

The Scottish Football Association



Referee Fitness Programme

The following programme can be altered by individual trainers if necessary.

Week 1 - week commencing 6th April 2020

Week 2 - week commencing 13th April 2020

Week 3 - week commencing 20th April 2020

Week 4 - week commencing 27th April 2020

Week 5 - week commencing 4th May 2020

Week 1 Week beginning 30th March

Warm-up – (20 mins)

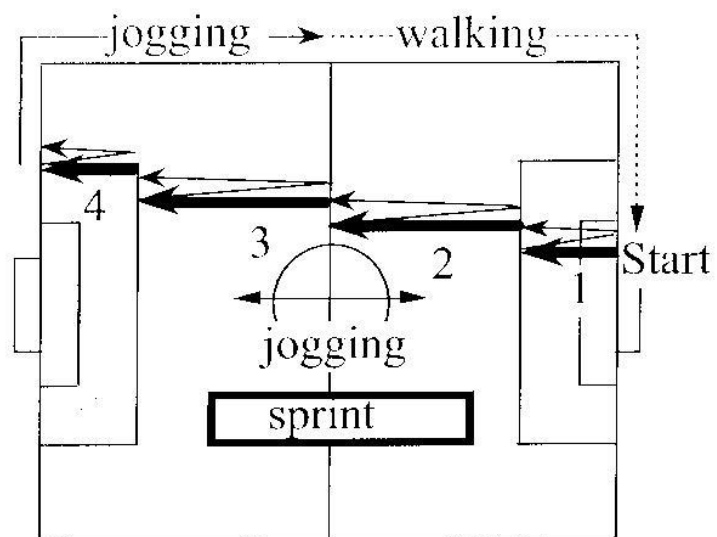
Warming up, mobilisation and stretching

Speed – (24mins)

- a) Start on the goal line, sprint to the 18yrd line, backward jog back to the goal line then jog to the 18yrd line.
- b) From the 18yrd line sprint to the half way line, jog back to the 18yrd line and jog back to the half way line.
- c) From the half way line sprint to the other 18yrd line, jog back to the half way line and then to the 18yrd line again.
- d) From the 18yrd line sprint to the goal line, then jog back to the 18yrd line, then to the goal line, from here jog round the pitch to the half way line then walk back to the start. This counts as 1 lap.

Do 4 laps followed by 4mins passive recovery then another 4 laps.

Week 1 ctd



Cool Down – (15 mins)

5 min jogging and mobilisation followed by 10 mins stretching.

Injury prevention exercises (15 mins)

Week 2 Week beginning 6th April

Warm-up – (20 mins)

Warming up, mobilisation and stretching.

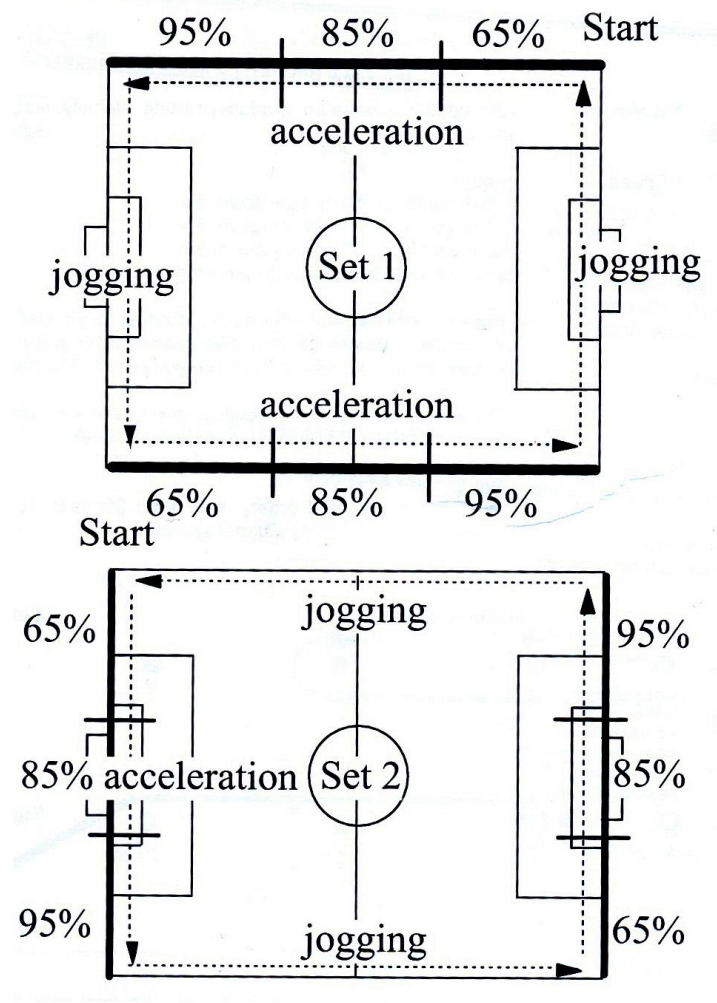
Speed Endurance – (30mins)

Set 1 : Start by running at 65% of maximal pace for first third, then accelerate to 85% for the second third, then up to 95% for the final third, jog across the goal line then do the same down the other side x5.

4 mins of passive recovery

Set 2 : This set you accelerate the sides, jog the lengthsx5.

Week 2 ctd



Cool Down – (15 mins)

5 min jogging and mobilisation followed by 10 mins stretching.

Injury prevention exercises (15 mins)

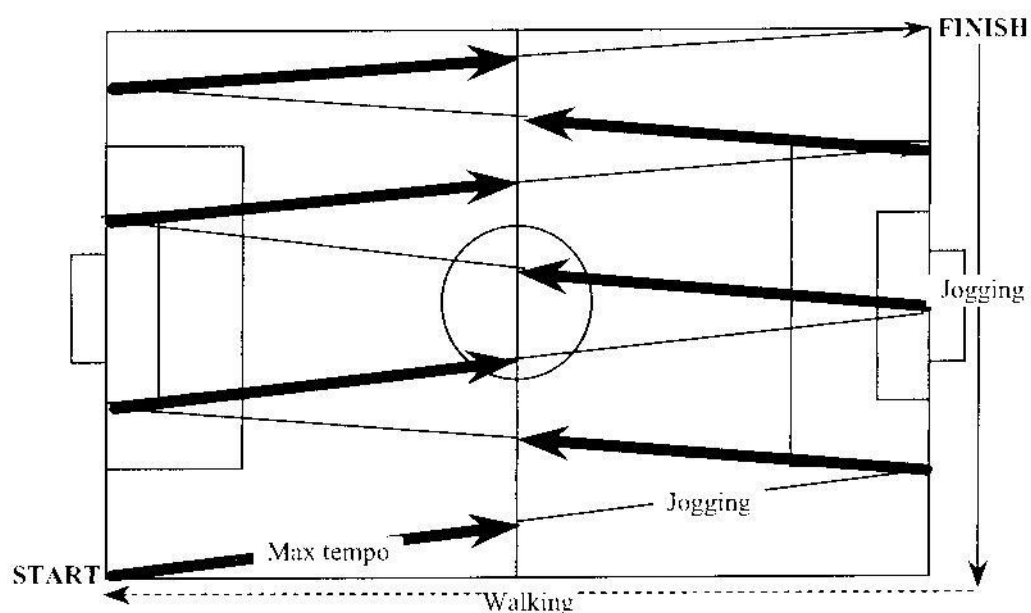
Week 3 Week beginning 13th April

Warm-up – (20 mins)

Warming up, mobilisation and stretching

Speed Endurance – (35 mins)

Each lap consists of 7 maximal tempo runs followed by 7 recovery jogs. The maximal tempo runs should be about 95% of maximal speed, and the jog should take 3 times longer than the duration of the tempo run. At the finish of the lap the referee / assistant referee should jog along the goal line until the next corner then walk back to the start. Two laps should be done followed by 4 mins passive recovery then another 2 laps.



Week 3 ctd

High Intensity Run – (24 mins)

Run for 2 mins at 90% of your maximum pace, then jog for 1 min.
This should be done 8 times.

Cool Down – (15 mins)

5 min jogging and mobilisation followed by 10 mins stretching.

Injury prevention exercises (15 mins)

Week 4 Week beginning 20th April

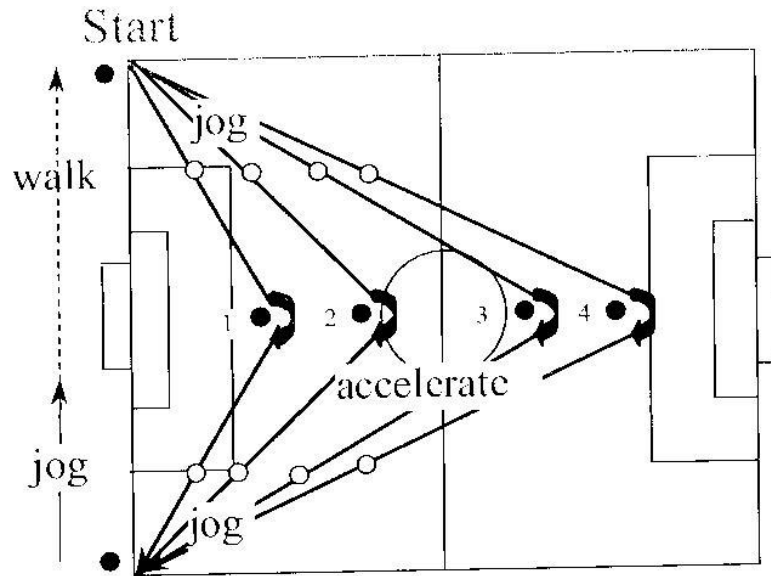
Warm-up – (20 mins)

Warming up, mobilisation and stretching

Speed Endurance – (20mins)

Jog from the start to the first white cone, from there accelerate around the black cone to the next white cone, jog from the white cone to the corner flag. Jog to the first post and walk back to the start position. Now run round cone 2, then 3, then 4.

Followed by a 4min passive recovery, then another set of the same runs.



Week 4 ctd

Cool Down – (15 mins)

5 min jogging and mobilisation followed by 10 mins stretching.

Injury prevention exercises (15 mins)

Week 5 Week beginning 27th April

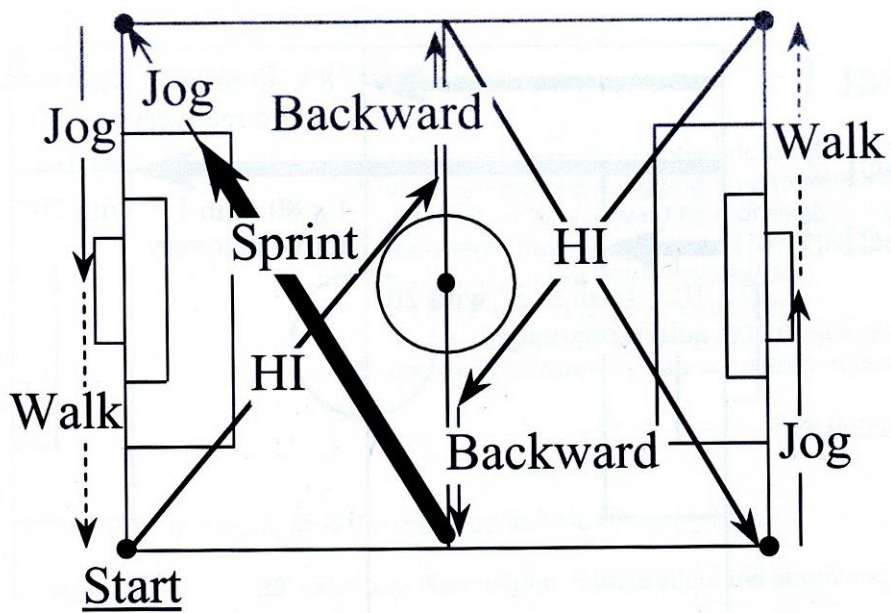
Warm-up – (20 mins)

Warming up, mobilisation and stretching

Speed Endurance – (29 mins)

Set 1 : 5 laps followed by 4 mins passive recovery

Set 2 : Another 5 laps



Week 5 ctd

Medium Intensity Jog – (12 mins)

Run at a comfortable pace throughout the run.

Strength Circuit – (10 mins)

3 x 40 sit-ups, separated by 3 x 15 press-ups. Finish with 1x40 back raises.

Cool Down – (15 mins)

5 min jogging and mobilisation followed by 10 mins stretching.

Injury prevention exercises (15 mins)