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# 100 Workouts for Soccer Referees Referees Department

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# 100 Workouts For Soccer Referees

## Speed workouts:

Workout#1      Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)

Workout:      Sprinting @ 90% of sprint max (A little less than all out sprinting)

- 30m sprint + walk back recovery X3
- 40m sprint + walk back recovery X3
- 50m sprint + walk back recovery X3
- 40m sprint + walk back recovery X3
- 30m sprint + walk back recovery X3

Static start position, focus on the making the first few steps powerful

Recovery:      1min between each sets  
Your heart rate should return to 70% of HRM before the start of each rep.

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Workout #2      Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)

Workout:      Sprinting @ 90% of sprint max (A little less than all out sprinting)  
4 sets of 3 reps 50meter

Static start position, focus on the making the first few steps powerful

Recovery:      30sec between reps and 2min between sets  
Your heart rate should return to 65% of HRM before the start of each rep.

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Workout#3      Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)

Workout:      @ 90% of sprint max (A little less than all out sprinting)  
3 Sets of 4 Reps 70meters

From static start position, focus on the making the first few steps powerful

Recovery:      30sec between reps and 2min between sets  
Your heart rate should return to 65% of HRM before the start of each rep.

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Workout #4      Accelerations: 4 set of 50m accelerations building up to 90% of sprint max (rolling start)

Workout:      3 sets of 4 reps 80meter @ 85-90 %

Recovery:      45 sec between reps and 2min between sets

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Workout #5      Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)

Workout:      8 X 100m @ 75 % of max sprint speed, 1min recovery between reps.

Recovery:      60 sec between reps

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Workout #6      Accelerations: 4 x 50m accelerations building up to 90% of sprint max (rolling start)

Workout:      3 sets of 3 reps X 100m

                 Perform each sprint at 75% of max sprint speed  
                 Take an easy start and perform this exercise at a comfortable pace

Recovery:      45 sec between reps and 2min between sets

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Workout#7      Sprint Mobility Workout:  
All sprints will be performed at a moderate pace, roughly 85% of max sprint speed.  
Individuals should perform a slow walk back recovery between each sprint.

- 10 m walk + 30 m sprint X 3 reps
  - 10 m side shuffle right + 30m sprint X 3
  - 10 m jogging + 50m sprint X3
  - 10 m side shuffle left + 30m sprint X3
  - 10 m backward jogging + 30m sprint X 3  
1 lap easy recovery jog
  - 10 m walk + 30 m sprint X 3 reps
  - 10 m side shuffle right + 30m sprint X 3
  - 10 m jogging + 50m sprint X3
  - 10 m side shuffle left + 30m sprint X3
  - 10 m backward jogging + 30m sprint X 3
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Workout #8      Perform each sprint at 90% of max sprint speed, from a two point static starting position. Backward jogging and side shuffles should be performed at low intensity to allow for recovery.

- (20m sprint + 10m deceleration + 30m backward jogging) X 2
  - (40m sprint + 10m deceleration + 50m backward jogging) X 2
  - (60m sprint + 10m deceleration + 70m backward jogging) X 2  
200m easy jogging
  - (20m sprint + 10m deceleration + 30m side shuffle right) X 2
  - (40m sprint + 10m deceleration + 50m side shuffle right) X 2
  - (60m sprint + 10m deceleration + 70m side shuffle right) X 2  
200m easy jogging
  - (20m sprint + 10m deceleration + 30m side shuffle left) X 2
  - (40m sprint + 10m deceleration + 50m side shuffle left) X 2
  - (60m sprint + 10m deceleration + 70m side shuffle left) X 2
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Workout#9      Perform each sprint at 90% of max sprint speed. Backward jogging and side shuffles should be performed at low intensity to allow for recovery.

- (20m sprint + 10m deceleration + 30m backward jogging) X 6
- (40m sprint + 10m deceleration + 50m backward jogging) X 4
- (70m sprint + 10m deceleration + 40m right shuffle + 40m Left shuffle) X4

## **Test Preparation: (Level System: Work Up To Level 14)**

- Workout# 1: Practice Fitness Test: 16-18 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 2: Practice Fitness Test: 16-18 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Workout# 3: Practice Fitness Test: 18-20 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 4: Practice Fitness Test: 18-20 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Workout# 5: Practice Fitness Test: 20-22 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 6: Practice Fitness Test: 20-22 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Workout# 7: Practice Fitness Test: 22-24 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 8: Practice Fitness Test: 22-24 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Workout# 9: Practice Fitness Test: 24-26 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 10: Practice Fitness Test: 24-26 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Workout# 11: Practice Fitness Test: 26-28 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 12: Practice Fitness Test: 26-28 X 150 meters @ 30 sec per interval and 30/35 sec rest
- Workout# 13: Practice Fitness Test: 28-30 X 150 meters @ 30 sec per interval and 35/40 sec rest
- Workout# 14: Practice Fitness Test: 28-30 X 150 meters @ 30 sec per interval and 30/35 sec rest

## **Tapering For the Fitness Test:**

- Workout 15: Interval Pace Runs: (6-7 Days Before Test)  
12 X 150 meters @ 30 sec per interval and 35/40 sec rest  
Focus on pace and tempo of the run, be relaxed make it feel easy. By this time you should know the pace well enough to run each interval without looking at your watch. At the end of each repetition slowly run or jog into a walk, slowing down quickly will only waist energy. Practice timing your walking recovery so that you hit the line on the move, the last thing you want to do is get their early and stand or be late and be behind the group.

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- Workout16: Test Practice (2-3 days Before Test)

Practice Starts: No more than 4 easy starts of about 20m  
Focus on using proper form, Good arm drive, Long push with the legs,  
Progress the body from low to high as a unit, not rounding the back.

Interval Practice: @ your race pace and rest

- 150m @ 30 sec + your Rest + 150m @ 30 sec
  - 1min rest + 50m walking with your rest
  - 150m @ 30 sec + your Rest + 150m @ 30 sec
  - 1min rest + 50m walking with your rest
  - 150m @ 30 sec + your Rest + 150m @ 30 sec
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## **High Intensity Ladder Workouts:**

- Workout#1 High Intensity Running (approximately 50m for every 10 sec of running)
- 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 60 sec high intensity running @ 90% max heart rate + 45 sec easy jog/walk
  - 60 sec high intensity running @ 90% max heart rate + 45 sec easy jog/walk
  - 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
  - 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
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- Workout #2 High intensity Running
- 5 min high intensity running @ 90% of max heart rate + 3 min jogging recovery
  - 4 min high intensity running @ 90% of max heart rate + 2 min jogging recovery
  - 3 min high intensity running @ 90% of max heart rate + 1 min jogging recovery
  - 2 min high intensity running @ 90% of max heart rate + 1min jogging recovery
  - 1 min high intensity running @ 90% of max heart rate
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- Workout: #3 High Intensity Running
- 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 3 min easy jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
  - 2 min running @ 90% max heart rate + 1 min jogging recovery
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- Workout:#4 Time Ladder
- 6min @ 75% HRM + 30sec jogging recovery
  - 4min @ 80% HRM + 30sec jogging recovery
  - 2min @ 85% HRM + 30sec jogging recovery
  - 1min @ 90% HRM + 30sec jogging recovery
  - 2min easy jogging recovery
  - 6min @ 75% HRM + 30sec jogging recovery
  - 4min @ 80% HRM + 30sec jogging recovery
  - 2min @ 85% HRM + 30sec jogging recovery
  - 1min @ 90% HRM + 30sec jogging recovery
  - 2min easy jogging recovery
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- Workout:#5 4 Sets of 2 intervals, 2min @ 75-85% HRM  
(30 sec jogging recovery between intervals and 1min jogging recovery between sets)
- 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
  - 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
  - 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
  - 2min @ 75-85% HRM +30sec jogging rec + 2min @ 75-85% HRM + 1min Jog Rec
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Workout:#6

High Intensity Workout

- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 2min jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 30 sec @ 85-95%HRM + 30 sec jogging recovery
- 45 sec @ 85-95%HRM + 30 sec jogging recovery
- 60 sec @ 85-95%HRM + 30 sec jogging recovery
- 75 sec @ 85-95%HRM + 30 sec jogging recovery

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Workout #7

High Intensity Ladder

Set 1

- 20" at 90% HRmax, followed by 20" active recovery (jogging)
- 40" at 90% HRmax, followed by 20" active recovery (jogging)
- 60" at 90% HRmax, followed by 20" active recovery (jogging)
- 2' at 90% HRmax, followed by 60" active recovery (jogging)
- 2' at 90% HRmax, followed by 60" active recovery (jogging)
- 60" at 90% HRmax, followed by 20" active recovery (jogging)
- 40" at 90% HRmax, followed by 20" active recovery (jogging)
- 20" at 90% HRmax, followed by 20" active recovery (jogging)
- 2' recovery

Set 2

- 20" at 90% HRmax, followed by 20" active recovery (jogging)
- 40" at 90% HRmax, followed by 20" active recovery (jogging)
- 60" at 90% HRmax, followed by 20" active recovery (jogging)
- 2' at 90% HRmax, followed by 60" active recovery (jogging)
- 2' at 90% HRmax, followed by 60" active recovery (jogging)
- 60" at 90% HRmax, followed by 20" active recovery (jogging)
- 40" at 90% HRmax, followed by 20" active recovery (jogging)
- 20" at 90% HRmax, followed by 20" active recovery (jogging)

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Workout# 8

High Intensity Intervals 90%HRM (200meter Ladder)

- 100m @ 90%HRM + 100m easy recovery jog + 20m walking
  - 120m @ 90%HRM + 100m easy recovery jog + 40m walking
  - 140m @ 90%HRM + 100m easy recovery jog + 60m walking
  - 160m @ 90%HRM + 100m easy recovery jog + 80m walking
  - 180m @ 90%HRM + 100m easy recovery jog + 100m walking
  - 200m @ 90%HRM + 100m easy recovery jog + 80m walking
  - 180m @ 90%HRM + 100m easy recovery jog + 60m walking
  - 160m @ 90%HRM + 100m easy recovery jog + 40m walking
  - 140m @ 90%HRM + 100m easy recovery jog + 20m walking
  - 120m @ 90%HRM + 100m easy recovery jog
  - 100m @ 90%HRM + 300m easy recovery jog
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Workout# 9

High Intensity Intervals 90%HRM (200meter Ladder Down thenUp)

- 200m @ 90%HRM + 100m easy recovery jog + 80m walking
  - 180m @ 90%HRM + 100m easy recovery jog + 60m walking
  - 160m @ 90%HRM + 100m easy recovery jog + 40m walking
  - 140m @ 90%HRM + 100m easy recovery jog + 20m walking
  - 120m @ 90%HRM + 100m easy recovery jog
  - 100m @ 90%HRM + 100m easy recovery jog + 20m walking
  - 120m @ 90%HRM + 100m easy recovery jog + 40m walking
  - 140m @ 90%HRM + 100m easy recovery jog + 60m walking
  - 160m @ 90%HRM + 100m easy recovery jog + 80m walking
  - 180m @ 90%HRM + 100m easy recovery jog + 100m walking
  - 200m @ 90%HRM + 300m easy recovery jog
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Workout #10

High Intensity Aerobic Ladder

- 100m @85% HRM + 150m easy recovery jog + 50m walking
  - 200m @85% HRM + 250m easy recovery jog + 50m walking
  - 300m @85% HRM + 350m easy recovery jog + 50m walking
  - 400m @85% HRM + 450m easy recovery jog + 50m walking
  - 500m @85% HRM + 350m easy recovery jog + 50m walking
  - 400m @85% HRM + 250m easy recovery jog + 50m walking
  - 300m @85% HRM + 150m easy recovery jog + 50m walking
  - 200m @85% HRM + 50m easy recovery jog + 50m walking
  - 100m @85% HRM
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Workout #11

High Intensity Mid Range Ladder

- 250m @ 45-47sec + 60sec active recovery
- 200m @ 35 -37sec + 45sec active recovery
- 150m @ 25 -27sec + 30sec active recovery
- 150m @ 25-27sec + 30sec active recovery

Complete at least 3 sets if possible perform 4 sets

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Workout #12

High Intensity Running Workout (**200m Challenge**)

This workout is to be done until you are un-able to make the time any more. (Complete Failure)

Do not do this work out within a week of a major soccer match.

- Rep #1 200m @35sec + 4:00min rest
- Rep #2 200m @35sec + 3:45min rest
- Rep #3 200m @35sec + 3:30min rest
- Rep #4 200m @35sec + 3:15min rest
- Rep #5 200m @35sec + 3:00min rest
- Rep #6 200m @35sec + 2:45min rest
- Rep #7 200m @35sec + 2:30min rest
- Rep #8 200m @35sec + 2:15min rest
- Rep #9 200m @35sec + 2:00min rest
- Rep #10 200m @35sec + 1:45min rest
- Rep #11 200m @35sec + 1:30min rest
- Rep #12 200m @35sec + 1:15min rest
- Rep #13 200m @35sec + 1:00min rest
- Rep #14 200m @35sec + 45sec rest
- Rep #15 200m @35sec + 30sec rest
- Rep #16 200m @35sec + 15sec rest
- Rep #17 200m @35sec + no rest
- Rep #18 200m @35sec Done

## High Intensity Intervals:

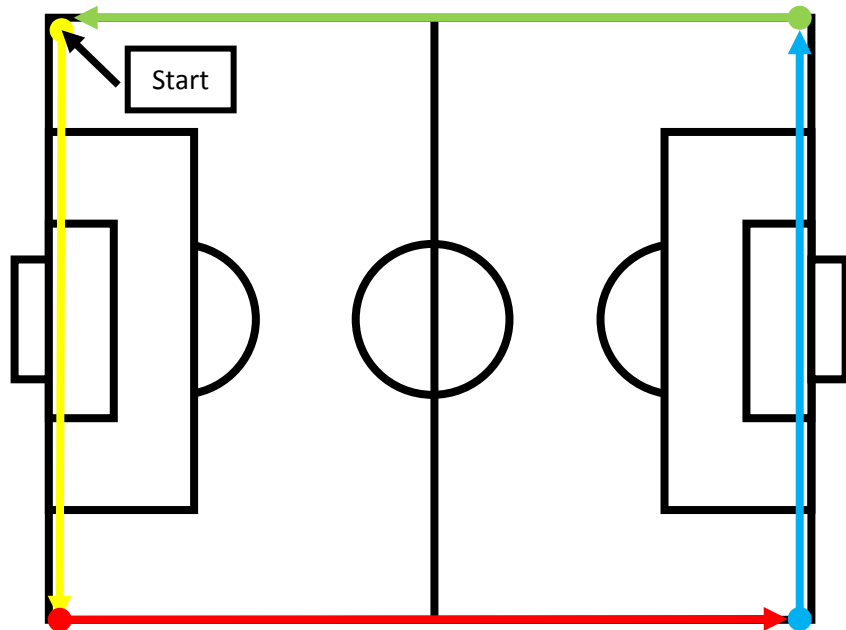
Workout#1	High intensity Interval Distance/pace: 200m run @35sec pace: Complete: 3 sets of 4 repetitions Recovery: 100m jogging/walking between repetitions 400m jogging/walking between Sets
Workout: #2	200m Workout: This is a progressive workout; individuals should start with 14 reps and add two reps every time they do the workout until they progress up to 24 reps. 14-24 Repetitions of 200m @ 40sec pace; 45 sec rest between each rep.
Workout #3	300m workout: This is a progressive workout; individuals should start with 8 reps and add two reps every time they do the workout until they progress up to 16 reps. 8-16 Repetitions of 300m @ 60sec pace; 60 sec walking rest between each rep(100m)
Workout: #4	High Intensity Running (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery) X 5 2min jogging (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery) X 5
Workout: #5	High Intensity Running (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery) X 5 2min jogging (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery)X5 2min jogging (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery)X5
Workout: #6	10 reps of 1:30 sec high intensity running @ 90 to 95% of HRM (1 min rest)
Workout#7	2min running @ 85-90% HRM + 1min jogging recovery X 4 reps 1min running @ 90% HRM + 30 sec jogging recovery X 8 reps
Workout# 8	8 reps of 2min high intensity running @ 80 to 85% of HRM (1 min jogging recovery)
Workout: #9	6 Reps of 3min High Intensity Runs (@80-85% of HRM, 1:30 jogging or walking recovery between reps)
Workout: #10	4 x 5min Hard interval runs @ 80-85% of HRM (2min easy jog or walking between reps)
Workout: #11	6 min up tempo running at 85 to 90% HRM x 3 sets 2-3 min jogging recovery



## High Intensity Field Exercises:

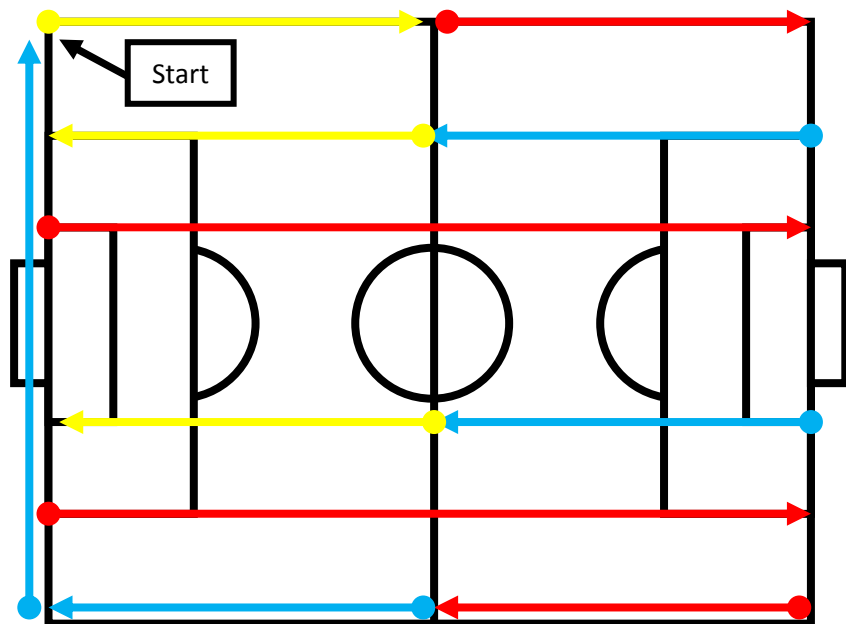
Workout#1 Field Running  
 2 sets of 6 reps or laps  
 4min recovery between sets

Green = 50% run / 25sec  
 Yellow = 70% run / 15sec  
 Red = 90% run / 20sec  
 Blue = 60sec walk jog rec

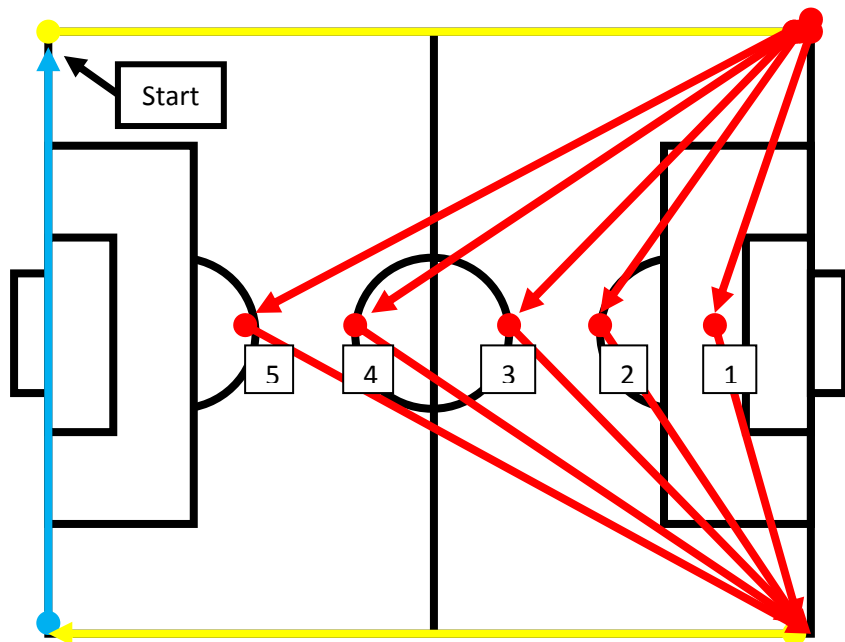


Workout #2 Field Sprinting Exercise  
 Running is based of sprint Max  
 Blue = walking recovery  
 Yellow = 60% S-max (Jog)  
 Red = 90% S-max (Sprinting)

Each lap should take about 4min  
 Workout= 2 sets of 4 laps  
 Rest= 4min between sets

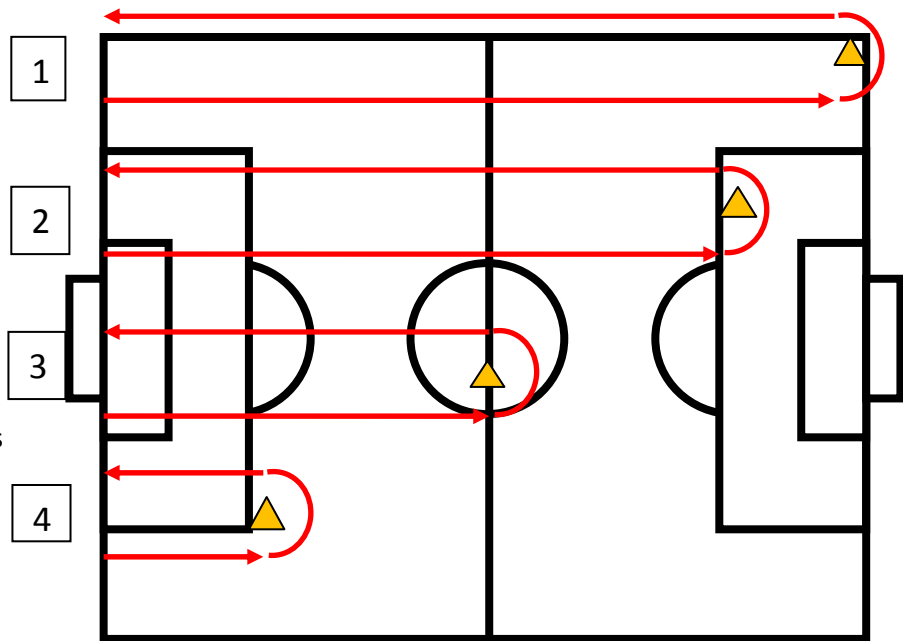


Workout #3 Field Exercises  
 High Intensity Running  
 Red = High Intensity Run 85%HRM  
 Yellow = Jogging 50-60%HRM  
 Blue = walking 60sec  
 Start with angle run #1 and move  
 Up one every lap then come  
 Back down, doing #5 only once



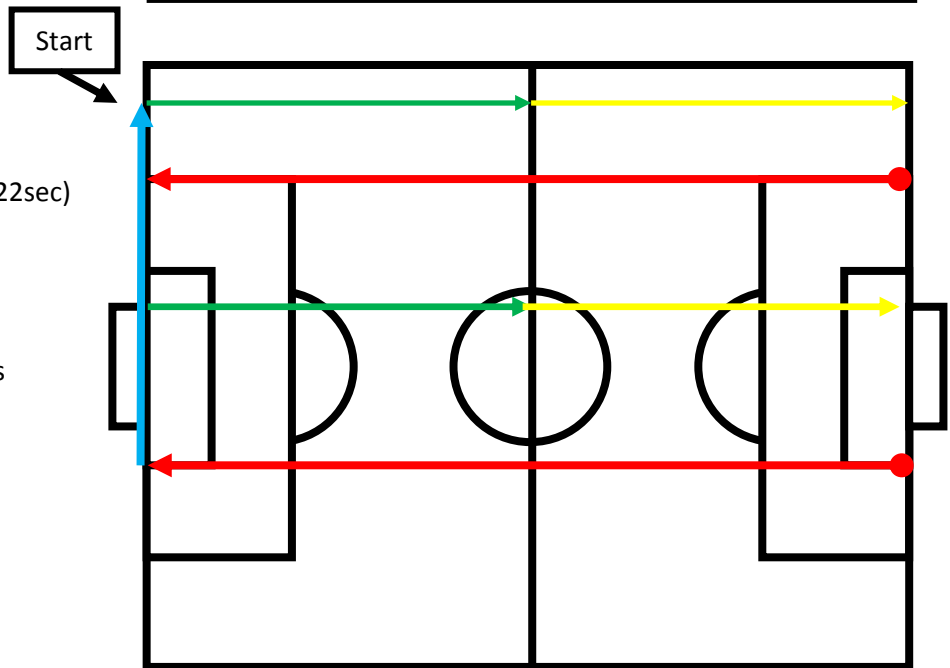
Workout #4

High Intensity Field Exercise  
 All Runs @ 90% HRM Max  
 Up and Back = one rep  
 Set #1 6X 200m @ 40-45Sec  
 Rest 1min  
 Set #2 6X 170m @ 35-40Sec  
 Rest 1min  
 Set#3 6X 100m @ 20-25sec  
 Rest 30sec  
 Sets#4 6X32m @ 6-8sec  
 Rest 15sec  
 2min Active Recover Between Sets



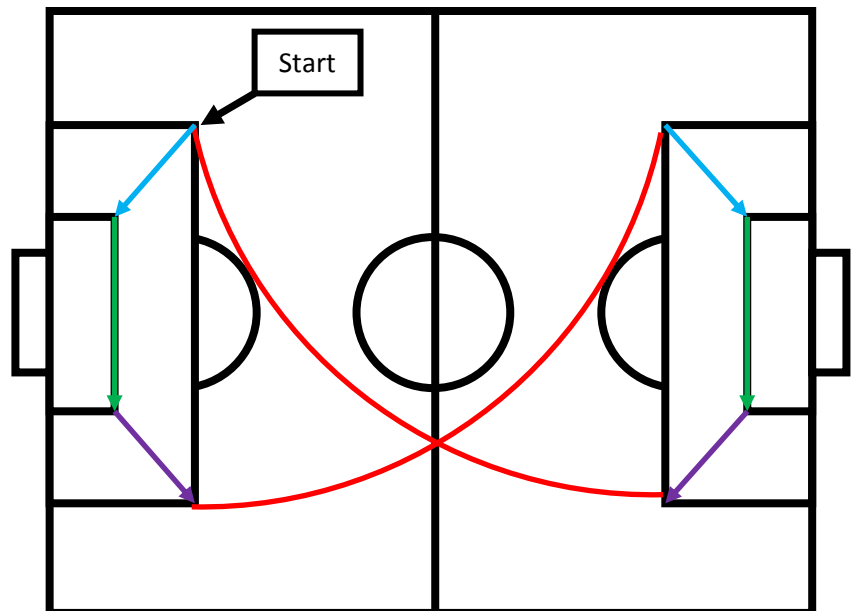
Workout #5

High Intensity Field Exercise  
 2 Sets of 4 laps  
 Red = Hard Run 90%HRM (20-22sec)  
 Blue = walking recovery  
 Green = easy jogging  
 Yellow = Side Slide (Alternate)  
 Rest: One lap jog between sets



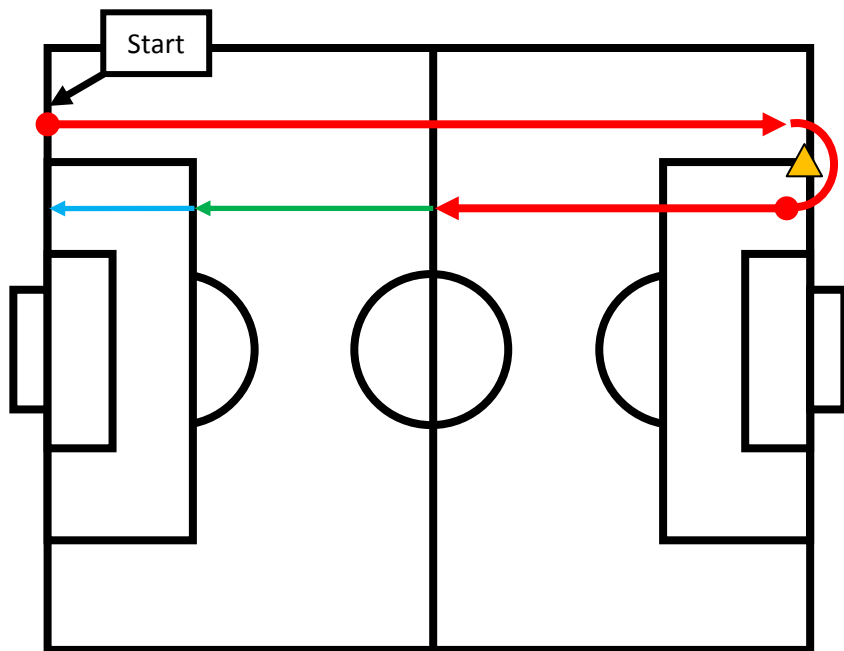
Workout #6

High Intensity Field Exercise  
 Red = 90% HRM @ 15-17 sec  
 Blue = walk  
 Green = Backwards Jog  
 Purple = Easy Side Slide (alternate)  
 Complete: 2 sets of 8  
 1/2 lap jog and 1/2 lap walking  
 Recovery between sets



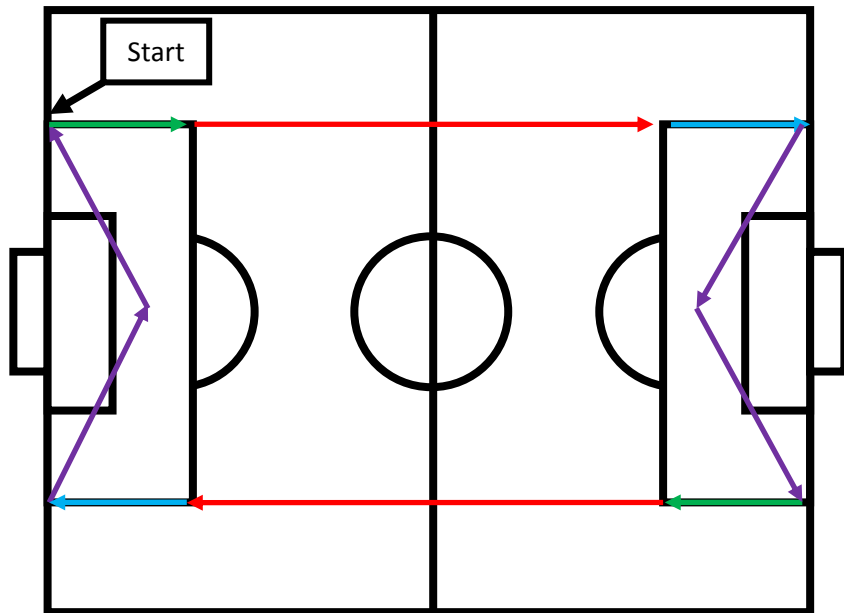
Workout #7

High Intensity Field Exercise  
Red = 85-90% HRM (32-37 Sec)  
Green = Easy Jog  
Blue = Walking recovery  
Complete: 3 sets of 3-4 reps  
½ lap jog and ½ lap walking  
Recovery between sets



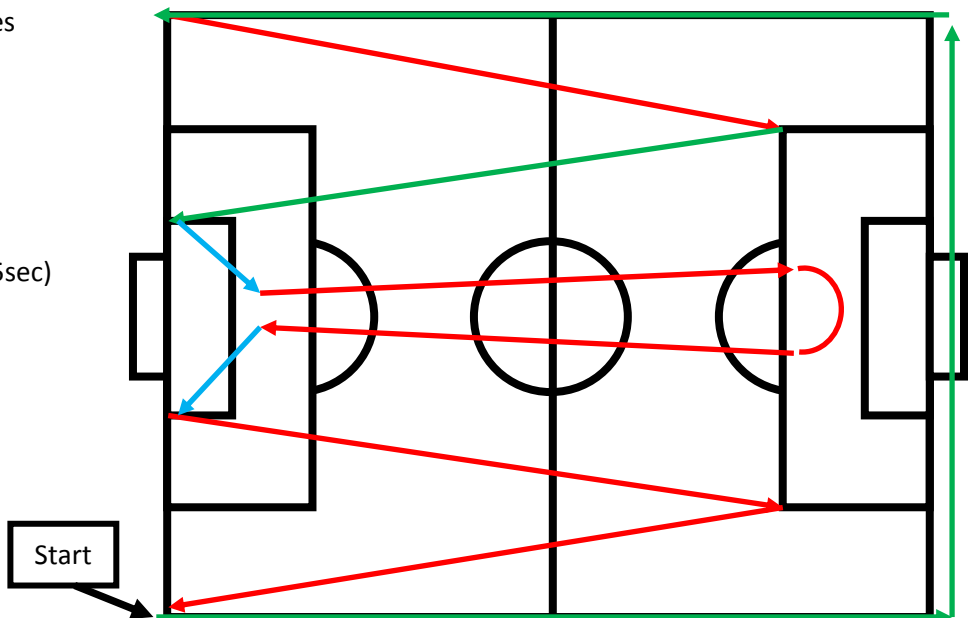
Workout #8

High Intensity Field Exercise  
Red = 85% Sprint Max (13-14sec)  
Blue = walk  
Purple = Backwards or Side Slide  
Green = easy Jog  
Complete: 4 sets of 3 to 4 laps  
Rest: 2min between sets (Active)



Workout #9

High Intensity Field Exercises  
Red = 90% HRM (Hard Run)  
Green = 50% HRM (Jog)  
Blue = Walk recover  
Complete: 5 laps  
(Middle Loop is PK to PK, 35sec)



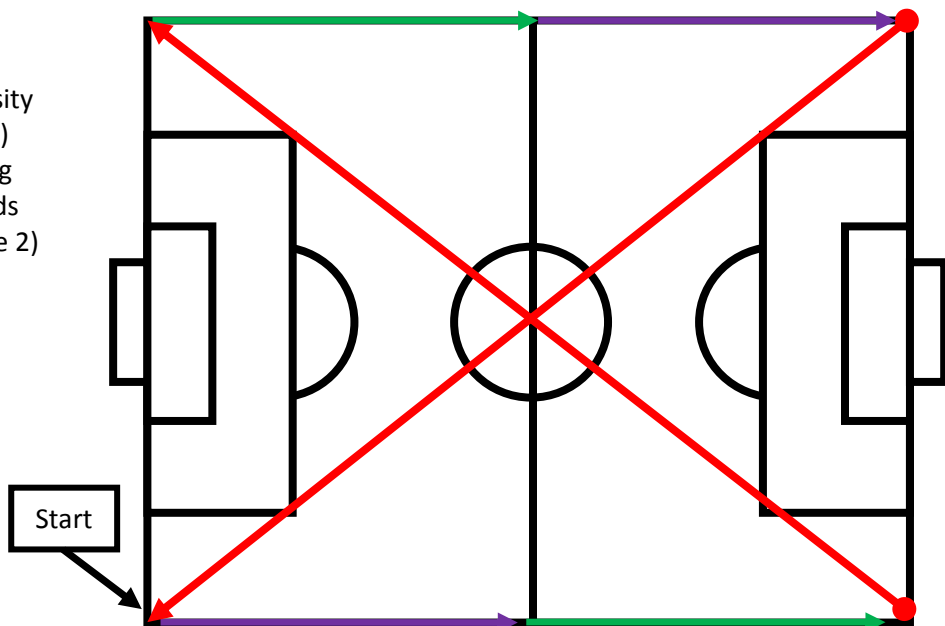
Workout #10 High Intensity Field Exercise

Red = 85-90% HRM High Intensity  
(Runs =20 -22 sec Pace)

Green = 50% HRM Recovery Jog

Purple = Side Slide or Backwards  
(Alternate between the 2)

Complete: 2 Sets of 5 laps



Workout #11 High Intensity Field Running

Red = 85-90% HRM (Hard Run)

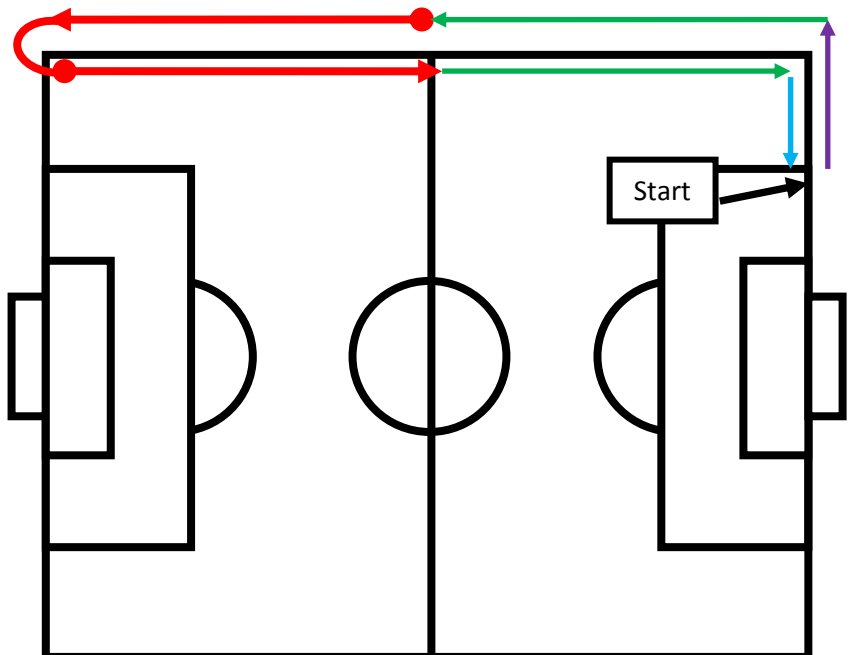
Green = 50-60%HRM (Jog)

Blue = Walking

Purple = Side Slide (Alternate)

Complete: 3 to 4 sets  
Of 5 laps per set  
OR 15 to 20 total

Rest between sets 1min active

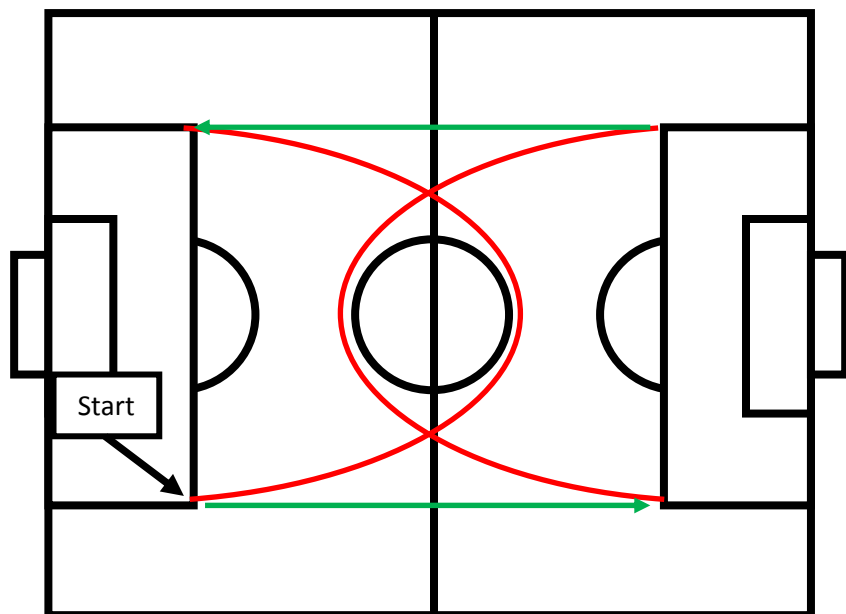


Workout #12 High Intensity Field Exercise

Red = 85-90% HRM (21-23 sec)

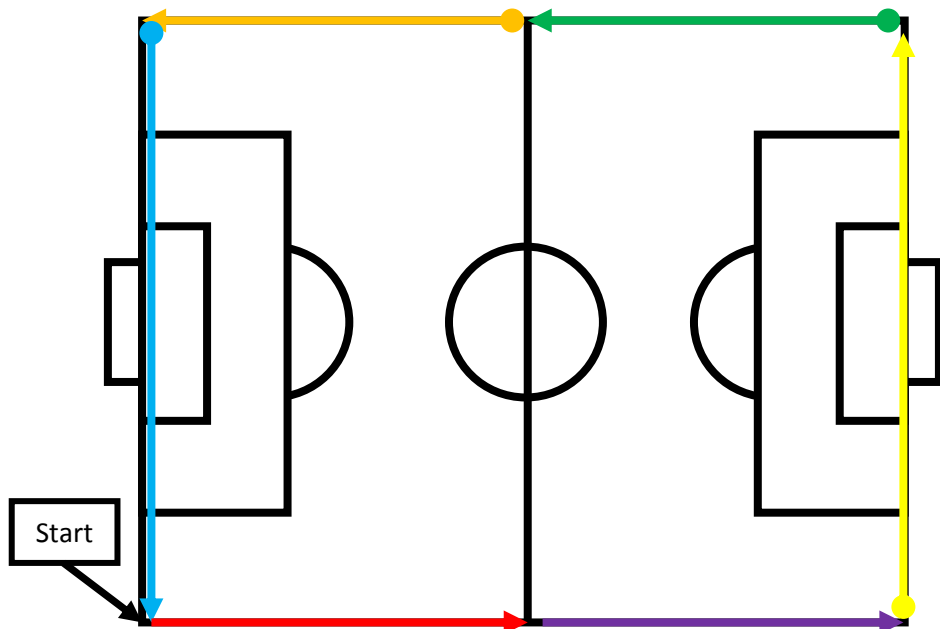
Green = Easy Jog 50% HRM

Complete: 2 sets of 4-5 laps  
Switch Directions Second Set  
Total = 8 to 10 laps



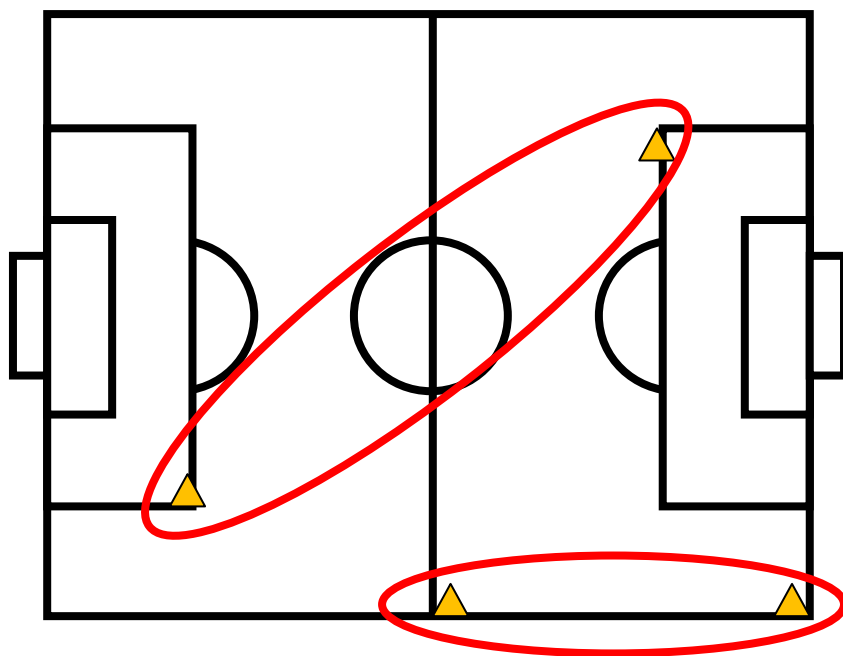
Workouts # 13 High Intensity Field Run

Blue = Always Walking Recovery  
 Lap #1= High intensity = Red  
 Moderate Jog = All others  
 Lap #2 = High Intensity = Red, Purple  
 Moderate Jog = All others  
 Lap #3 = High Intensity = R,P,Y  
 Moderate Jog = All others  
 Lap #4 = High Intensity = R, P, Y, G  
 Moderate Jog = All others  
 Lap #5 = High Intensity = R,P,Y G,O  
 Then come back down starting at 4  
 9 total laps in one set  
 No rest between laps



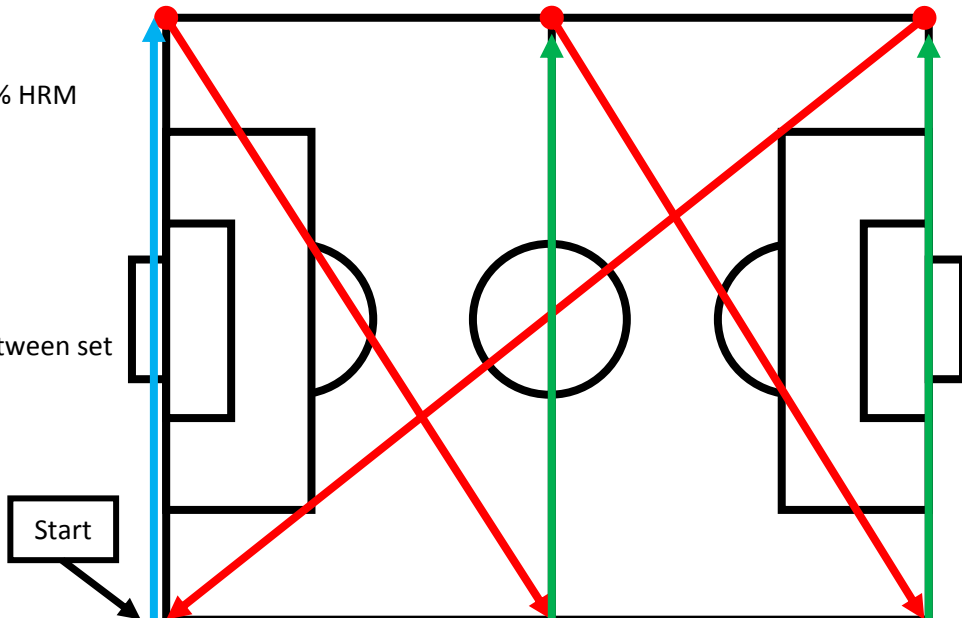
Workout #14 Moderate intensity Field Running

Red = 75% HRM Moderate Run  
 Complete: 3 X8min runs  
 Rest: 2min jogging rec. between sets  
  
 Referees complete diagonal runs  
 Assistants complete sideline run



Workout #15 High Intensity Field Runs

Red = High intensity Run 90% HRM  
 Short = 14-15 sec  
 Long = 25-27sec  
 Green = Easy Jog  
 Blue = Walking Recovery  
  
 Complete: 2 sets of 4 laps  
 One lap jogging recovery between set



## Field Sprinting Workouts:

### Workout #1 Field Sprint Workout

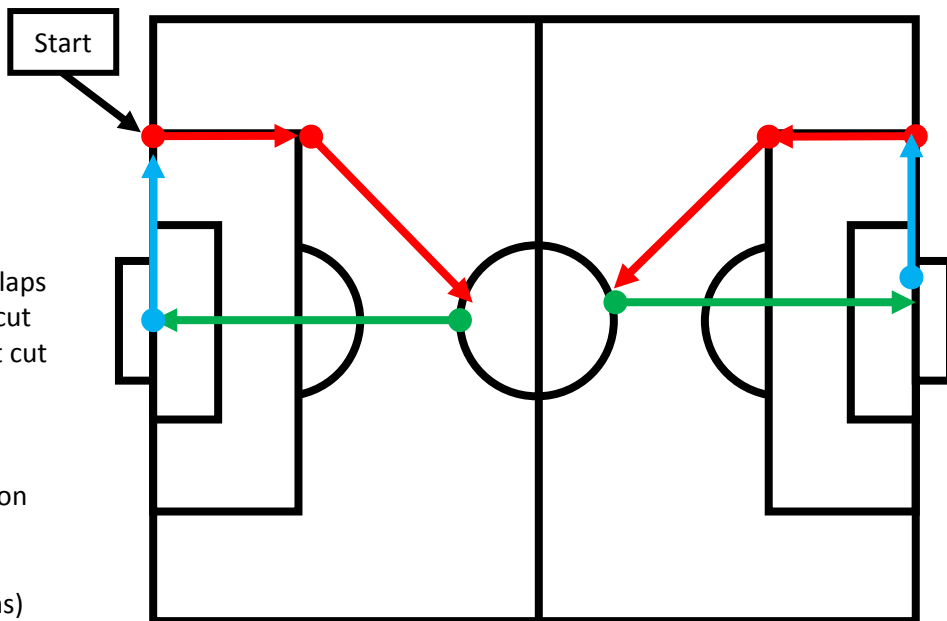
Red = Hard Sprint 90% S Max  
 Green = Easy jogging  
 Blue = Walking recovery

Complete: 4 sets of 3 reps or laps  
 2 sets using left foot cut  
 2 sets using right foot cut

Rest: 2min active recovery

-Use two point starting position

-Make cuts at top of 18 sharp  
 (Don't round the turns)

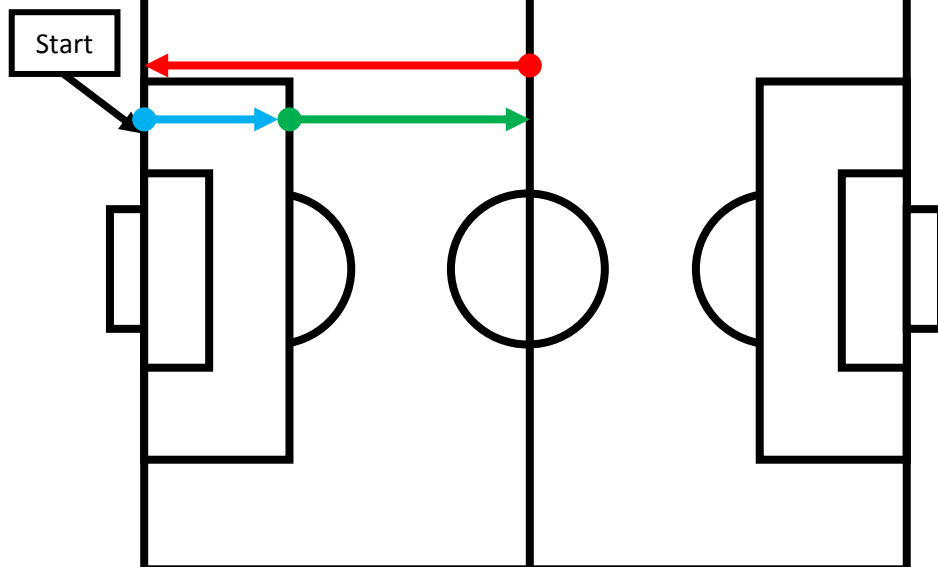


### Workout #2 Field Sprint Exercises

Red = Hard Sprint 90% S Max  
 Blue = Walking Recovery  
 Green = set 1 - Easy Run  
 Set 2 – Side Right  
 Set 3 – Back wards  
 Set 4 – Side Left

Complete: 4 Sets of 4 Reps  
 Rest 2min between sets

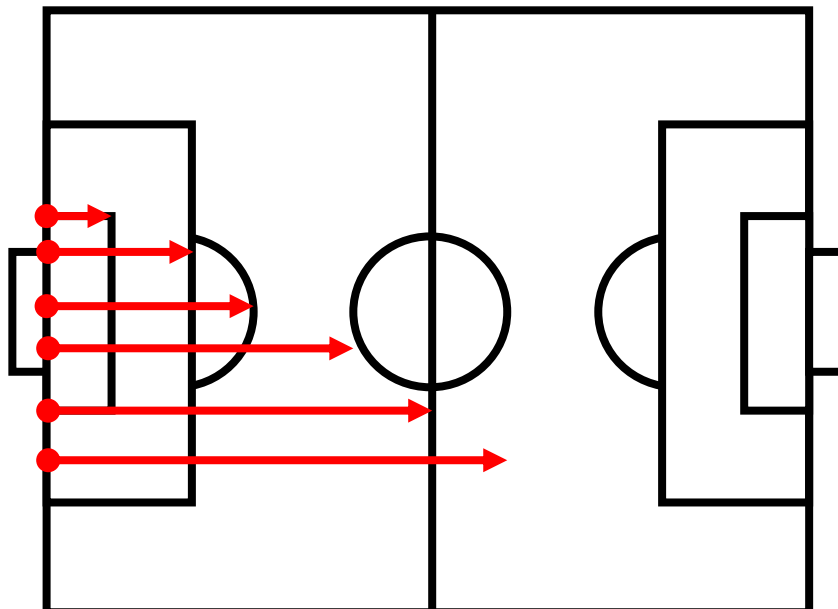
(Add 20-30min Aerobic Work)



### Workout #3 Sprint Ladder

Work your way through 6 sprints  
 Starting with the shortest and  
 Building up to the longest.  
 Perform 3 sets with a jog/walk back  
 Recovery between repetitions and  
 3 min active recovery between sets.

(This workout should be  
 supplemented with 20min run)



Workout #4 Field Sprint Workout

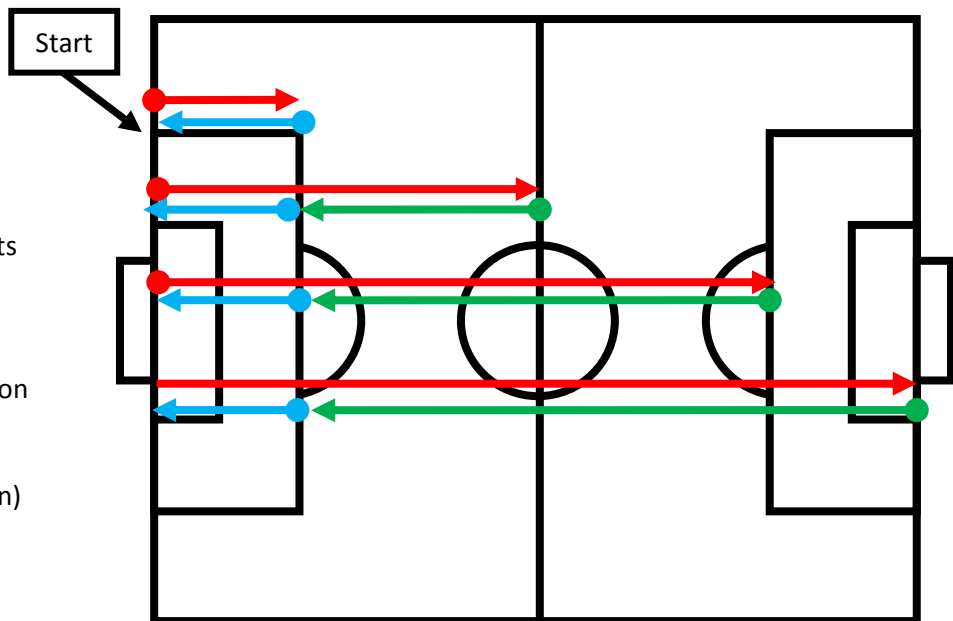
Red = Hard Sprint 90% S Max  
 Green = Easy jogging  
 Blue = Walking recovery

Complete: 4 sets of all 4 sprints

Rest: 2min active recovery

-Use two point starting position

(This workout should be supplemented with 20min run)



**Agility Sprint Workouts:**

Agility Workout #1

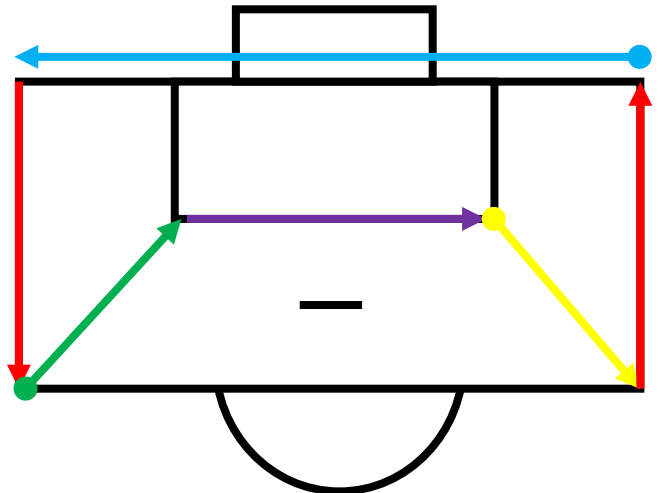
Box Agility Workout

Red = Hard Sprint 90% S Max  
 Green = Side Slide Facing  
 Blue = Walking recovery  
 Purple = Backwards jogging  
 Yellow = Side Slide Facing In

Complete: 2 sets of 3 laps

Rest: 2min active recovery between sets

(This workout should be supplemented with 20min run)



Agility Workout #2

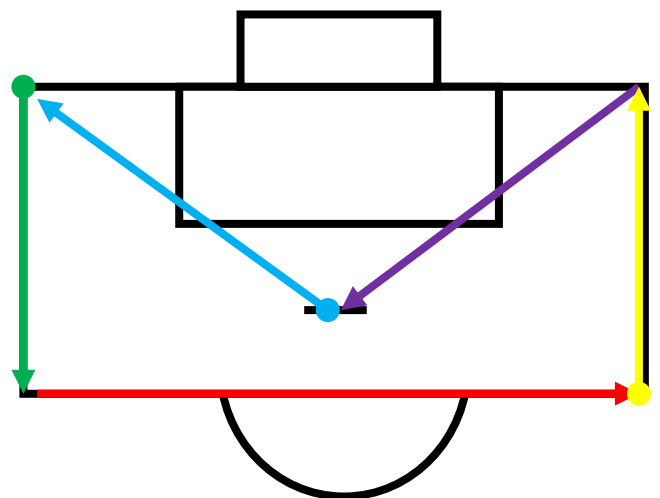
Box Agility Workout

Red = Hard Sprint 90% S Max  
 Green = Side Slide Facing In  
 Blue = Walking recovery  
 Purple = Backwards jogging  
 Yellow = Side Slide Facing In

Complete: 2 sets of 3 laps

Rest: 2min active recovery between sets

(This workout should be supplemented with 20min run)



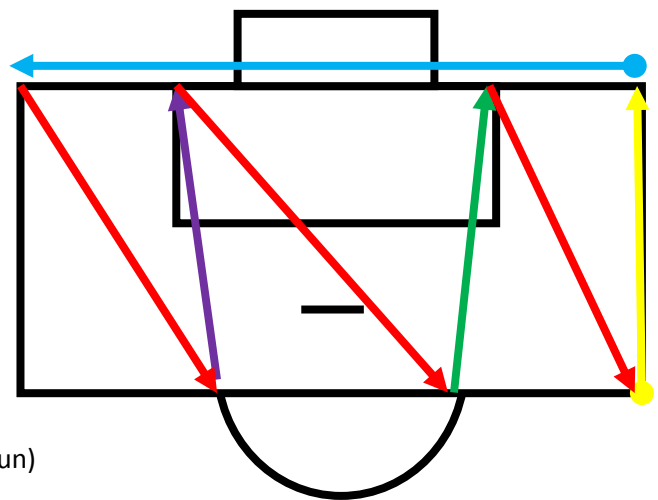
Agility Workout #3

Box Agility Workout

- Red = Hard Sprint 90% S Max
- Green = Side Slide Facing out
- Blue = Walking recovery
- Purple= Backwards jogging
- Yellow= Side Slide Facing In

Complete: 3 sets of 2 laps

Rest: 2min active recovery between sets  
(This workout should be supplemented with 20min run)



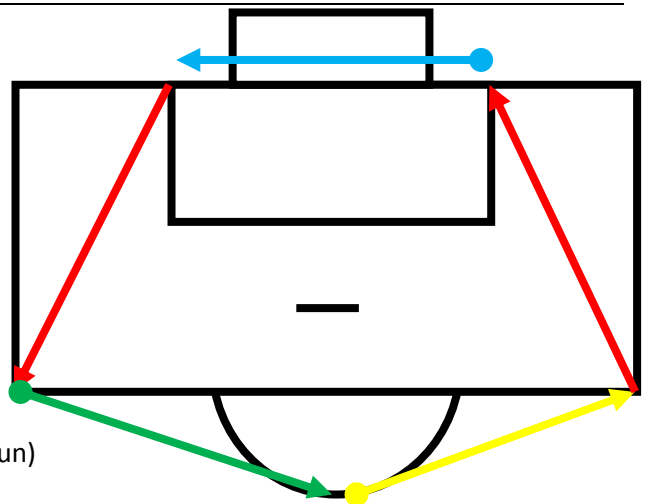
Agility Workout #4

Box Agility Workout

- Red = Hard Sprint 90% S Max
- Green = Side Slide Facing Out
- Blue = Walking recovery
- Purple= Backwards jogging
- Yellow= Side Slide Facing In

Complete: 3 sets of 3 laps

Rest: 2min active recovery between sets  
(This workout should be supplemented with 20min run)



Agility Workout #5

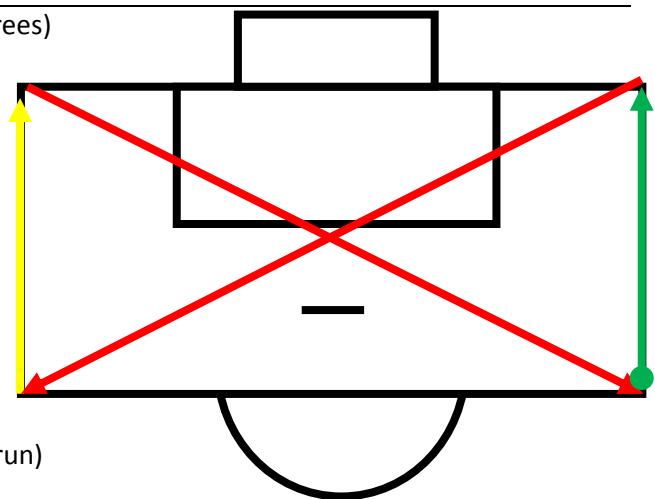
Box Agility Workout (Assistant Referees)

- Red = Hard Sprint 90% S Max
- Green = Side Slide Facing
- Yellow= Side Slide Facing In

Complete: 4 sets of 3 laps

Rest: 2min active recovery

(This workout should be supplemented with 20min run)



Agility Workout #6

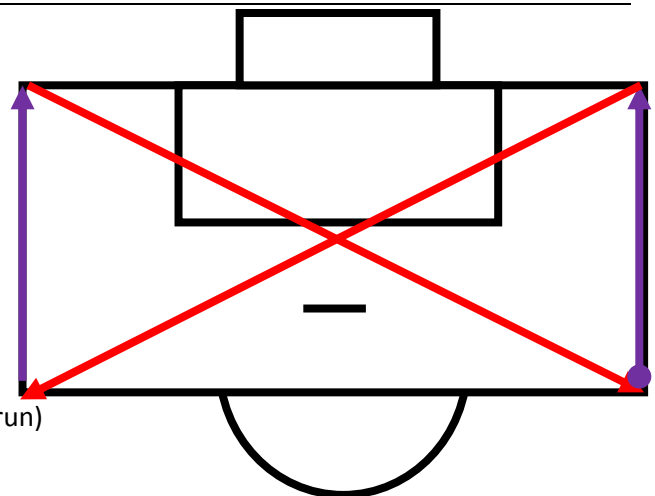
Box Agility Workout (Referees)

- Red = Hard Sprint 90% S Max
- Purple= Side Slide Facing

Complete: 4 sets of 3 laps

Rest: 2min active recovery

(This workout should be supplemented with 20min run)





## Endurance Workouts:

Workout#1	Workout: 15-20 min aerobic endurance running at 70 to 85% of HRM
Workout #2	Workout: 30 min aerobic endurance running at 65 to 85% of HRM Workout: 4 X 50m easy stride outs 60-70% of sprint speed
Workout #3	Alternative Workout: 20 to 40 min of continuous activity your choice Game play, biking, swimming, bleachers, etc (Not for individuals officiating matches over weekend)
Workout#4	Workout: 20 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
Workout#5	Workout: 30 min moderate intensity running @ 80% of max heart rate + Perform 1 min of high intensity running every fifth minute (Only 20 min for individuals officiating weekend matches)
Workout#6	Workout: 30 -40 min aerobic endurance running at 70 to 85% of HRM + At the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM
Workout #7	Aerobic Intervals 3 times 10min up tempo running @80-85% HRM Rest 2-3 min easy recovery jogging after each repetition
Workout #8	Aerobic Intervals 3min tempo running @80-85% HRM + 1min easy recovery jogging 6min tempo running @80-85% HRM + 1min easy recovery jogging 9min tempo running @80-85% HRM + 1min easy recovery jogging 3min tempo running @80-85% HRM + 1min easy recovery jogging 6min tempo running @80-85% HRM + 1min easy recovery jogging 9min tempo running @80-85% HRM + 1min easy recovery jogging
Workout #9	Aerobic Intervals 2min tempo running @80-85% HRM +30sec easy recovery jogging 4min tempo running @80-85% HRM +30sec easy recovery jogging 5min tempo running @80-85% HRM +1min easy recovery jogging 6min tempo running @80-85% HRM +1min easy recovery jogging 5min tempo running @80-85% HRM +1min easy recovery jogging 4min tempo running @80-85% HRM +30sec easy recovery jogging 2min tempo running @80-85% HRM +30sec easy recovery jogging

## Core Strength Training:

### #1: Core Strength (Holds-ABS)

Prone Hold (Front)	2X45S
Side Plank + Outside leg lifts R/L	2X15E
Supine Hold (Back)	2X45S
Prone Hold Straight Leg Lift R/L	2X15E
Straight Leg Lift from Knees	2X15E
Straight Leg Circles form Knees	2X15E

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### #2: Core Strength (Hold-ABS)

Prone Plank (Front)	2X45S
Prone Hold Straight Leg Lifts	2X10E
Prone Opposite Arm and Leg	2X10E
Superman	2X15
Side Plank Right	2X30S
Side Plank Left	2X30S
Straight Leg Lift from Knees	2X10E
Straight Leg Circles form Knees	2X10E

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### #3: Core Strength (Swiss Ball-Abs)

SB Lateral leg raises(Ball BT Feet)	2X10e
SB Weighted crunch	2X50
SB Russian Twist	2X50
SB Prone knee tuck and twist	2X10e
SB Table Top (1 Leg)	2X30S
Leg lift and push to sky	2X25
Jack Knives	2X20E

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### #4: Core Strength (Swiss Ball-Hold)

SB Double leg lift (on the ball)	2x10e
SB Weighted crunch	2x50
SB Russian Twist	2X50
SB Prone pike press	2x10
Prone Hold Straight Leg Lifts	2X10E
Prone Opposite Arm and Leg	2X10E
Superman	2X15

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### #5: Core Strength (High Bar Hang-Hold)

HB Side To Side Knee Tucks	2X20
HB Front Knee Tuck	2X20
HB Side To Side Knee Rotation	2X20
HB Front L or Knee Hold	2X30Sec
Prone Hold (Front)	X45S
Supine Hold (Back)	X45S
Prone Hold Leg extension R/L	X15E

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### #6: Core Strength (ABS)

Leg lift and push to sky	2X25
Lateral leg lifts (windshield wipers)	2X25E
Bike Crunch	2X50 total
Russian Twist	2X50 total
Crunches	2X50
Straight Leg Lift from Knees	2X10
Straight Leg Circles form Knees	2X10E

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## #7 Core Strength (ABS)

Jack Knives	2X20 ea leg
Russian twist	2X50 total
Side R/L	2X50 Each
Rhythmic	2X50
Superman	2X15
Bike Crunch	2X50 total
Crunches	2X50

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## General Strength:

#1: General	Inside Leg Lifts R/L	X10E
	Out side leg lifts R/L	X10E
	Side Plank	2X45S
	Prone and Supine	2X60S
	Prone Hold Leg extension R/L	X10PE
	Supine Hold Leg Extension R/L	X10PE

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#2: General	Prone Opposite Arm and Leg	2X10
	Side Plank Right	2X30S
	Lower Body Crawl	2X10
	Side Plank Left	2X30S
	Prone Double Arm Raise	2X10
	Prone Plank	2X30S
	Prone Straight Leg Lifts	2X10
	Supine Plank	2X30S
Prone Scissors	2X10	

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#3 General	Prone Plank	2X30S
	Straight Leg Lift from Knees	2X10E
	Supine Plank	2X30S
	Leg Kicks from Knees	2X10E
	Side Plank Right	2X30S
	Straight Leg Circles form Knees	2X10E
Side Plank Left	2X30S	

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#4 General	Prone Opposite Arm and Leg	2X10
	Lower Body Crawl	2X10
	Superman	2X10
	Prone Straight Leg Lifts	2X10
	Prone Scissors	2X10
	Straight Leg Lift from Knees	2X10E
	Straight Leg Circles form Knees	2X10E
Leg Kicks from Knees	2X10E	

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#5 General	Prone Arm Hold Straight Leg Lifts	2X10
	Supine Arm Hold Straight Leg Lifts	2X10
	Lateran Arm Hold Leg Lifts Right	2X10
	Lateran Arm Hold Leg Lifts Left	2X10
	Straight Leg Circles form Knees	2X10E
	Leg Kicks from Knees	2X10E

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## Swiss Ball Abdominal Workouts:

1# SWISS BALL	FRONT WALL SLIDE	2X15
	1-LEG SQUAT	2X10E
	1-LEG LEG CURL	2X10E
	LATERAL SCISSORS R/L	2X10E
	PUSH-UP (1-LEG ON BALL)	2X8
	PRONE PIKE + PRESS	2X10
	CRUNCH - WT OVRHEAD	2X30
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2# SWISS BALL	SUPINE KNEE RAISE	2X15
	LATERAL LEG RAISE	1X15E
	SUPINE SISSORS	1X15E
	PRONE PRESS OUT (HANDS)	2X15
	PRONE WALK-OUT (FEET)	2X15
	PUSH-UP	2X20
	WEIGHTED CRUNCH	2X50
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3# SWISS BALL	PRONE LEG TUCK/PRESS	2X20
	PRONE SKIIR	2X20
	1-LEG BRIDGE	2X30SE
	1-LEG CURL	2X10E
	3-POINT BALANCE	2X30S
	2-POINT BALANCE	2X30S
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4# SWISS BALL	SUPINE KNEE RAISE	2X15
	PRONE LEG TUCK	2X15
	PRONE ROTATION	2X10
	PRONE ROCKING	X10
	BRIDGE ARMS X CHEST	2X10
	TABLE TOP L/R LEG EXT	1X30SE
<hr/>		
#5 SWISS BALL	PRONE PIKE PRESS	2X10
	PRONE KNEE TUCK AND TWIST	2X10E
	LATERAL LEG RAISES ON THE BALL	2X10E
	DOUBLE LEG LIFT ON THE BALL	2X10E
	WALL BACK SQUATS	2X10
	CRUNCHES W/ MB	2X50
	RUSSIAN TWIST W/MB	2X50
DOUBLE LEG CURLS	2X10	
<hr/>		
#6 SWISS BALL	LATERAL LEG RAISES ON THE BALL	2X10E
	DOUBLE LEG LIFT ON THE BALL	2X10E
	SINGLE LEG SQUAT	2X10E
	CRUNCHES W/ MB	2X50
	PUSH-UPS	2X20
	RUSSIAN TWIST W/MB	2X50
	1 LEG CURL	2X10E
	3 POINT BALANCE	2X30S
2 POINT BALANCE	2X30S	