

2013 Federation Referees' Academy Physical Preparation Program

Cycle 4 – Week 1 (1 – 7 Jul)

Active Recovery

Active Recovery

Approx 30 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim. 65-75%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

Start at a green cone run HI to orange cone on touchline then back to same green cone.

Walk to next green cone and run out to orange cone then run backwards back to green cone.

Repeat sequence with no backward running for run to touchline.

Rest 2min

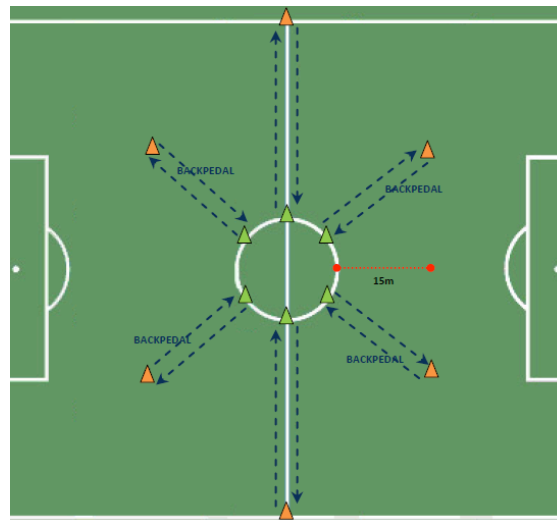
Repeat with only forward running

Rest 2min


Repeat same as first set.

Rest 2min

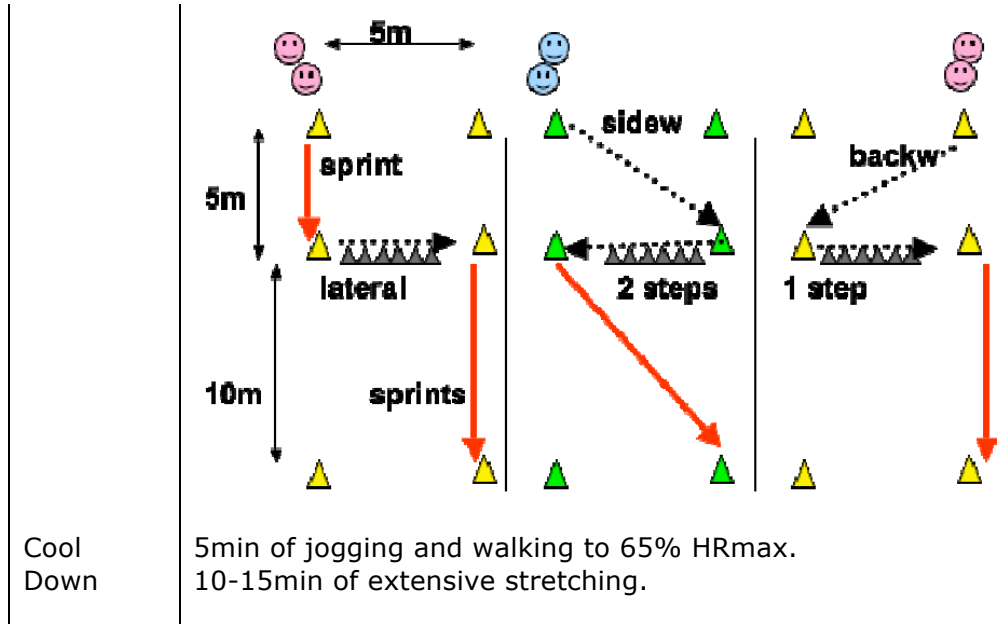
Repeat with only forward running



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Speed Endurance	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	<p>-From Green cone, sprint 10m up, turn and jog backward 10m (20m total), then turn and jog remaining 30m. -Turn immediately and sprint 20m, turn and jog backward 10m (30m total), then turn and jog remaining 20m. -Turn and sprint 30m up, turn and jog backward 10m (40m total), then turn and jog remaining 10m. -Turn and sprint 40m up, turn and jog backward 10m (50m total) -Walk 50m back to start. This equals 1 lap. Repeat for 6 Laps in total</p> <p style="text-align: center;">Recover 4min</p> <p>Repeat 6 laps</p> 
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>Perform 6 reps of each of the agility exercises illustrated below. Rest 60sec between each rep.</p> <p style="text-align: center;">Recover and stretch for 4min between each set.</p>
	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching

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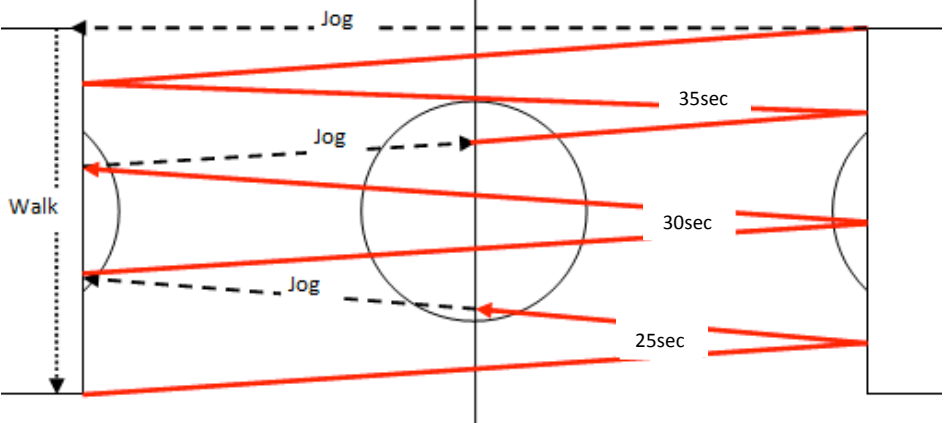
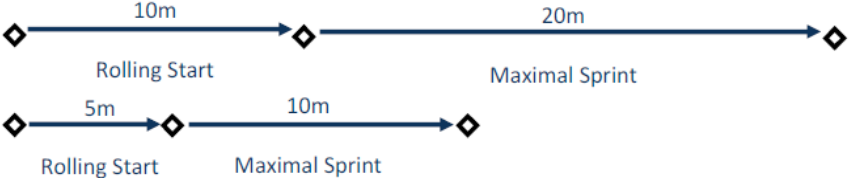


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Cycle 4 – Week 2 (8 – 14 July)

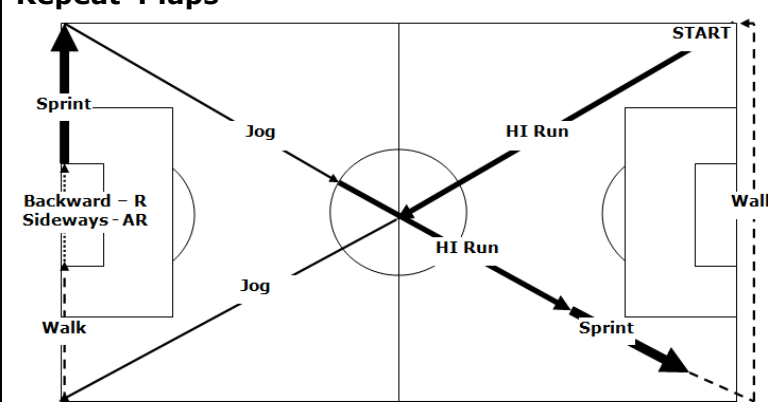
Active Recovery	Active Recovery	Approx 30 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim @ 65-70%HR max. 20min of extensive stretching	
	High Intensity	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout Perform 10 HI Runs (5 laps) of the exercise outlined below. Rest 5min Repeat for 6x HI Runs (3 laps) Rest 3min Repeat for 4x HI Runs (2 laps)</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%; border-right: 1px solid black;">150m HI Run 30sec</td> <td style="text-align: center; width: 50%;">50m Walk 35sec</td> </tr> </table>	150m HI Run 30sec
150m HI Run 30sec	50m Walk 35sec		
	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching	
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching	
	Workout	Perform 4 sets of the following sprints and recovery jog Recover for 4min Repeat 4 sets	

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Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching
Speed 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 style="text-align: center;">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 Complete recovery between each sprint (<65% HRmax)</p> 
Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching

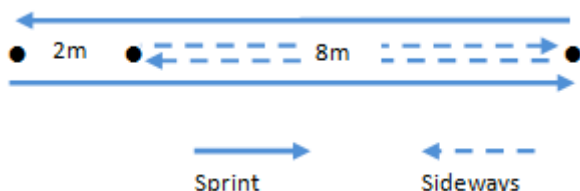

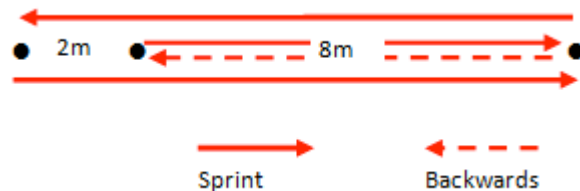
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Cycle 4 – Week 3 (15 – 21 Jul)

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 20x HI Runs (5 laps) of the exercise outlined below.</p> <p style="text-align: center;">Recover 5min</p> <p>Repeat 12x HI Runs (3 laps)</p> <p style="text-align: center;">Recover 3min</p> <p>Repeat 8x HI Runs</p> <table style="width: 100%; border: none;"> <tr> <td style="text-align: center; width: 50%; border-right: 1px solid black;"> 75m HI Run 15sec </td> <td style="text-align: center; width: 50%;"> 25m Walk 15sec </td> </tr> </table>	75m HI Run 15sec	25m Walk 15sec
75m HI Run 15sec	25m Walk 15sec			
	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching		
Speed Endurance	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching		
	Workout	<p>Perform 4 laps of the field exercise illustrated below.</p> <p style="text-align: center;">Recover 5min</p> <p>Repeat 4 laps</p> 		

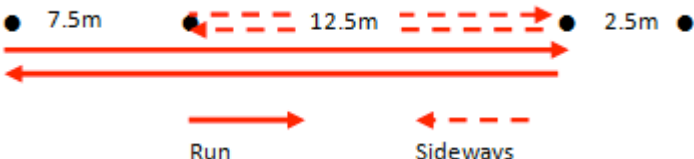
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Speed and Agility

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	<p>10-8-8-10 Agility Drill (FIFA using this on WC AR candidates – blue drill)</p> <p>Perform 3x reps of Set 1 of the drill illustrated below as outlined. Recover 2min between reps.</p> <p style="text-align: right;">Recover and stretch 5min</p> <p>Perform 3x reps of Set 2</p> <p style="text-align: right;">Recover and stretch 5min</p> <p>Perform 3x reps of Set 3</p>  <p>Set 1 - Order is sprint-side-side-sprint</p>  <p>Set 2 - order is sprint-sprint-bwd-sprint</p>  <p>Set 3 - order is sprint-bwd-sprint-sprint</p>
Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching

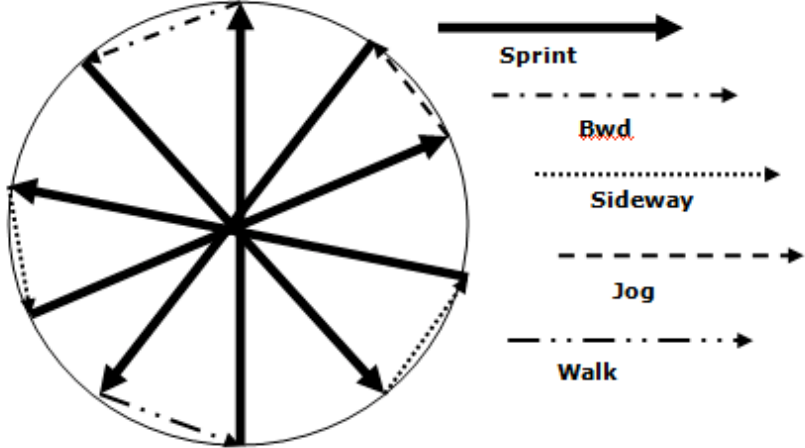
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Cycle 4 – Week 4 (22 – 28 Jul)

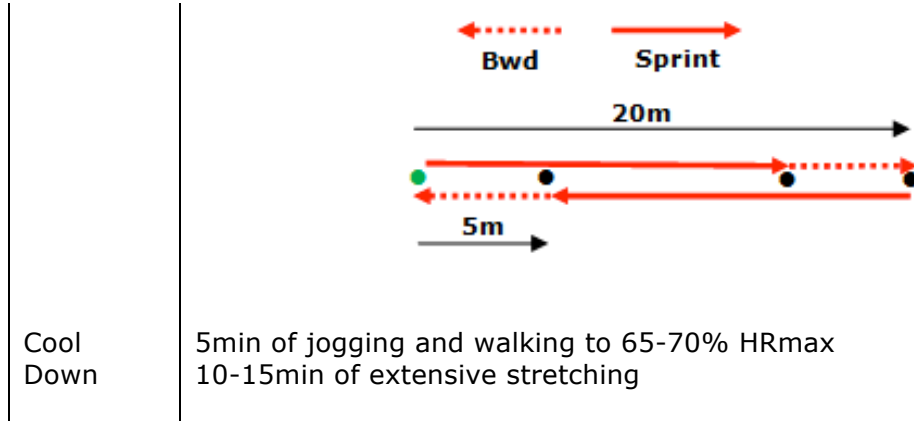
Active Recovery	Active Recovery	<p>Approx 30 minutes of easy cardio exercise such as bike, cross trainer, jog, row or swim @ 65-70%HR max</p> <p>20min of extensive stretching</p>			
	High Intensity	<p>Warm Up 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p> <p>Workout 1 ARIET (AR Intermittent Endurance Test) (FIFA using this test on WC AR candidates)</p> <p>Run 20m up and 20m back in 10sec, recover walk 5m in 5 sec. Then sideways 12.5m up and 12.5m back in 10sec, recover walk 5m in 5sec.</p> <p>This equals 1 lap (30sec). Repeat for 4 Laps (2min) = 1 set.</p> <p style="text-align: center;">Recover 1min</p> <p>Repeat for 4 sets</p> <div style="text-align: center;">  </div>			
	Workout 2	<p>Perform 8x HI Runs of the exercise outlined below:</p> <table style="margin-left: auto; margin-right: auto; border-collapse: collapse;"> <tr> <td style="text-align: center; padding: 5px;">HI Run 1min</td> <td style="border-left: 1px solid black; border-right: 1px solid black; width: 10px;"></td> <td style="text-align: center; padding: 5px;">Recovery Jog 30sec</td> </tr> </table>	HI Run 1min		Recovery Jog 30sec
HI Run 1min		Recovery Jog 30sec			
	Cool Down	<p>5min of jogging and walking to 65-70% HRmax</p> <p>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 5 laps continuously of the centre circle exercise illustrated below</p> <p style="text-align: center;">Recover 4min</p>			

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Speed and Agility

	<p>REPEAT 5 LAPS</p> <p style="text-align: right;">Recover 4min</p> <p>REPEAT 5 LAPS</p> 
Cool Down	<p>5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching</p>
Warm Up	<p>20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching</p>
Workout	<p>Starting at green cone, accelerate for 15m then turn and run backward for 5m. Immediately repeat in opposite direction and continue.</p> <p>Run continuously for 20sec, rest for 40sec.</p> <p>Perform 6 sets</p> <p style="text-align: right;">Recover and stretch for 5min</p> <p>Repeat 6 sets</p>

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Cycle 4 - Week 5 (29 Jul – 4 Aug)

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>
Technique, Speed and Power	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	Perform technique, speed, strength and power work prescribed by Warwick Fenton.
	Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching
High Intensity	Warm Up	20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
	Workout	<ul style="list-style-type: none"> - Start at green cone and run at 90% to red cone, then to 1, then to nearest corner of penalty area. Jog back to green cone. - Immediately run to red cone, then to 2, then to corner nearest penalty area. Jog back to green cone. - Immediately run to blue cone, then to 3, then to corner nearest penalty area. Jog back to green cone. - Immediately run to blue cone, then to 4, then to corner nearest penalty area. Jog back to green cone. <p>This equal 1 lap.</p> <p>Repeat for 5 continuous laps in total</p> <p style="text-align: right;">Recover 4min</p> <p>Repeat 5 laps</p>

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Speed and Agility

Cool Down	5min of jogging and walking to 65-70% HRmax
Warm Up	10-15min of extensive stretching 20-25min of extensive warm up consisting of jogging, mobilisers, dynamic and static stretching
Workout	<p>Perform 6 laps of the penalty area exercise illustrated below.</p> <p style="text-align: center;">Recovery and stretch for 5min</p> <p>REPEAT 6 laps from other side of penalty area.</p>
Cool Down	5min of jogging and walking to 65-70% HRmax 10-15min of extensive stretching