>Repeat 10 runs.</p>
		
Extended Speed	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<p>Perform each set of the sprints illustrated below in the following order:</p> <p>2x 80m 4x 60m 6x 40m 8x 20m</p> <p>Recover for 2min between each set.</p> <p style="text-align: center;">Recover 10min</p> <p>Repeat in reverse order:</p> <p>8x 20m 6x 40m 4x 60m 2x 80m</p>

2013 Federation Referees' Academy Physical Preparation Program

	Recover 2min between each set.
	
Cool Down	5min of jogging and walking to 65-70% HRmax 10min of extensive stretching
Speed	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout Complete 4 laps of the sprint exercise illustrated below.</p> <p>Jog 5m, Sprint 5m, Jog 10m, Sprint 10m, Jog 15m, Sprint 15m, Walk back to start.</p> <p>Recover and stretch for 5min</p> <p>Repeat 4 laps</p>

**2013 Federation Referees' Academy
Physical Preparation Program**



Cool
Down

15min of jogging and walking to 65% HRmax
10-15min of extensive stretching