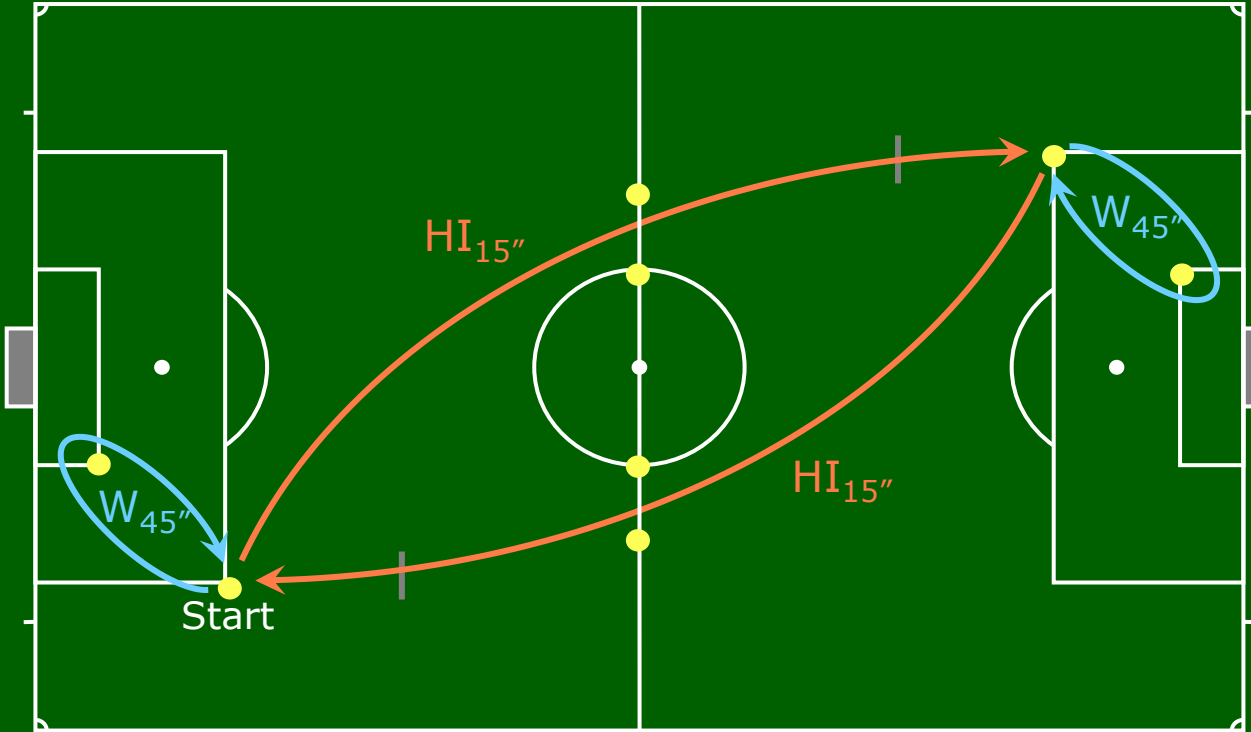


# **Speed endurance exercises**

## Speed endurance exercise 1



**2 sets of 10 HI runs**

One lap	2 min
Set 1 (10 HI runs)	10 min
Recovery	4 min
Set 2 (10 HI runs)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	300 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2000 m
Sprint	S	---
<b>Total distance</b>		<b>2300 m</b>

**Set 1:** Starting at the edge of the penalty box, referees progressively accelerate to 90-95% (15") along the diagonal line as indicated in the picture. As from the mark near the opposite penalty box on (marked by the vertical bar), they decelerate while keeping the focus inside the penalty box. Between runs, there is a 45" recovery period (walking). Repeat this 10 times.

**Recovery:** 4 min

**Set 2:** Again 10 repetitions of each 1 min.

## Speed endurance exercise 2

**2 sets of 6 laps**

One lap	1.5 min
Set 1 (6 laps)	9 min
Recovery	4 min
Set 2 (6 laps)	9 min
<b>Total duration</b>	<b>22 min</b>

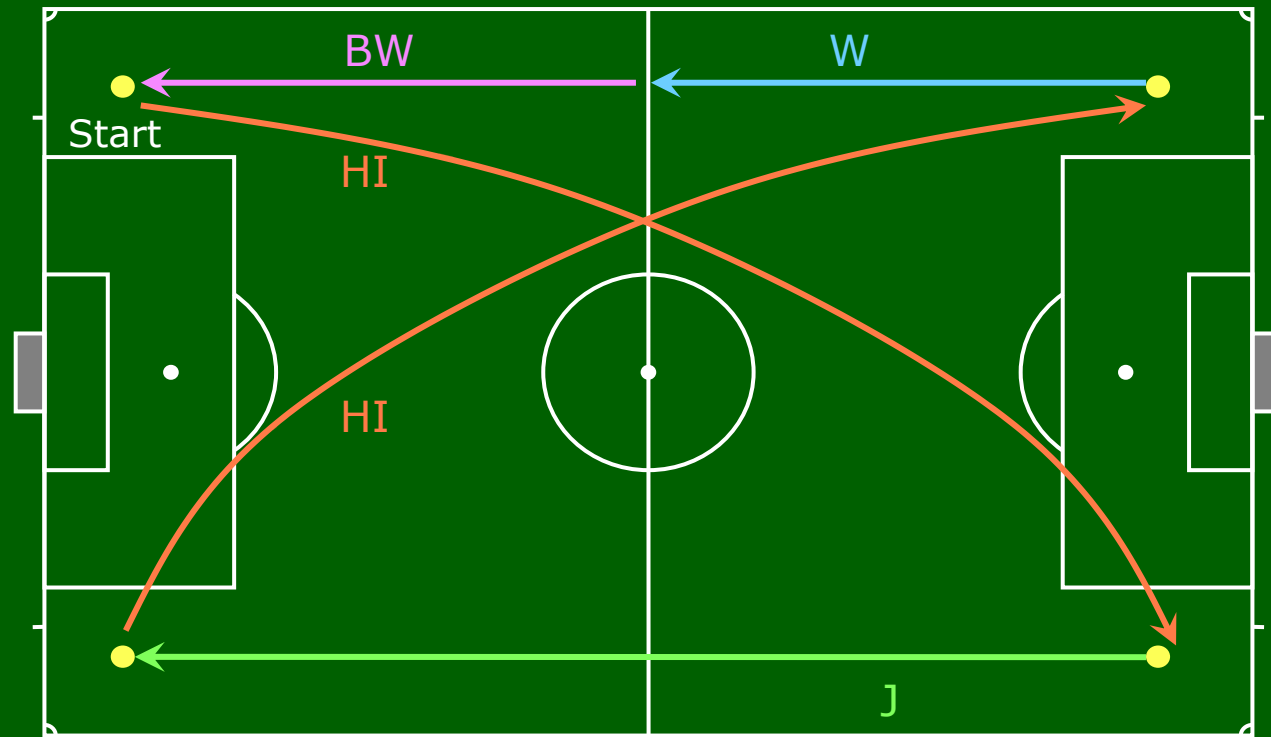
Walking	W	480 m
Jogging	J	480 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3600 m
Sprint	S	---
<b>Total distance</b>		<b>4080 m</b>

**Set 1:** Run 6 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min.

**Set 2:** Again 6 laps of the same exercise.

## Speed endurance exercise 3



### 2 sets of 6 laps

One lap	2 min
Set 1 (6 laps)	12 min
Recovery	4 min
Set 2 (6 laps)	12 min
<b>Total duration</b>	<b>28 min</b>

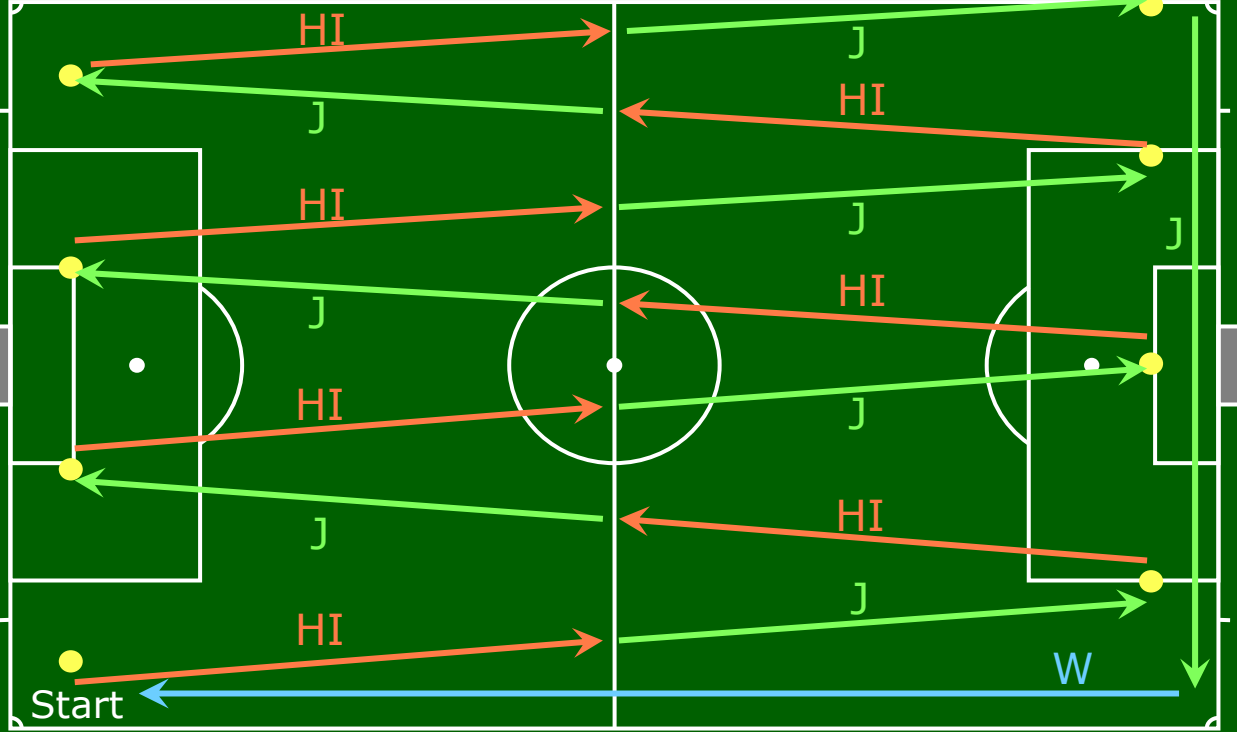
Walking	W	450 m
Jogging	J	1080 m
Backwards	BW	450 m
Sideways	SW	---
High intensity	HI	3600 m
Sprint	S	---
<b>Total distance</b>		<b>5580 m</b>

**Set 1:** Run 6 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min.

**Set 2:** Again 6 laps of the same exercise.

## Speed endurance exercise 4



2 sets of 2 laps		
One lap		6.5 min
Set 1 (2 laps)		13 min
Recovery		4 min
Set 2 (2 laps)		13 min
<b>Total duration</b>		<b>30 min</b>

Walking	W	400 m
Jogging	J	1640 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1400 m
Sprint	S	---
<b>Total distance</b>		<b>3440 m</b>

**Set 1:** One lap consists of 7 sub-maximal sprints followed by 7 recovery jogs. The tempo running should consist of 90% of maximal speed. The jogging should take 3x longer than the duration of the tempo run. After reaching the finish, referees jog along the goal line until the next corner and then walk back to the starting position.

**Recovery:** 4 min

**Set 2:** Again 2 laps of the same exercise.

## Speed endurance exercise 5

One lap		2' 20"
Set 1 (5 laps)		11 min
Recovery		4 min
Set 2 (5 laps)		11 min
<b>Total duration</b>		<b>26 min</b>

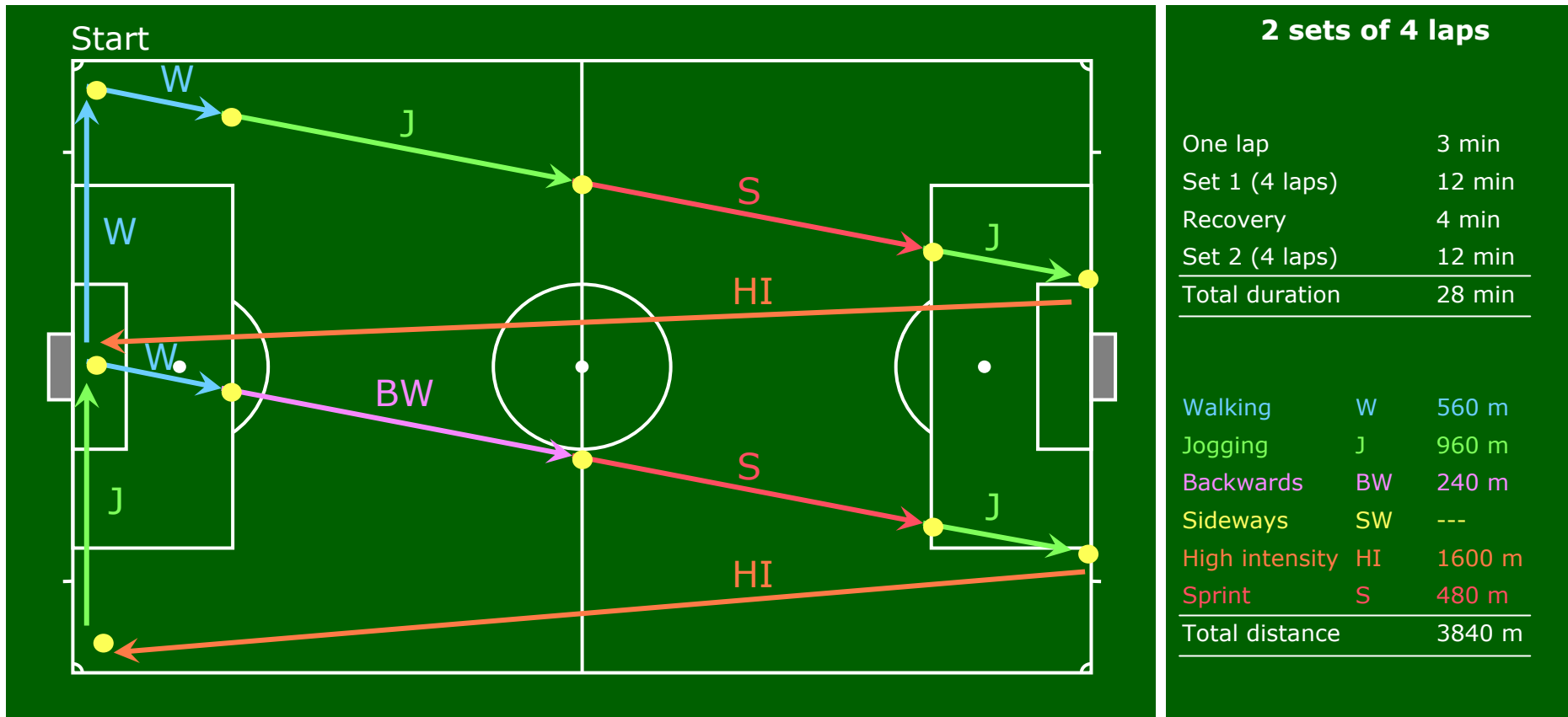
Walking	W	600 m
Jogging	J	1700 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1200 m
Sprint	S	1200 m
<b>Total distance</b>		<b>4700 m</b>

**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Again 5 laps of the same exercise.

## Speed endurance exercise 6

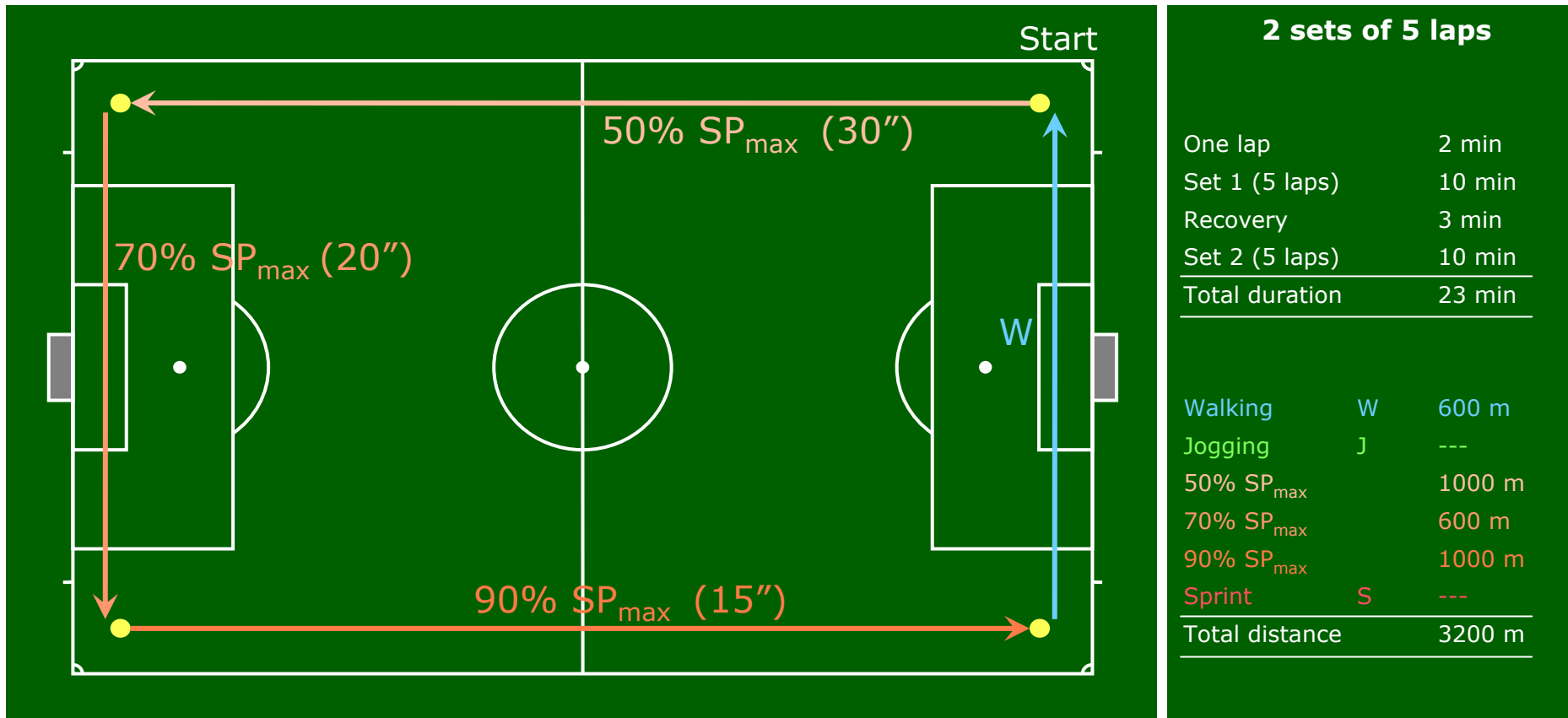


**Set 1:** Run 4 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Again 4 laps of the same exercise.

## Speed endurance exercise 7



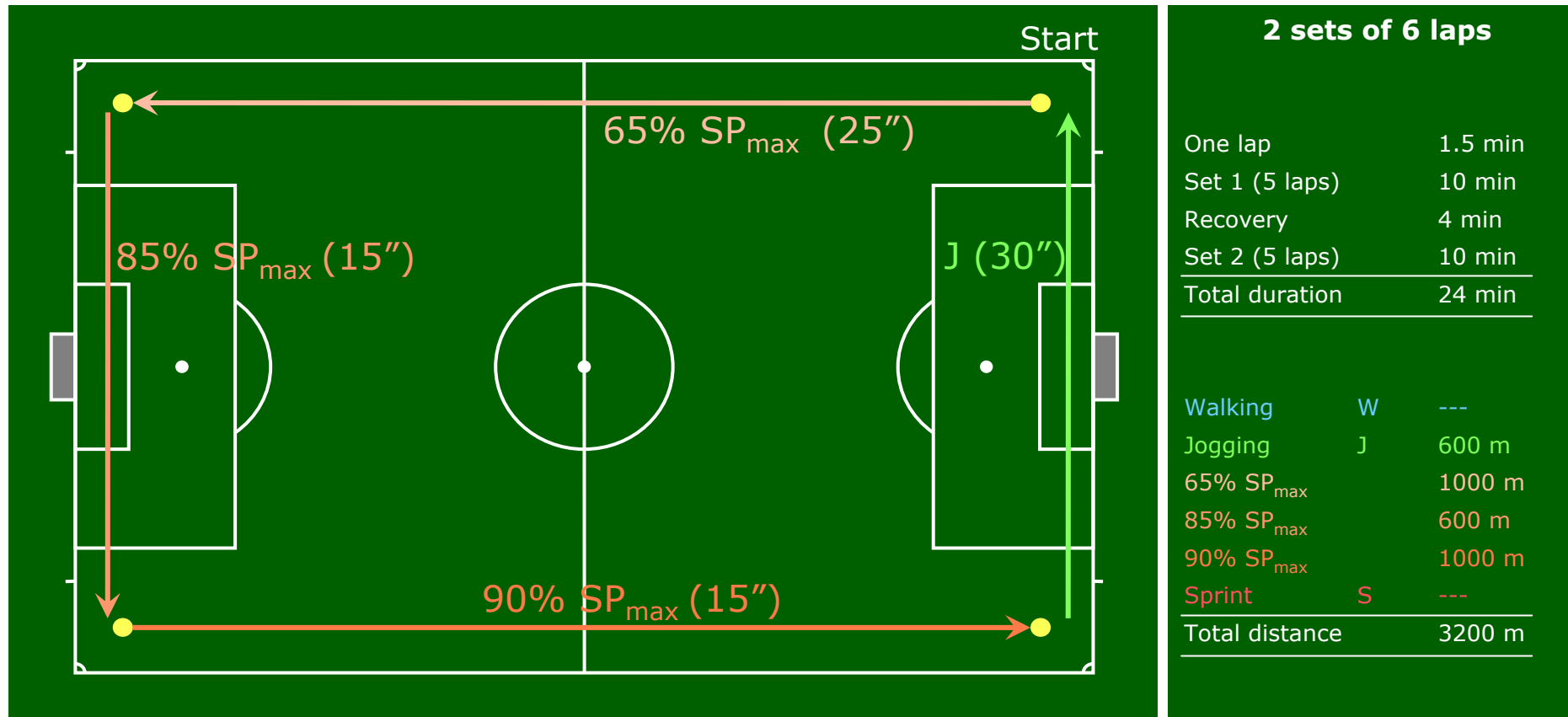
**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture. Run at 50% of the maximal running speed in the length of the field (in 25 sec), followed by running at 70% of the maximal speed in the width of the field (in 15 sec) and then run at 90% of the maximal running speed (in 20 sec), walk back to the start.

**Recovery:** 3 min

**Set 2:** Again 5 laps of the same exercise.



## Speed endurance exercise 8

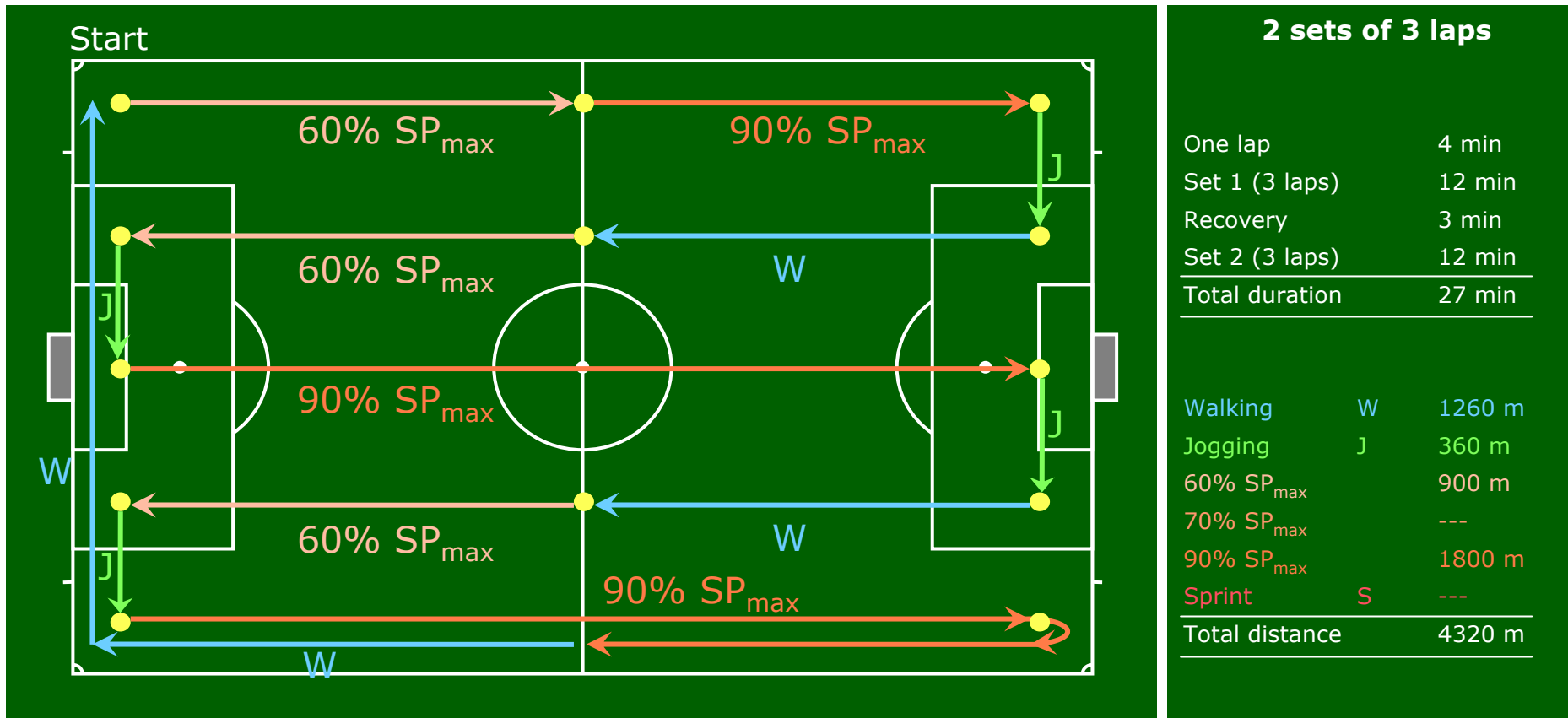


**Set 1:** Run 6 laps of the speed endurance exercise as indicated in the picture. Run at 65% of the maximal running speed in the length of the field (in 25 sec), followed by running at 85% of the maximal speed in the width of the field (in 15 sec) and then run at 90% of the maximal running speed (in 15 sec), walk back to the start.

**Recovery:** 3 min

**Set 2:** Again 6 laps of the same exercise.

## Speed endurance exercise 9



**Set 1:** Run 3 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 3 min

**Set 2:** Again 3 laps of the same exercise.

## Speed endurance exercise 10

**2 sets of 4 laps**

One lap		3 min
Set 1 (4 laps)		12 min
Recovery		4 min
Set 2 (4 laps)		12 min
<b>Total duration</b>		<b>28 min</b>

Walking	W	480 m
Jogging	J	1280 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3360 m</b>

**Set 1:** Run 4 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 3 min

**Set 2:** Again 4 laps of the same exercise.

# Speed endurance exercise 11

**2 sets of 5 laps**

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	650 m
Jogging	J	1400 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	1200 m
Sprint	S	250 m
<b>Total distance</b>		<b>3700 m</b>

**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Same as set 1.

## Speed endurance exercise 12

**2 sets of 5 laps**

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

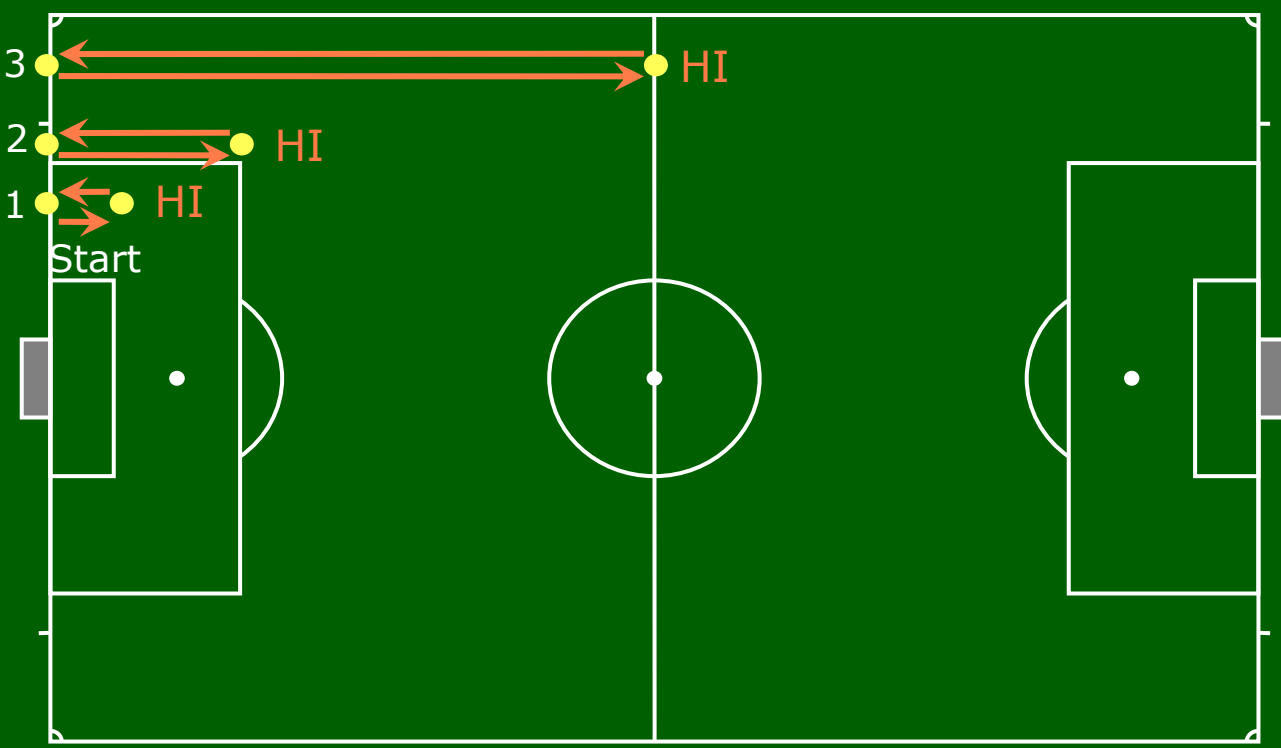
Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	800 m
Sprint	S	---
<b>Total distance</b>		<b>2300 m</b>

**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min.

**Set 2:** Run again 5 laps of the same exercise.

## Speed endurance exercise 13



**2 sets of 4 runs**

One lap	30"
Set 1 (5 laps)	6 min
Recovery	4 min
Set 2 (5 laps)	6 min
<b>Total duration</b>	<b>16 min</b>

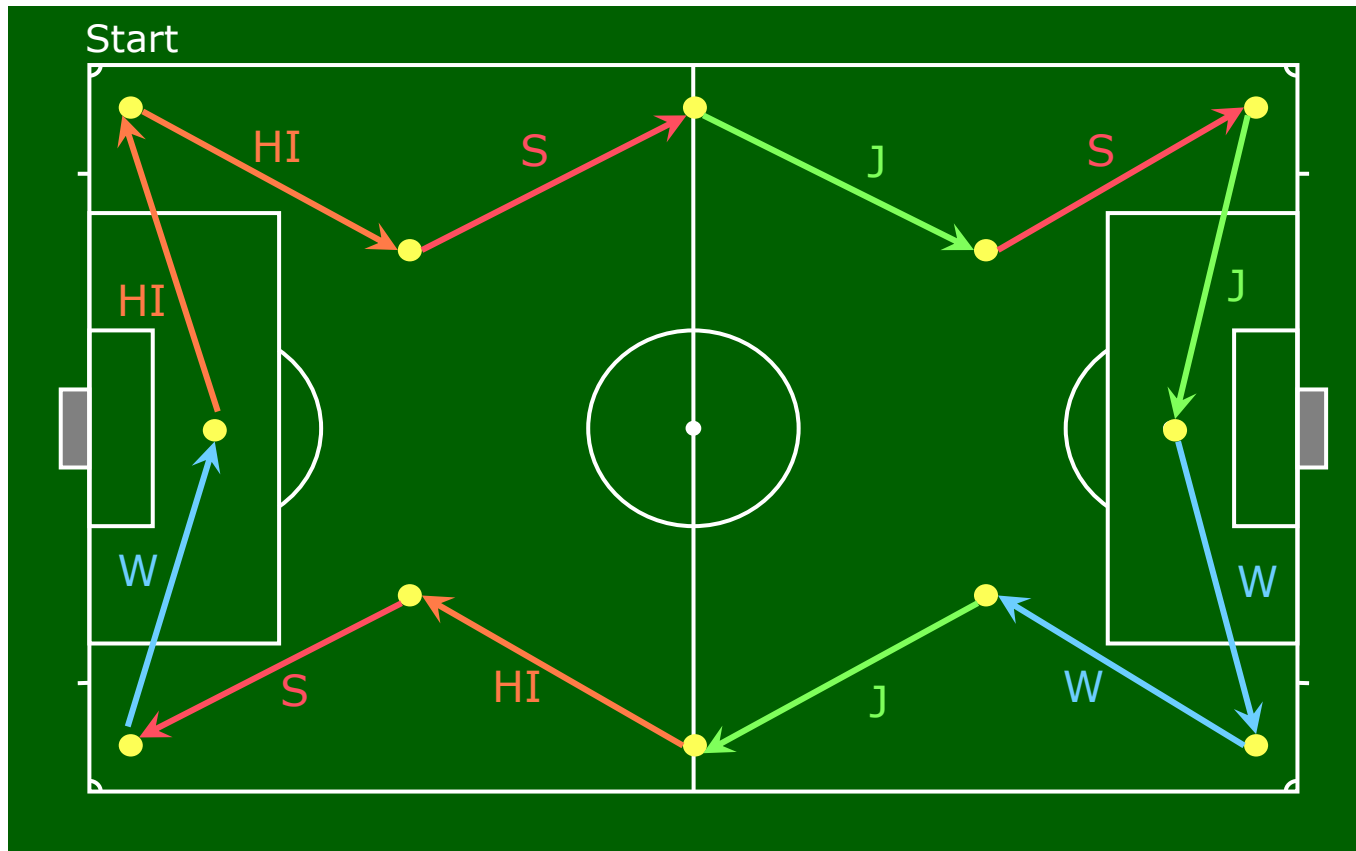
Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1152 m
Sprint	S	---
<b>Total distance</b>		<b>1152 m</b>

**Set 1:** Suicide run: sprint from the goal line to the goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back. Finally, sprint to the halfway line and back. One minute rest and then repeat 4 times the exercise.

**Recovery:** 3 min

**Set 2:** Repeat the same exercise, again for 4 laps.

## Speed endurance exercise 14



### 2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	900 m
Jogging	J	900 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	900 m
Sprint	S	900 m
<b>Total distance</b>		<b>3600 m</b>

**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 5 laps of the same exercise.

## Speed endurance exercise 15

**2 sets of 6 laps**

One lap		1'20"
Set 1 (6 laps)		8 min
Recovery		4 min
Set 2 (6 laps)		8 min
<b>Total duration</b>		<b>20 min</b>

Walking	W	480 m
Jogging	J	480 m
Backwards	BW	480 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	720 m
<b>Total distance</b>		<b>2160 m</b>

**Set 1:** Run 6 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min.

**Set 2:** Again 6 laps of the same exercise.



## Speed endurance exercise 16

One lap	2'30"
Set 1 (5 laps)	12'30"
Recovery	4 min
Set 2 (5 laps)	12'30"
<b>Total duration</b>	<b>29 min</b>

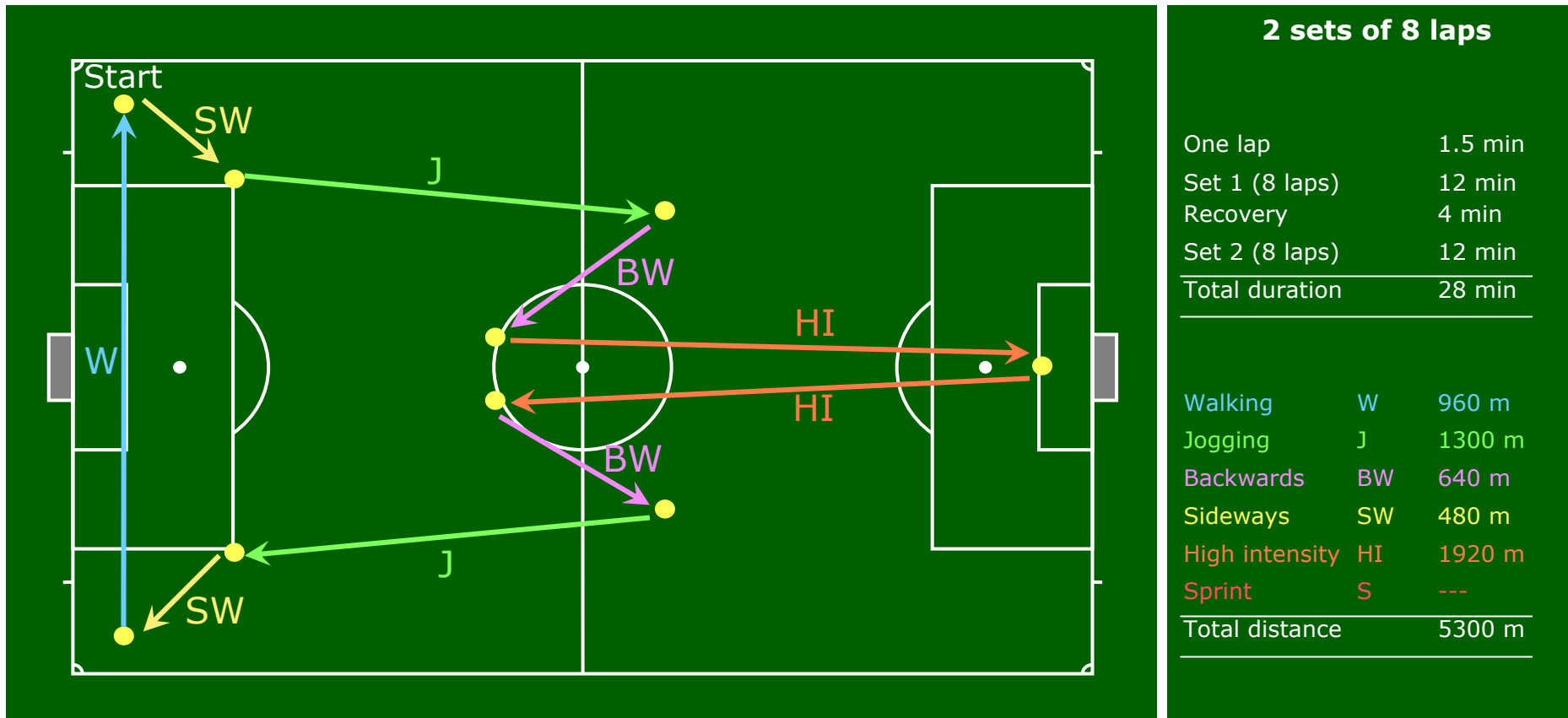
Walking	W	600 m
Jogging	J	800 m
Backwards	BW	300 m
Sideways	SW	---
High intensity	HI	1950 m
Sprint	S	600 m
<b>Total distance</b>		<b>4250 m</b>

**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Again 5 laps of the same exercise.

## Speed endurance exercise 17



**Set 1:** Run 8 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 8 laps of the same exercise.

## Speed endurance exercise 18

**2 sets of 6 laps**

One lap	1'15"
Set 1 (6 laps)	7.5 min
Recovery	4 min
Set 2 (6 laps)	7.5 min
<b>Total duration</b>	<b>19 min</b>

Walking	W	---
Jogging	J	960 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2040 m
Sprint	S	---
<b>Total distance</b>		<b>3000 m</b>

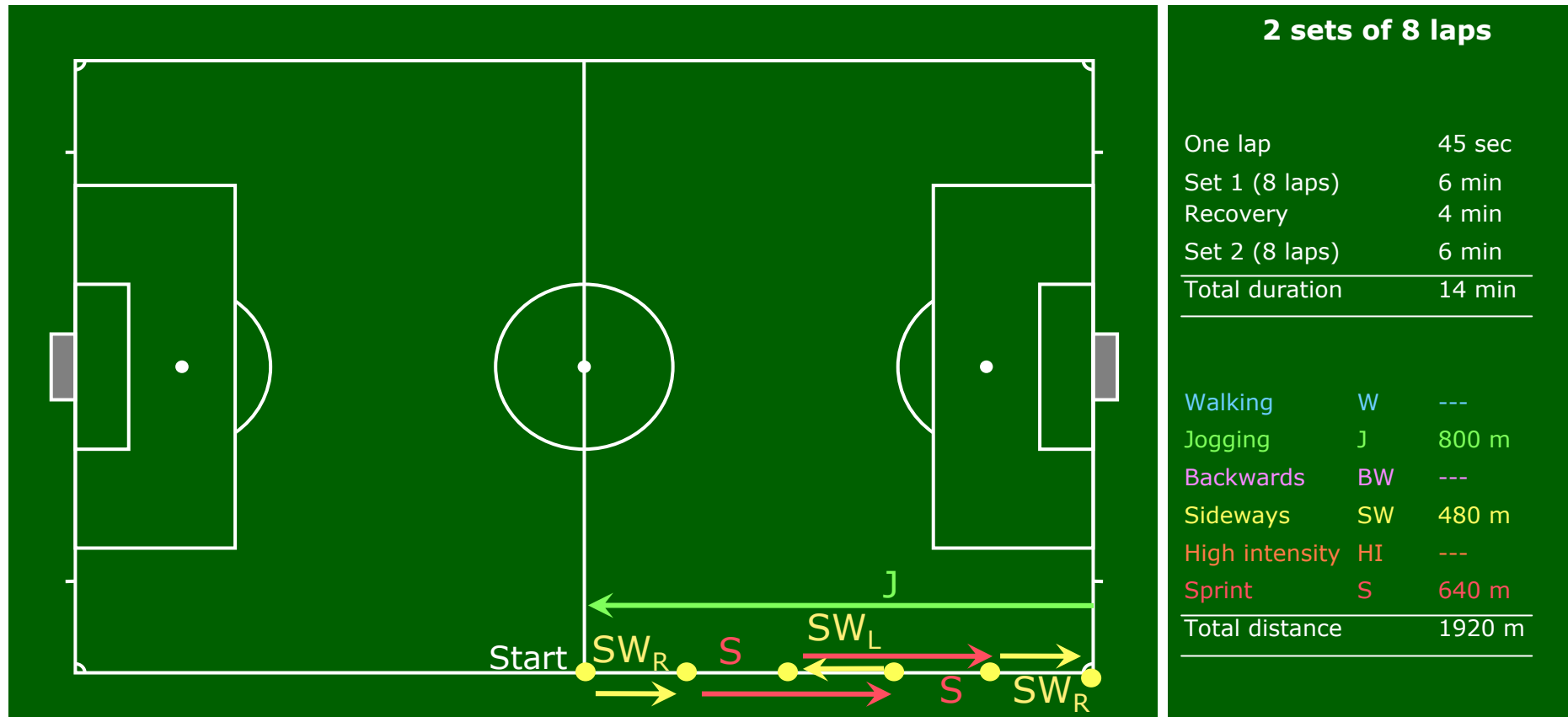
**Set 1:** Run 6 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 6 laps of the same exercise.

# **Speed endurance exercises for assistant referees**

# Speed endurance exercise for assistant referees 1

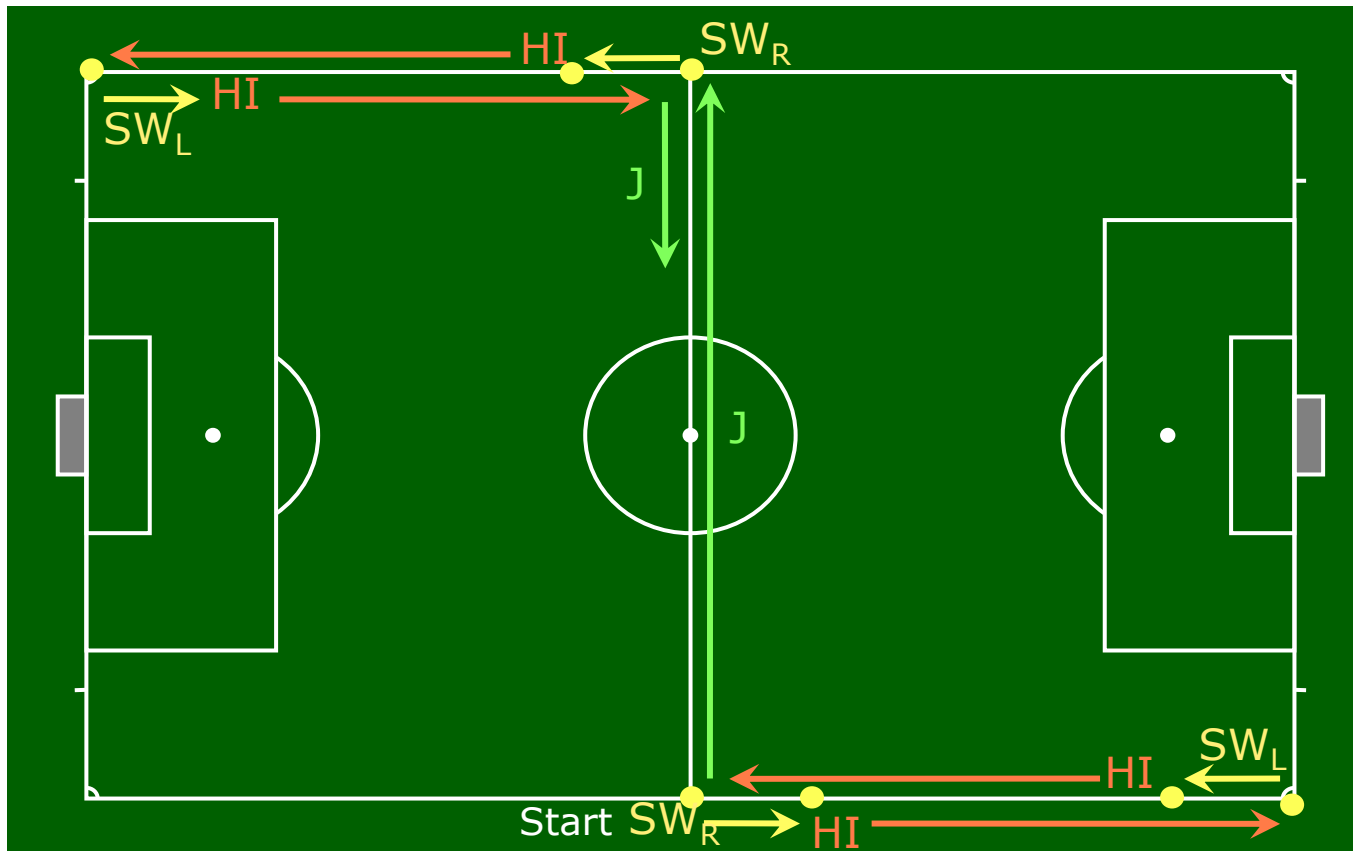


**Set 1:** Run 8 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 8 laps of the same exercise.

## Speed endurance exercise for assistant referees 2



### 2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

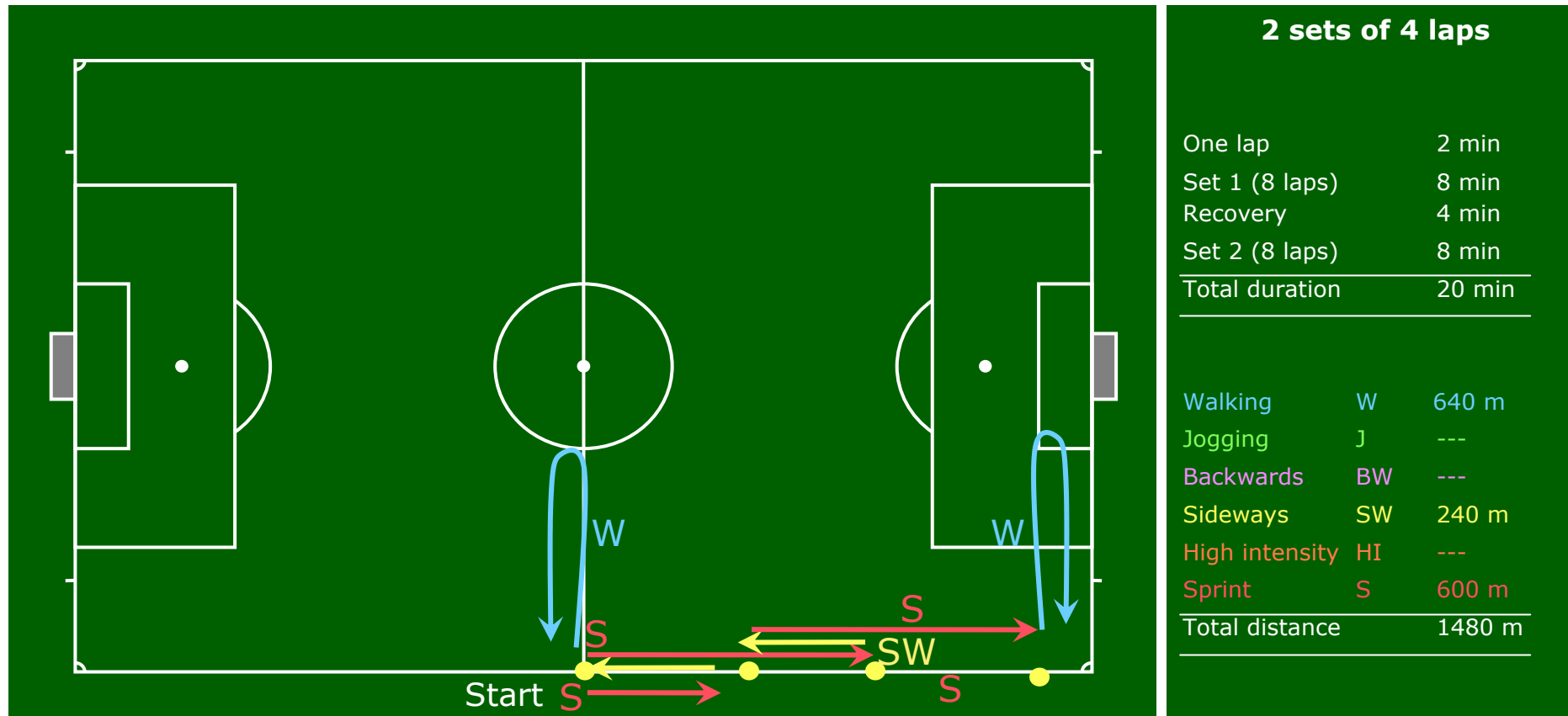
Walking	W	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
High intensity	HI	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3200 m</b>

**Set 1:** Run 5 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 5 laps of the same exercise.

## Speed endurance exercise for assistant referees 3



**Set 1:** Run 4 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2:** Run again 4 laps of the same exercise.