

US Soccer Referees Fitness Yearly Training Calendar

Group/Names		Goals for these seven areas																																																			
Referees Fitness		MATCH PREFOR..			SPEED				ENDURANCE				STRENGTH			FIELD AGILTY			TESTING																																		
Specific Athlete Considerations:		Match performance is always the number one priority, all training can be altered to help the individual perform at the highest level.			Speed is to be developed throughout the early parts of the season and become a high priority throughout the second half of the season				Referees must constantly work to improve their aerobic base throughout the year. Athletes should alter workout types to allow for regeneration and stress reduction.				Individuals will focus on developing stabilization strength before developing general and specific strength. Soccer specific strength will be a focus until Sep, followed by tapering.			Individuals should strive to increase general agility, and then transition this into field specific agility and field speed later in the year.			This training plan is not designed specifically for the FIFA Fitness Test (See 60Day Training Plan)																																		
Calendar	Phase	General Preparation Phase						Specific Preparation Phase						Match Training #1			Match Training #2			Match Training #3			Tran/Rec																														
	Mesocycle	1		2		3		4		5		6		7		8		9		10		11		12																													
Priorities	Microcycle Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
	Month	Dec			Jan			Feb			Mar			April			May			June			July			Aug			Sep		Oct		Nov																				
Workout Intensity	High																			Interval								High Intensity Workouts (Quality)																									
	Medium							Moderate Intensity (Over Load)																																													
	Low	Low Int.																																																			
	Rest																																					Rest															
Workout Volume	High	Aerobic Base Development																																																			
	Medium										Interval							Interval Strength																																			
	Low																									Low Volume (Quality)																											
	Rest																																					Rest															
Strength Development	High	General Strength																																																			
	Medium	Adaptation									Soccer Specific Training																		Adaptations																								
	Low																									Taper																											
	Rest																																					Rest															
Speed Development	High							Field Specific Speed Development																																													
	Medium							General Speed Dev												Speed Maintaince																																	
	Low	Sprint Form																																																			
	Rest																																					Rest															
Agility Training	High							Field Specific Agility																																													
	Medium							General Agility/ Light Field Agility																																													
	Low	General Foot Work Agility																																																			
	Rest																																					Rest															
Flexibility & Core Strength	Moderate/High	Year round flexibility and core training is required for injury prevention and top level performance																																																			
Endurance	Moderate/High	All referees should work to develop and maintain aerobic fitness levels throughout the entire year.																																																			
Match Performance/ Preparation	High	All training should be individually altered to allow for best possible match performance																																																			