

Referees & AR's General Training Plan

For April 1st to May 31st 2010

Introduction

This training program is intended to increase each individual's personal physical fitness level. Furthermore this program is specifically set up to help referees meet the high demands of both soccer officiating and the MLS Fitness test. As all of you know, this year the mid season fitness test will take place over the World Cup break. The next few months of training will be critical for every referee within the league. On one hand you must prepare yourself to officiate at the highest level possible for every game. This will require active rest (48 to 72hours) before every game. Remember active rest does not refer to an easy jog and static stretching. Active rest should include the following; aerobic warm up, dynamic stretching, a few moderate intensity sprints (Stride Outs), aerobic cool down, static stretching, core strength exercises. This active rest is not a workout but it should last between 20 to 30 minutes. On the other hand we must also continue to train for the demands of the fitness test as the test is fast approaching. This will require each athlete to alter his training plan to best fit the needs of their officiating schedule. Following the mid season break your training should shift to more game specific training, ex. multi directional movements, agility, field movement etc. Please use your best judgment when beginning this fitness program. If at any time you have any questions please E-mail me (Bill Jordan) at William.Jordan@sru.edu

Definition of Terms

Warm Up and Cool Down

Dynamic Warm Up: Progressive buildup of movement, done with the intent of increasing the heart rate, body temperature, and breathing rate **before** active stretching (Dynamic Stretching) takes place. Also prepares individuals for higher intensity activity.

Active Stretching: A warm-up activity that progressively increases in intensity and speed to move the body segments through a large range of motion, with the intent of increasing the individual's range of motion.

Static Stretching: A **cool down** procedure that is meant to increase range of motion by holding muscles in stretched positions for 10 to 20 sec.

Important Training Terms:

HRM: Heart Rate Maximum

Training Session: A period of exercise intended to develop the athlete's physical abilities.

Aerobic Endurance: Sustainable activity with the intent of increasing ones aerobic endurance levels. Performed between 65 and 85% of heart rate max for a minimum duration of 20 minutes, recommended 30 to 45 minutes.

Interval training: Training that consists of short duration high intensity movements, followed by a rest period.

Speed Training: Speed training is performed at or above the individuals heart rate max. This training will consist of short duration high speed sprinting, followed by full a full recovery. Many times the workout will be given in percentage of maximum sprinting ability, which is significantly different than maximum heart rate.

Stride Outs: Stride outs are a low intensity sprinting exercise, roughly 60 to 70% of sprint speed. Individuals should use this exercise to focus on proper top end running mechanics. This exercise can also be used at the end of endurance running workouts to help maintain fast

twitch muscle fibers used during high speed sprinting. Stride outs may also improve post workout recovery time.

High Intensity Training: Exercise at or above the anaerobic threshold, normally at 85-93 percent of heart rate maximum.

Medium Intensity Training: Medium intensity training is done for the purpose of improving an individual's aerobic capacity. The pace is slower than "High Intensity Training" but should still be challenging and stressful. Performed at 76 to 86% of the individual's heart rate max.

Low Intensity Training: Low intensity training is mainly used for the purpose of aerobic conditioning or recovery. This should be a comfortable pace work out at 66 to 75% of the individual's heart rate max.

Active Rest: A work out session is intended to help an individual's body recover. This training session should include the following: aerobic warm up, dynamic stretching, few moderate intensity sprints (Stride Outs), aerobic cool down, static stretching, core strength exercises. This active rest is not a workout but it should last between 20 to 30 minutes.

Active Recovery: Work out session with the intent of stimulating blood flow to the entire body. Should be performed at or below 65% of heart rate max. When every possible use non weight bearing activities such as biking, stair steppers, rowing, water activities, etc. Active recovery is not intended to prepare yourself to officiate a match or perform a fitness test.

Training Information:

All individuals should attempt to perform at least four training sessions per week. The number of training days performed each week will depend greatly on your soccer officiating schedule, the physical demands placed on your body, and personal schedule. These training sessions will be broken down into three distinct training components: **warm-up, workout, and cool down**. Many different types of workouts will be recommended throughout the week. These workouts will include: active rest, active recovery, aerobic endurance, interval training, and sprinting workouts. During all training sessions, match performances, and fitness assessment, I ask that you wear polar heart rate monitors and submit your data at the end of every month. I understand that each of you will have outside restrictions placed on your training routine, whenever possible perform the workout on the appropriate day. Furthermore, I have always told my athletes that they are their own best coach. This is especially true in this case because I am not there to directly coach you during any of your training sessions. The given training plan is simply a recommendation, and you are responsible for your own well being. Please adapt the recommended training program to best fit your own personal training needs. Remember recovery is a very important and necessary part of any training plan. Without appropriate recovery time after hard workouts sessions, your body will not regenerate muscle tissue as fast and will lead to over training injuries. During all running activities individuals should attempt to perform workouts on a forgiving surface, such as a soccer playing field, grass or 400 meter track. Individuals should avoid surfaces such as concrete and asphalt.

A dynamic warm-up should be performed at the onset of every training session, match performance, and fitness assessment. This dynamic warm-up should last between ten and fifteen minutes. I recommend that you start with five to ten minutes of low intensity jogging that will slowly build up to 70 percent of your heart rate max. During the last half of this stage you should begin performing various locomotor movements meant to increase mobility. These movements could include activities such as; side shuffles, jogging arm swings, backwards jogging, low step and scoop, karaoke, easy skipping, etc... The purpose of this low intensity jogging and mobility exercises is to gradually warm up the muscle temperature

before beginning a dynamic stretching routines. If you feel that you are not fully prepared to perform a dynamic stretching routine at this time, you should continue to jog. A good indication of appropriate muscle temperature is the formation of sweat on your body. Only dynamic stretches should be performed during the warm-up, starting with low intensity movements and building into high intensity movements. These dynamic stretches will involve continuous movement of the major muscle groups, unlike static stretching which denotes prolonged holding of a muscle in an elongated position. Examples of dynamic stretches that could be used: walking knee to chest, walking knee to shoulder, walking foot to hip, walking toe touches, walking arm swings, windmills, leg swings, lunges, etc... Following the active stretching the individuals should perform any additional warm up activities that they feel necessary. Do not static stretch. Static stretching has been shown to decrease individual's explosive power and increase the chance of muscle injury.

After every workout session, you will need to properly cool down your body to prevent injuries. The entire cool down will take between ten and twenty minutes. You should begin the active cool down with a medium intensity jog that starts at 75 percent of your individual heart rate maximum and slowly progresses down to a recovery jog and walk. Following this active cool down you should perform ten minutes of static stretching. Static stretching is performed by holding each major muscle group in its extended position for a period of up to twenty seconds. You will need to move your body into a position of slight discomfort for the duration of each major muscle stretch. You should not force yourself into harmful positions that may cause over-stretching injuries. Static stretching is considered to be an excellent injury prevention method that should not be over looked. Following the static stretching portion of the cool down, individuals should perform 5 minutes of abdominal exercises.

General Training Calendar For February and March

Sundays: Rest or Active Recovery

The focus of Sunday's will be your choice between rest or active recovery. Active recovery is done to stimulate blood flow throughout the major muscle groups which has been proven to increase recovery time and prevent injury. To do this you should perform low intensity, low impact aerobic training for a period of 10 to 15 minutes. Low impact aerobic training includes activities such as; biking, rowing, and elliptical. Treadmills and jogging on a soft surface can also be used if you do not have access to the proper equipment. 5 to 10 minutes of static stretching and abdominals should follow this easy warm up session. It is important to remember that gains in fitness are often made during recovery periods, as the body will use this time to rebuild muscle that have been broken down by repeated bouts of physical activity. Referees and assistant referees should avoid moderate to hard physical work during these days.

Monday: Aerobic Endurance

The goal of Monday's training will be to increase your aerobic endurance levels through moderate exercise. You will still need to perform a full warm up prior to starting your workout session. Workouts will typically consist of 20 to 40 min in your target heart rate zone. Running is always the best training method and should be performed on a forgiving surface whenever possible. If you are feeling tired or sore from the previous workout you should consider using alternative activities, such as biking, elliptical, stair machines, water running etc.

Tuesday: High Intensity Running

The goal of Tuesday's workout will typically be to improve upon your high intensity running and aerobic recovery time. These interval workouts will be bases on heart rate intensity and duration of

repetition instead of distance and speed percentages. Example of workout procedures; one minute run at 90 percent heart rate max, followed by thirty second jogging recovery.

Wednesday: Rest and Recovery Same as Sunday

Thursday: Sprint Endurance

The areas of focus for Thursday's training session will be either short sprinting and or sprinting endurance. Workouts during these training sessions may be based on percent of maximum sprinting speed. Typically these exercises will take place at high speeds such as 85 to 100% of your maximum sprinting speed; this will require you to judge your over all speed. This day may also be used to perform set interval that are specific to the fitness test.

Friday: Game Preparation or Extended Warm Up

Properly preparing yourself to officiate a game is a very important part of your training. The day prior to you game should **not** consist of total rest and relaxation. Instead I recommend that you perform a full warm up, similar to what you will perform before the game. Following your warm up, you should perform between four and six acceleration of 50 to 75 meters. Each sequential repetition should increase in intensity and speed but at no time should you reach your absolute sprinting maximum. Remember this is not a workout it is simply meant to loosen your legs before the next day's match. Following these easy acceleration you should perform your standard cool down routine.

Saturday: Game or Interval Workout

If you are scheduled to officiate a match you should not have any specific workout session scheduled for that day. If you are not assigned to a game you should consider this a regular training day, with the specific goal of high intensity running. This would also be an excellent day to practice the MLS Fitness Test in some form. If you chose to alter the Fitness Test for training purposes, I would **not** recommend changing the pace of each interval because learning to run the appropriate pace is very important. Instead I would recommend changing the number of intervals or changing the recovery time.

MLS Referees Training Plan

April 4rd to May 31st

Sunday April 4th

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday April 5th

Aerobic Endurance

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday April 6th

High Intensity Running

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: High Intensity Running
 - a. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - b. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - c. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - d. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - e. 3 min easy jogging recovery
 - f. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - g. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - h. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - i. 2 min running @ 90% max heart rate + 1 min jogging recovery
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate

5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday April 7th Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday April 8th Sprint Endurance

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Sprint Workout: Perform each sprint at 90% of max sprint speed. Backward jogging and side shuffles should be performed at low intensity to allow for recovery.

(Individuals officiating weekend matches should only perform the 20m sprints)

- a. (20m sprint + 10m deceleration + 30m backward jogging) X 6
 - b. (40m sprint + 10m deceleration + 50m backward jogging) X 4
 - c. (70m sprint + 10m deceleration + 40m right shuffle + 40m Left shuffle) X4
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
 5. Cool Down: 5 min Static stretching
 6. Core Strength: 5min abdominals and general strength exercises

Friday April 9th Pre Game Warm Up

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday April 10th**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (16 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 30 seconds for referees and 35 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday April 11th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday April 12th**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday April 13th

High Intensity Running

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: High Intensity Running
 - a. 4 min running @ 85% max heart rate + 1 min jogging/walking recovery
 - b. 4 min running @ 85% max heart rate + 1 min jogging/walking recovery
 - c. 4 min running @ 85% max heart rate + 1 min jogging/walking recovery
 - d. 4 min running @ 85% max heart rate + 1 min jogging/walking recovery
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday April 14th

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday April 15th

Sprint Endurance

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Sprint Workout: 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. (Individuals officiating weekend matches should only perform the 20m sprints, followed by an extra long cool down)
 - a. (20m sprint + 10m deceleration + 30m backward jogging) X 2
 - b. (40m sprint + 10m deceleration + 50m backward jogging) X 2
 - c. (60m sprint + 10m deceleration + 70m backward jogging) X 2
 - d. 200m easy jogging
 - e. (20m sprint + 10m deceleration + 30m side shuffle right) X 2

- f. (40m sprint + 10m deceleration + 50m side shuffle right) X 2
- g. (60m sprint + 10m deceleration + 70m side shuffle right) X 2
- h. 200m easy jogging
- i. (20m sprint + 10m deceleration + 30m side shuffle left) X 2
- j. (40m sprint + 10m deceleration + 50m side shuffle left) X 2
- k. (60m sprint + 10m deceleration + 70m side shuffle left) X 2

4. Cool Down: 5 min jogging and walking return to Resting Heart Rate

5. Cool Down: 5 min Static stretching

6. Core Strength: 5min abdominals and general strength exercises

Friday April 16th

Pre Game Warm Up

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday April 17th

Game or Interval Workout (Fitness Test Training)

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (16 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 30 seconds for referees and 35 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday April 18th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday April 19th**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday April 20th**High Intensity Running**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: High Intensity Running (approximately 50m for every 10 sec of running)
 - a. 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - b. 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - c. 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - d. 60 sec high intensity running @ 90% max heart rate + 45 sec easy jog/walk
 - e. 60 sec high intensity running @ 90% max heart rate + 45 sec easy jog/walk
 - f. 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - g. 45 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - h. 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - i. 30 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - j. 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk
 - k. 20 sec high intensity running @ 90% max heart rate + 30 sec easy jog/walk

4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday April 21st

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday April 22nd

Sprint Endurance

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Sprint Workout: (Individuals officiating weekend matches do not perform this exercise)
 - a. 6 X 50m Perform each sprint at 90% of max sprint speed, from a two point static starting position. Emphasis an aggressive driving of the arms and knee lift during the first few steps.
4. Sprint Mobility Workouts: All sprints should be performed from a moving start @ 80% of max sprint speed. All backwards and sideways movement should be performed at a moderate pace.
(Individuals officiating weekend matches should only perform exercise a - c)
 - a. 20m backward jog + 20m sprint + 20m backward jog + 20m sprint + 20m walking
 - b. 20m shuffle right + 20m sprint + 20m shuffle left + 20m sprint + 20m walking
 - c. 20m backward jog + 20m sprint + 20m backward jog + 20m sprint + 20m walking
 - d. 20m shuffle right + 20m sprint + 20m shuffle left + 20m sprint + 20m walking
 - e. 20m backward jog + 20m sprint + 20m backward jog + 20m sprint + 20m walking
 - f. 20m shuffle right + 20m sprint + 20m shuffle left + 20m sprint + 20m walking
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 min Static stretching
7. Core Strength: 5min abdominals and general strength exercises

Friday April 23rd**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday April 24th**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (18 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 35 seconds for referees and 40 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday April 25th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday April 26th**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday April 27th

High Intensity Running

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: High intensity Running
 - a. 5 min high intensity running @ 90% of max heart rate + 3 min jogging recovery
 - b. 4 min high intensity running @ 90% of max heart rate + 2 min jogging recovery
 - c. 3 min high intensity running @ 90% of max heart rate + 1 min jogging recovery
 - d. 2 min high intensity running @ 90% of max heart rate + 1min jogging recovery
 - e. 1 min high intensity running @ 90% of max heart rate
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday April 28th

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday April 29th

Alternative Workout

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
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)
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Friday April 30th**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday May 1st**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (18 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 30 seconds for referees and 35 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday May 2nd**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday May 3rd**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday May 4th**High Intensity Running**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: High Intensity Running
 - a. (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery) X 5
 - b. 2min jogging
 - c. (1 min High intensity Running @ 85% heart rate max + 30 sec jogging recovery) X 5
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday May 5th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday May 6th**Sprint Endurance**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching
3. Mobility: 5 min of easy multidirectional movements
 - a. Backwards running, side shuffle, easy side to side cuts, etc
4. Workout: 8 X 100m @ 85-90 % of max sprint speed, 1min recovery between reps.

(Individuals officiating weekend matches should only perform 2 sprints)
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 min Static stretching
7. Core Strength: 5min abdominals and general strength exercises

Friday May 7th**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday May 8th**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (20 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 35 seconds for referees and 40 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday May 9th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday May 10th**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday May 11th**Sprint Endurance**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. 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.

(Individuals officiating weekend matches should only perform one rep of each set)

- a. 10 m walk + 30 m sprint X 3 reps
 - b. 10 m side shuffle right + 30m sprint X 3
 - c. 10 m jogging + 50m sprint X3
 - d. 10 m side shuffle left + 30m sprint X3
 - e. 10 m backward jogging + 30m sprint X 3
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
 5. Cool Down: 5 min Static stretching
 6. Core Strength: 5min abdominals and general strength exercises

Wednesday May 12th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday May 13th**Moderate Intensity Running**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. 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)
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Friday May 14th**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday May 15th**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min dynamic stretching and mobility
2. Warm Up: 10 min jogging building up to 70% of HRM
3. Workout: Practice Interval Fitness Test (20 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 30 seconds for referees and 35 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday May 16th**Rest or Active Recovery**

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday May 17th**Aerobic Endurance**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday May 18th

High Intensity Running

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: High Intensity Running
 - a. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - b. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - c. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - d. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - e. 3 min easy jogging recovery
 - f. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - g. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - h. 2 min running @ 90% max heart rate + 1 min jogging recovery
 - i. 2 min running @ 90% max heart rate + 1 min jogging recovery
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday May 19th

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday May 20th**Sprint Endurance**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Sprint Workout: Perform each sprint at 90% of max sprint speed. Backward jogging and side shuffles should be performed at low intensity to allow for recovery. Individuals officiating weekend matches should only perform the 20m sprints, followed by an extra long cool down.
 - a. (20m sprint + 10m deceleration + 30m backward jogging) X 6
 - b. (40m sprint + 10m deceleration + 50m backward jogging) X 4
 - c. (70m sprint + 10m deceleration + 40m right shuffle + 40m Left shuffle) X4
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Friday May 21st**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday May 22nd**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (18 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 35 seconds for referees and 40 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching

6. Core Strength: 5min abdominals and general strength exercises

Sunday May 23rd

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday May 24th

Aerobic Endurance

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS

Tuesday May 25th

Alternative Workout

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Alternative Workout: 20 to 40 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Wednesday May 26th

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Thursday May 27th**Aerobic Endurance**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 70 to 85% of HRM
(Only 20 min for individuals officiating weekend matches)
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 min Static stretching
7. Core Strength: 5min abdominals and general strength exercises

Friday May 28th**Pre Game Warm Up**

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 4 to 6 Easy stride outs 50 to 75 meters
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 to 10 min Static stretching and ABS

Saturday May 29th**Game or Interval Workout (Fitness Test Training)**

1. Warm Up: 10 min jogging building up to 70% of HRM
2. Warm Up: 10 min dynamic stretching and mobility
3. Workout: Practice Interval Fitness Test (20 X 150m) all intervals should be performed at standard 30 second interval pace. Rest should be 30 seconds for referees and 35 seconds for assistant referees.
4. Cool Down: 5 min jogging and walking return to Resting Heart Rate
5. Cool Down: 5 min Static stretching
6. Core Strength: 5min abdominals and general strength exercises

Sunday May 30th

Rest or Active Recovery

1. Warm Up: 10 to 15 min low intensity low impact movement
2. Warm Up: 5 to 10 min static stretching, all major muscle groups

Monday May 31st

Aerobic Endurance

1. Warm Up: 5 min jogging building up to 70% of HRM
2. Warm Up: 5 min easy dynamic stretching and mobility
3. Workout: 30 min aerobic endurance running at 65 to 85% of HRM
4. Workout: 4 X 50m easy stride outs 60-70% of sprint speed
5. Cool Down: 5 min jogging and walking return to Resting Heart Rate
6. Cool Down: 5 to 10 min Static stretching and ABS