



US Soccer Referee Fitness Program

General Training Plan

January 2011



End Of Month Goals: From the fitness test till the end of January your personal fitness goal should be to recover, while maintaining your aerobic base. Take this time to assess your body and address any nagging injuries. Furthermore, I have noticed that many of our injuries are because of two very easily to rectify problems. First we must increase our range of motion, and secondly we must increase our general (CORE) strength. I know we are all pressed for time and would like to be at home with our families as much as possible. This being said, each of you should try to devote 10 to 20 minutes a few nights every week to stretching and increasing your core strength. There is no better place to do this than your living room floor.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7 Fitness Test 8:00 am	8 Regeneration 7:00am to 7:45am Easy Beach Run Stretching
9 Recovery Workout 15min easy run 10min dynamic flex 5min abs	10 Recovery Workout 15min easy run 10min dynamic flex 5min abs	11 Recovery Workout 15min easy run 10min dynamic flex 5min abs	12 Recovery Workout 15min easy run 10min dynamic flex 5min abs	13 Recovery Workout 15min easy run 10min dynamic flex 5min abs	14 Recovery Workout 15min easy run 10min dynamic flex 5min abs	15 Warm Up Cross Train 30- 45min 5min stretching 5min ABS
16 Warm Up Cross Train 30- 45min 5min stretching 5min ABS	17	18 Warm Up Cross Train 30- 45min 5min stretching 5min ABS	19	20 Warm Up Cross Train 30- 45min 5min stretching 5min ABS	21	22 Warm Up Cross Train 30- 45min 5min stretching 5min ABS
23 Warm Up Cross Train 30- 45min 5min stretching 5min ABS General Strength	24	25 Warm Up Cross Train 30- 45min Every 5th min Pick Up 5min stretching 5min ABS General Strength	26	27 Warm Up Cross Train 30- 45min 8X50m Stride Out 5min stretching 5min ABS General Strength	28	29 Warm Up 3x10min MI Runs @ 70-75%HRM 2min rec 5min stretching 5min ABS
30 Warm Up Cross Train 30- 45min 5min stretching 5min ABS General Strength	31					



US Soccer Referee Fitness Program

General Training Plan

February 2011



Month Goal: The goal for the month of February should be to transition from a recover mentality and begin thinking about being successful during next year's season. Like any good training program your training should begins with building a strong base and then progress towards sports specific training. This transition from recovery to base building should not be abrupt but rater progressively built up over many weeks. Although the training should still be primarily aerobic, by the last few weeks in Feb, each of these aerobic runs should begin to push your ability level.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Warm Up Cross Train 30-45min Every 5th min Pick Up 5mim stretching 5min ABS General Strength	2	3 Warm Up Cross Train 30-45min 8X50m Stride Out 5mim stretching 5min ABS General Strength	4	5 Warm Up 4 x 7min MI Runs @ 75-80%HRM 1:30min Rec 5mim stretching 5min ABS
6 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	7	8 Warm Up Moderate Intensity WO 5mim stretching General Strength	9	10 Warm Up Cross Training Or Running 30- 45min 5mim stretching 5min ABS General Strength	11	12 Warm Up Moderate Intensity WO 5mim stretching 5min ABS
13 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	14	15 Warm Up Moderate Intensity WO 5mim stretching General Strength	16	17 Warm Up Cross Training Or Running 30- 45min 5mim stretching 5min ABS General Strength	18	19 Warm Up Moderate Intensity WO 5mim stretching 5min ABS
20 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	21	22 Warm Up Agility Exercise Moderate Intensity WO 5mim stretching	23	24 Warm Up Cross Training Or Running 30- 45min 5mim stretching 5min ABS General Strength	25	26 Warm Up High Intensity WO 5mim stretching 5min ABS
27 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	28					



US Soccer Referee Fitness Program

General Training Plan

March 2011



Month Goal: Like Feb, March will also be a month of transition. Although the focus of your training will slowly shift over the next few months towards a high intensity training plan, for the months of March and April the focus should be to continue to build your aerobic abilities through long duration moderate to high intensity running intervals. As we move closer to the start of the regular season, we will also need to prepare your bodies for the on field movements through agility exercises. Performing a few agility exercises once a week at a moderate level should help you avoid being caught flat footed on the field. Lastly I have attached a general plan to prepare you for each of your big game, use it wisely and feel free to modify it to best fit your personal training style, what is important is that you feel ready to perform at your highest level when its time.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Warm Up Agility Exercise Moderate Intensity WO 5mim stretching	2	3 Warm Up Cross Training Or Running 30– 45min 5mim stretching 5min ABS General Strength	4	5 Warm Up High Intensity WO Cool Down 5mim stretching 5min ABS
6 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	7	8 Warm Up Agility Exercise Moderate Intensity WO 5mim stretching	9	10 Warm Up Cross Training Or Running 30– 45min 5mim stretching 5min ABS General Strength	11	12 Warm Up High Intensity WO Cool Down 5mim stretching 5min ABS
13 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	14	15 Warm Up Agility Exercise Moderate Intensity WO 5mim stretching	16	17 Warm Up Cross Training Or Running 30– 45min 5mim stretching 5min ABS General Strength	18	19 Opening Weekend Warm Up High Intensity WO Cool Down 5mim stretching 5min ABS
20 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	21	22 Warm Up Agility Exercise Moderate Intensity WO 5mim stretching	23	24 Warm Up Cross Training Or Running 30– 45min 5mim stretching 5min ABS General Strength	25	26 Warm Up High Intensity WO Cool Down 5mim stretching 5min ABS
27 Recovery Workout 20-30min easy run 10min dynamic flex 5min abs General Strength	28	29 Warm Up Agility Exercise Moderate Intensity WO 5mim stretching	30	31 Warm Up Cross Training Or Running 30– 45min 5mim stretching 5min ABS General Strength		
PRE Match Training Start this Section of training 5 days before any major match to.	Pre Game 5 Day Warm Up Moderate Intensity WO Cool Down 5mim stretching General Strength	Pre Game 4 Day Warm Up Cross Train 30- 45min Every 5th min Pick Up 5mim stretching 5min ABS	Pre Game 3 Day Long Warm Up EasyField Agility Cool Down General Strength	Pre Game 2 Day Recovery Workout 10-15min easy run 10min dynamic flex 5min abs	Pre Game 1 Day 10min running Dynamic Flexibility Easy Agility 2-3 Easy Stride Outs Easy Jogging/Stretching	Game Day Warm Up Game Cool Down



US Soccer Referee Fitness Program

Specific Training Plan

January 2011



From Sunday January 16th to Thursday Jan 27th you should try to perform an alternative cross training activity four days per week. These activities should be low impact and performed at a moderate intensity level.

Sunday Jan 16th to Thursday Jan 27th Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down 5 to 10 min Static stretching and ABS

Saturday Jan 29th Moderate Intensity

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Moderate intensity running workout:
3 x 10min @ 65-75%HRM
2min walk jog recovery between sets
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down 5 to 10 min Static stretching and ABS

Sunday Jan 30th, Tues Feb 1st, Thurs Feb 3rd Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down 5 to 10 min Static stretching and ABS

Saturday Feb 5th Moderate Intensity

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Moderate intensity running workout:
4 x 7min @ 70-80%HRM
1:30min walk jog recovery between sets
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down 5 to 10 min Static stretching and ABS

Sunday Feb 6th: Rest or Active Recovery

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down 5 to 10 min Static stretching and ABS

Tuesday Feb 8th**Moderate Intensity**

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Moderate intensity running workout:
5 x 5min @ 70-80%HRM
2:00min jogging recovery between sets
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Thursday Feb10th**Cross Training**

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Saturday Feb 12th**Moderate Intensity**

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Moderate intensity running workout:
2 X 2 mile @ 7:00 to 8:00 Mile Pace
2:00min jogging recovery between sets
(For this workout the mile paces provided are just a guideline, feel free to push yourself slightly above your comfort level, but not to the breaking point)
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Sunday Feb 13th:**Rest or Active Recovery**

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS

Tuesday Feb 15th**Moderate Intensity**

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Moderate intensity running workout:

2min tempo running @70-80% HRM	+30sec easy recovery jogging
4min tempo running @70-80% HRM	+30sec easy recovery jogging
6min tempo running @70-80% HRM	+1min easy recovery jogging
6min tempo running @70-80% HRM	+1min easy recovery jogging
4min tempo running @70-80% HRM	+30sec easy recovery jogging
2min tempo running @70-80% HRM	+30sec easy recovery jogging

Remember this workout should be moderately stressfully, don't try to run 6min mile pace
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Thursday Feb17th Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down5 to 10 min Static stretching and ABS

Saturday 19th Moderate Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Moderate intensity running workout:
3 X 1 mile runs @ 6:30 to 7:30 mile pace (Push But Don't Break Your Self)
2:00min jogging recovery between sets
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Sunday Feb 20th: Rest or Active Recovery

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down5 to 10 min Static stretching and ABS

Tuesday Feb 22nd Moderate Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Agility Exercises Circuit: (Intensity level should be low)
Jogging forward 15m + Cut and easy run back to start 15m + 30sec Rest
Back wards jogging 15m + Cut and easy run forward 15m + 30sec Rest
Side slide right 15m + Cut and easy run forward 15m + 30sec Rest
Side slide right 15m + Cut and easy run forward 15m + 2min Rest
This should be a very easy exercise to set up, everything is done 15m down and 15m coming back to the starting position. Do all four different exercises with a short break between exercises then a 2min break between sets. Perform 3 sets at a low intensity.
- Work out: 20min intensity moderate run
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Thursday Feb24th Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down5 to 10 min Static stretching and ABS

Saturday Feb 26th**High Intensity**

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- High intensity running workout:
4 x 5min interval runs @ 75-85% of HRM
(2min easy jog or walking between reps)
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Sunday Feb 27th:**Rest or Active Recovery**

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS

Tuesday Mar 1st**Moderate Intensity**

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Agility Exercises Circuit: (Intensity level should be moderate)

Jogging forward 15m	+ Cut and easy run back to start 15m	+ 30sec Rest
Back wards jogging 15m	+ Cut and easy run forward 15m	+ 30sec Rest
Side slide right 15m	+ Cut and easy run forward 15m	+ 30sec Rest
Side slide left 15m	+ Cut and easy run forward 15m	+ 2min Rest

This should be a very easy exercise to set up, everything is done 15m down and 15m coming back to the starting position. Do all four different exercises with a short break between exercises then a 2min break between sets. Perform 3 sets at a mod intensity.

- Work out: 15min intensity moderate run
- Workout: 8 x 50m easy stride out
(Stride outs Pace is a comfortable pace between a sprint and a run)
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Thursday Mar 3rd**Cross Training**

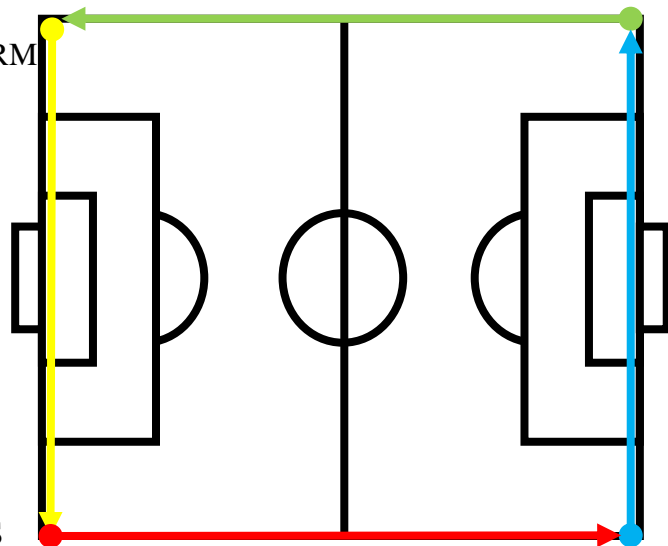
- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Saturday Mar 5th

High Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- High intensity running workout:
- Workout#1 Field Running
2 sets of 5 reps or laps
4min recovery between sets

Green = 50% run / 25sec
Yellow = 70% run / 15sec
Red = 90% run / 20sec
Blue = 60sec walk jog rec
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS



Sunday Mar 6th:

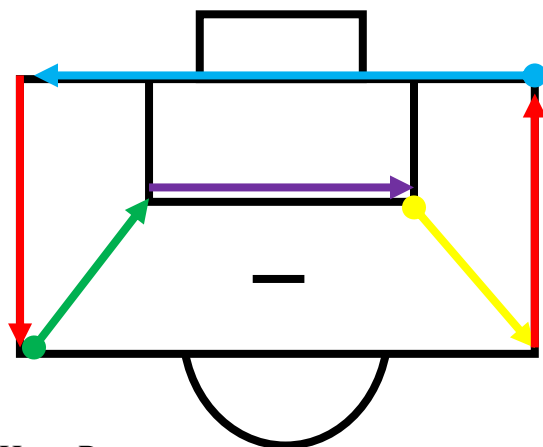
Rest or Active Recovery

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS

Tuesday Feb 15th

Moderate Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Agility Workout #1 Box Agility Workout
Red = Easy Sprint 80% S Max
Green = Side Slide Facing out
Blue = Walking recovery
Purple = Backwards jogging
Yellow = Side Slide Facing In
Complete: 2 sets of 3 laps
Rest: 2min active recovery between sets
- Moderate intensity running workout:
5 X 3 min @ 70 to 80% HRM
Rest 1min jogging
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS



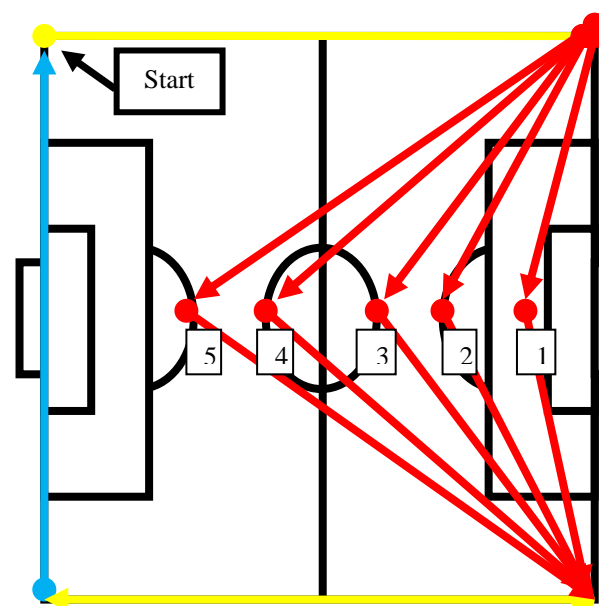
Thursday Feb 10th

Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Saturday Mar 12th High Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Workout #3 Field Exercises
High Intensity Running
Red = High Intensity Run 75-85%HRM
Yellow = Jogging 50%HRM
Blue = walking 60sec
Start with angle run #1 and move Up one every lap then come Back down, doing #5 only once
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS

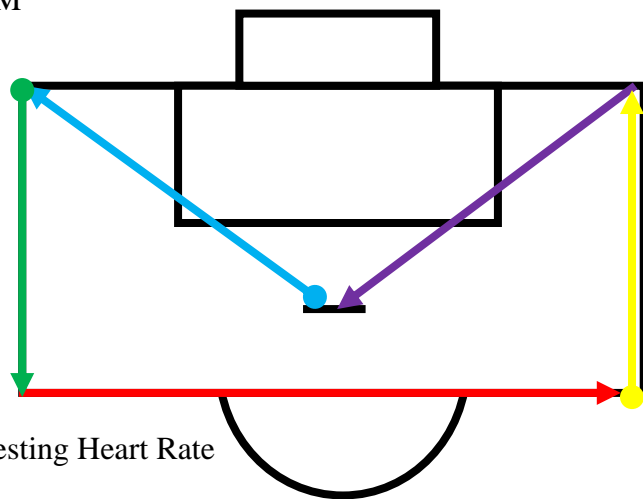


Sunday Mar 13th: Rest or Active Recovery

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS

Tuesday Feb 15th Moderate Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- 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 out
- Complete: 2 sets of 3 laps
Rest: 2min active recovery between sets
- Work out: 20min intensity moderate run
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS



Thursday Mar 17th Cross Training

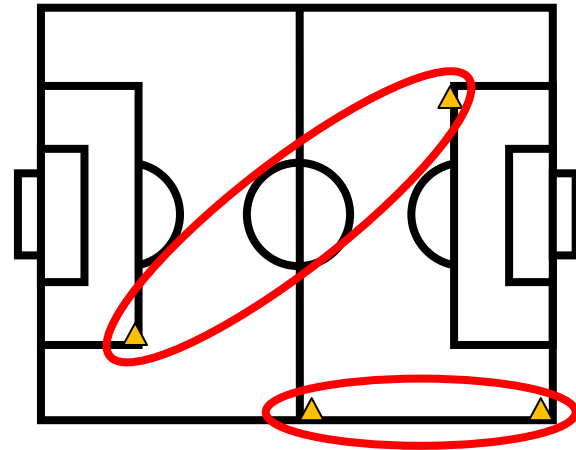
- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Saturday Mar 19th

High Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- 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
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS



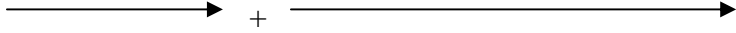

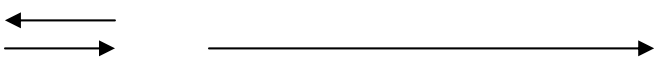
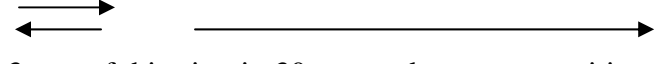
Sunday Mar 20th:

Rest or Active Recovery

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS

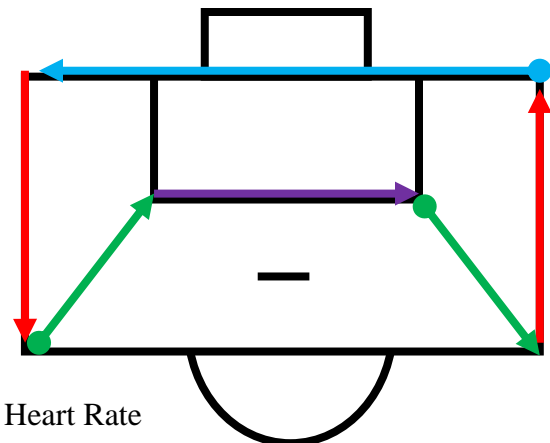
Tuesday Mar 22nd

Agility Exercises

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Assistant Referees Agility Exercises Circuit: (Intensity level should be moderate to high)
 - Side slide right 10m + Turn and Sprint 25m

 - Side slide left 10m + Turn and Sprint 25m

 - Side Slide Left 5m + Side Slide Right 5M + Turn to the right and Sprint 25m

 - Side Slide Right 5m + Side Slide Left 5M + Turn to the right and Sprint 25m

- Perform 3 sets of this circuit, 30sec rest between repetitions and 2min rest between sets
- Referees Agility Exercises Circuit: (Intensity level should be moderate to high)

- Red = Easy Sprint 85% S Max
- Green = Backwards jogging
- Purple = Walking recovery
- Blue = Easy Jogging

Complete: 2 sets of 3 laps
Rest: 2min active recovery between sets



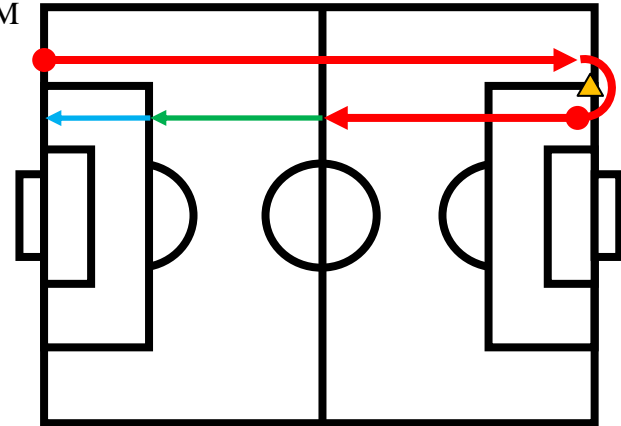
- Work out: 15min intensity moderate run
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down: 5 to 10 min Static stretching and ABS

Thursday Mar 24th Cross Training

- Warm Up: 5min jogging building up to 65% of HRM
Warm Up: 5min easy dynamic stretching
- Alternative Workout: 30 to 45 min of continuous activity your choice
Game play, biking, swimming, bleachers, etc (Low impact is preferred)
Try to keep your Heart Rate Above 65% HRM
- Cool Down: 5 min jogging and walking return to Resting Heart Rate
Cool Down 5 to 10 min Static stretching and ABS

Saturday Mar 26th High Intensity

- Warm Up: 5min jogging building up to 70% of HRM
Warm Up: 5min easy dynamic stretching
- Workout #7 High Intensity Field Exercise
Red = 80-85% HRM (35-40 Sec)
Green = Easy Jog
Blue = Walking recovery
Complete: 3 sets of 3-4 reps
½ lap jog and ½ lap walking
Recovery between sets
- Cool Down: 5 min jogging and walking
Cool Down: 5 to 10 min Static stretching and ABS



Sunday Mar 27th: Rest or Active Recovery

- Warm Up: Easy jogging 20-30min, (low intensity low impact)
Warm Up: 5min easy dynamic stretching
- Cool Down: 5 min jogging and walking
Cool Down 5 to 10 min Static stretching and ABS