

High intensity exercises

High intensity exercise 1

2 sets of 18 HI runs

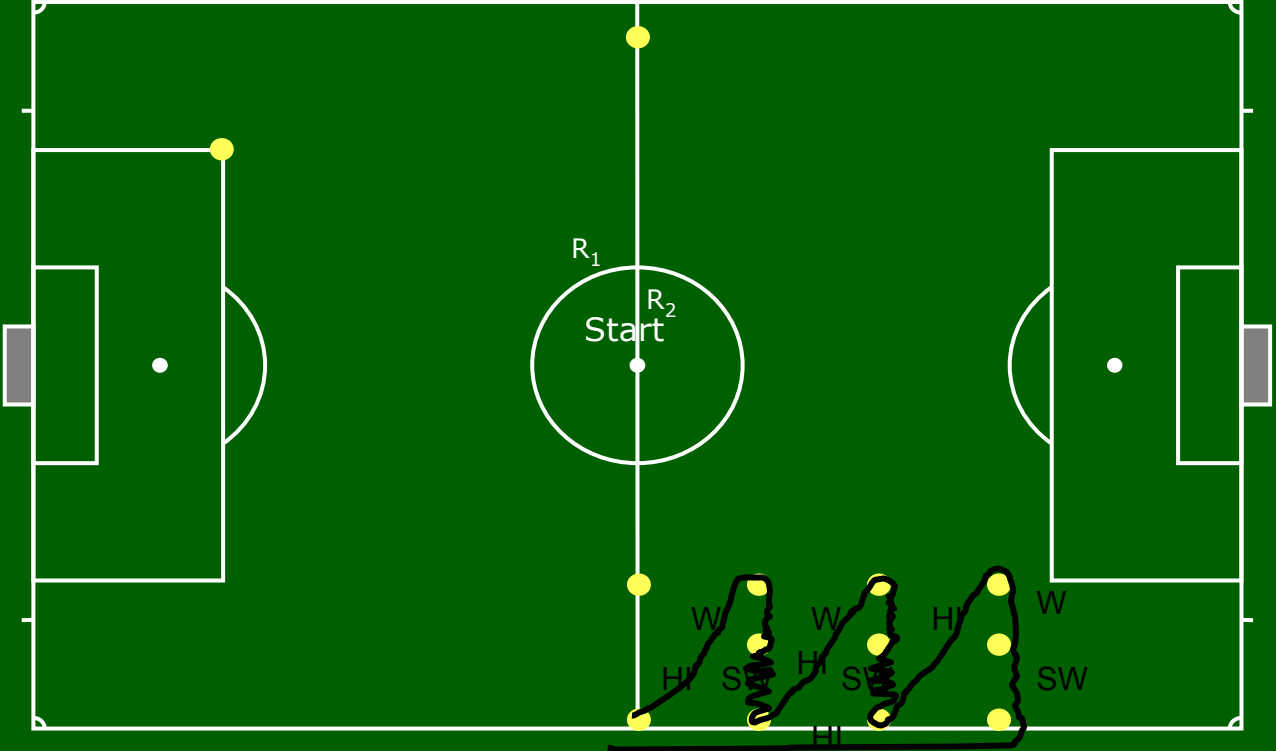
Set 1 (18 HI runs)	7 min	
Recovery	4 min	
Set 2 (18 HI runs)	7 min	
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Total duration	18 min	
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Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1680 m
Sprint	S	---
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Total distance		1680 m
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Set 1: The referees work in pairs. The start of the exercise is always in the center circle. R_1 carries a bib and runs in high speed outwards, turns around the cone and give the bib to R_2 who does the same run. Then, R_1 runs around the next cone in a clockwise order and they go on until both referees have completed 3 full laps (18 high intensity runs).

Recovery: 4 min

Set 2: Again 3 full laps, both now counterclockwise

High intensity exercise for assistant referees



2 sets of 18 HI runs

Set 1 (18 HI runs)	7 min
Recovery	4 min
Set 2 (18 HI runs)	7 min
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Total duration	18 min
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Walking	W ---
Jogging	J ---
Backwards	BW ---
Sideways	SW ---
High intensity	HI 1680 m
Sprint	S ---
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Total distance	1680 m
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Set 1: The assistant referees work in pairs. The start of the exercise is always in the center circle. R_1 carries a bib and runs in high speed outwards, turns around the cone and give the bib to R_2 who does the same run. Then, R_1 runs around the next cone in a clockwise order and they go on until both referees have completed 3 full laps (18 high intensity runs).

Recovery: 4 min

Set 2: Again 3 full laps, both now counterclockwise

High intensity exercise 2

2 sets of 9 HI runs

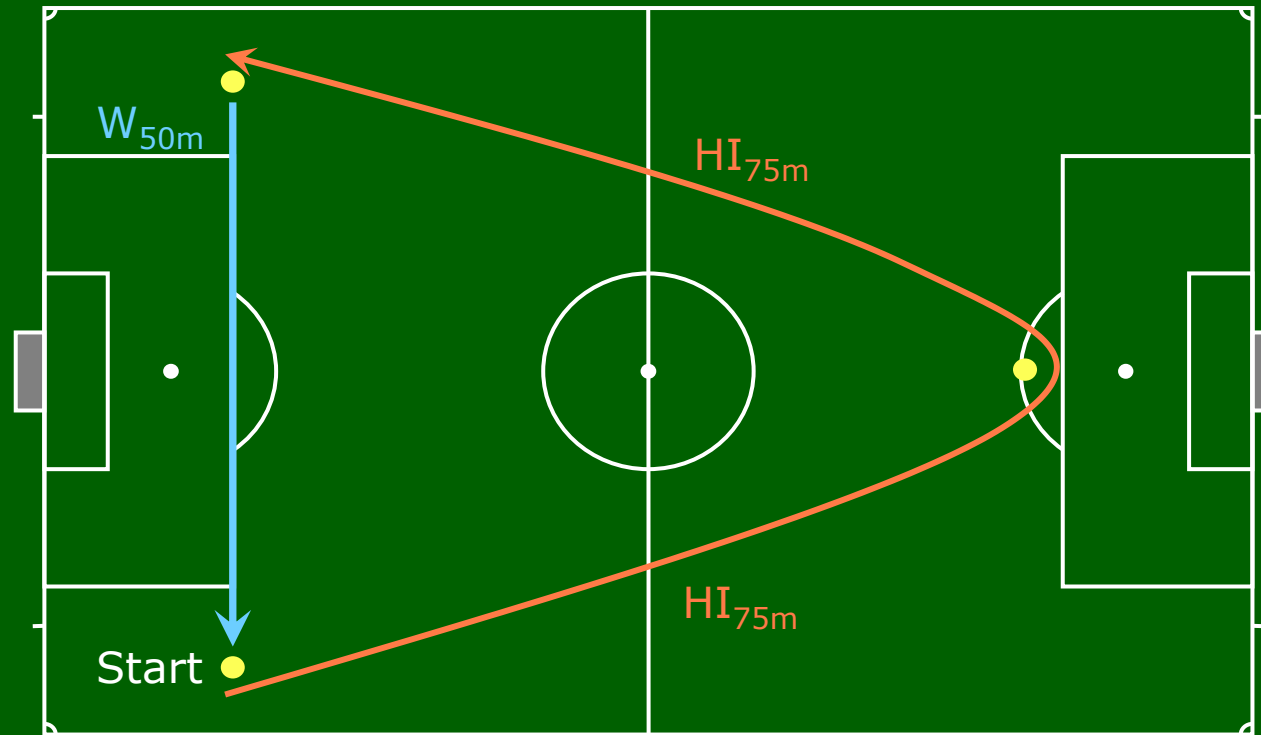
Set 1 (9 HI runs)	7 min
Recovery	4 min
Set 2 (9 HI runs)	7 min
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Total duration	18 min
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Walking	W ---
Jogging	J ---
Backwards	BW ---
Sideways	SW ---
High intensity	HI 1680 m
Sprint	S ---
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Total distance	1680 m

Set 1: The referees work in pairs. The start of the exercise is always in the center circle. R_1 carries a bib and runs in high speed outwards, turns around cone A and returns to the center circle and runs immediately around cone B. Then he gives the bib to R_2 who does the same run. Then, R_1 runs around the next cone in a clockwise order and they go on until both referees have completed 3 full laps (9 high intensity runs).

Recovery: 4 min

Set 2: Again 3 full laps, both now counterclockwise

High intensity exercise



2 sets of 10 HI runs

One lap	1'05"
Set 1 (10 HI runs)	10' 50"
Recovery	4 min
Set 2 (10 HI runs)	10'50"
Total duration	21'40"

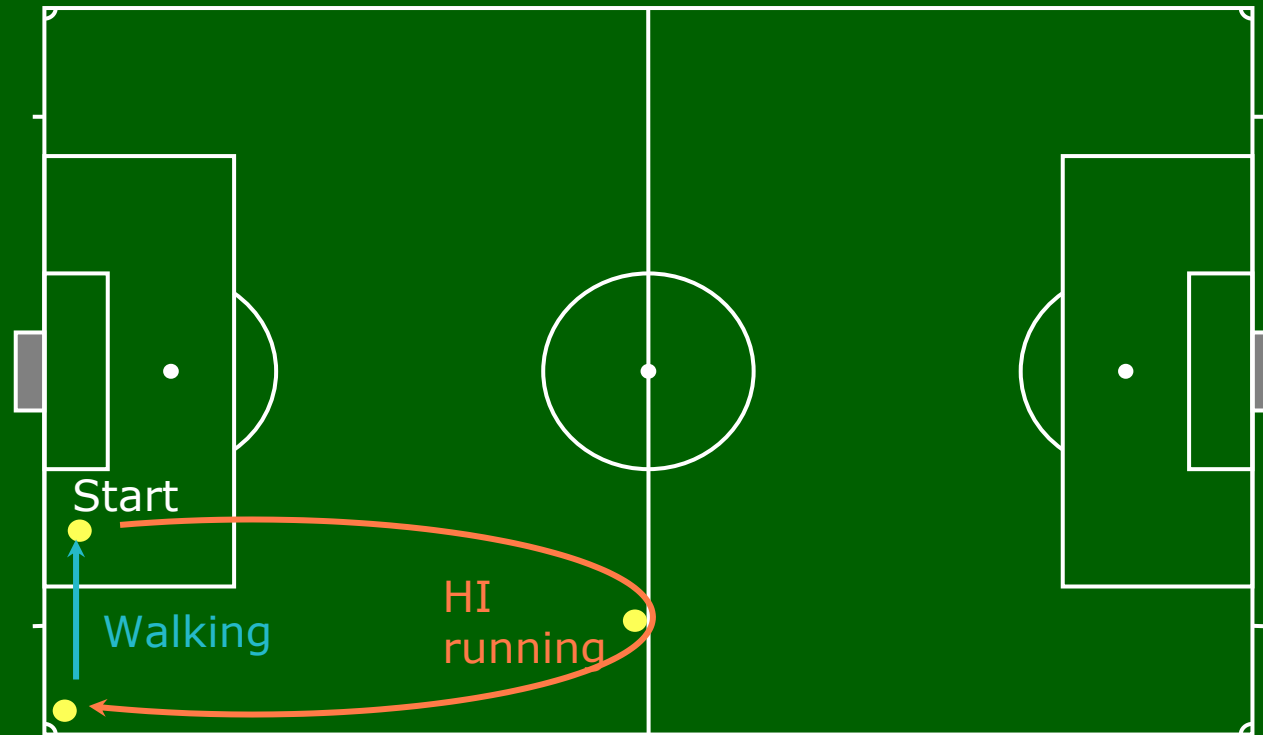
Walking	W	1000 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4000 m

Set 1: From the start, run at high intensity to the other side of the pitch, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture, afterwards walk back to the start (50 m in 35 sec) and repeat this 20 to 24 times.

Recovery: 4 min

Set 2: Same as set 1, however, run in the other direction.

High intensity exercise



2 sets of 10 HI runs

One lap	1'05"
Set 1 (10 HI runs)	10' 50"
Recovery	4 min
Set 2 (10 HI runs)	10'50"
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Total duration	21'40"

Walking	W	1000 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
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Total distance		4000 m

Set 1: j

High intensity exercise 4

2 sets of 5 laps

One lap	±2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	± 24 min

Walking	W	300 m
Jogging	J	1300 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1800 m
Sprint	S	---
Total distance		3400 m

Set 1: From the start, run at the indicated intensity. For the first lap 1, run around cone 1, for the second lap, run around cone 2 and so on up to cone 5 for lap 5, thus increasing the run distance at high intensity with each subsequent lap. The high intensity running should be at 80% of the maximal running speed.

Recovery: 4 min

Set 2: Now run around cone 5 on lap 1, and work down to cone 1 on lap 5, thus decreasing the run distance with each subsequent lap.

High intensity exercise 5

2 sets of 10 laps

One lap	±1 min
Set 1 (10 laps)	10 min
Recovery	4 min
Set 2 (10 laps)	10 min
Total duration	± 24 min

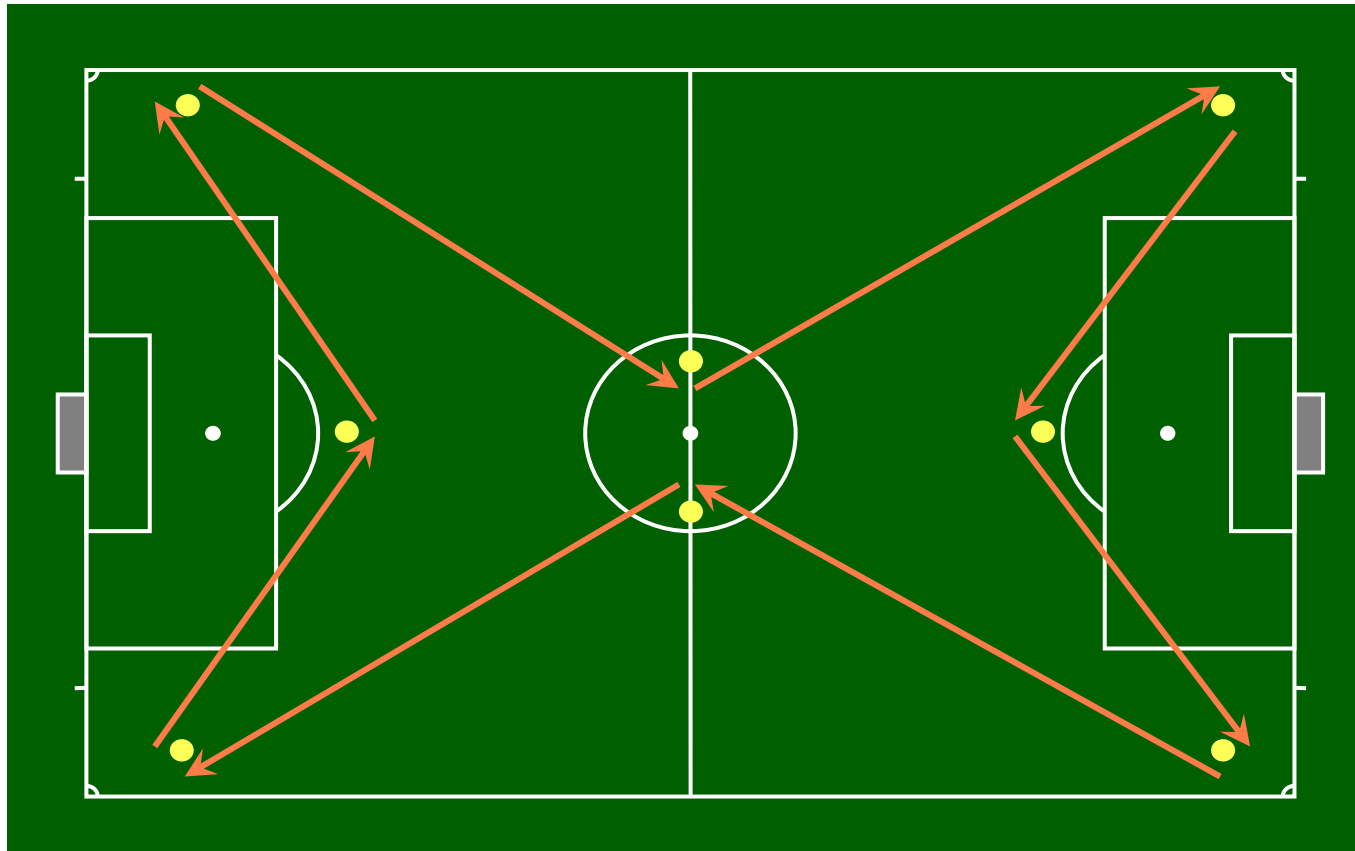
Walking	W	1200 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3200 m
Sprint	S	---
Total distance		4400 m

Set 1: The referees work in pairs. From the start, R_1 runs around half of the pitch in 30 to 35 sec. At the same time, R_2 walks along the midline. R_1 and R_2 need to arrive at the same time at the sideline and then R_2 runs around half of the pitch and R_1 walks back along the midline to the start. Repeat this 10 times.

Recovery: 4 min

Set 2: Same as set 1, however, run in the opposite direction.

High intensity exercise 6



2 sets of 12 min

Set 1	12 min
Recovery	4 min
Set 2	12 min
Total duration	28 min

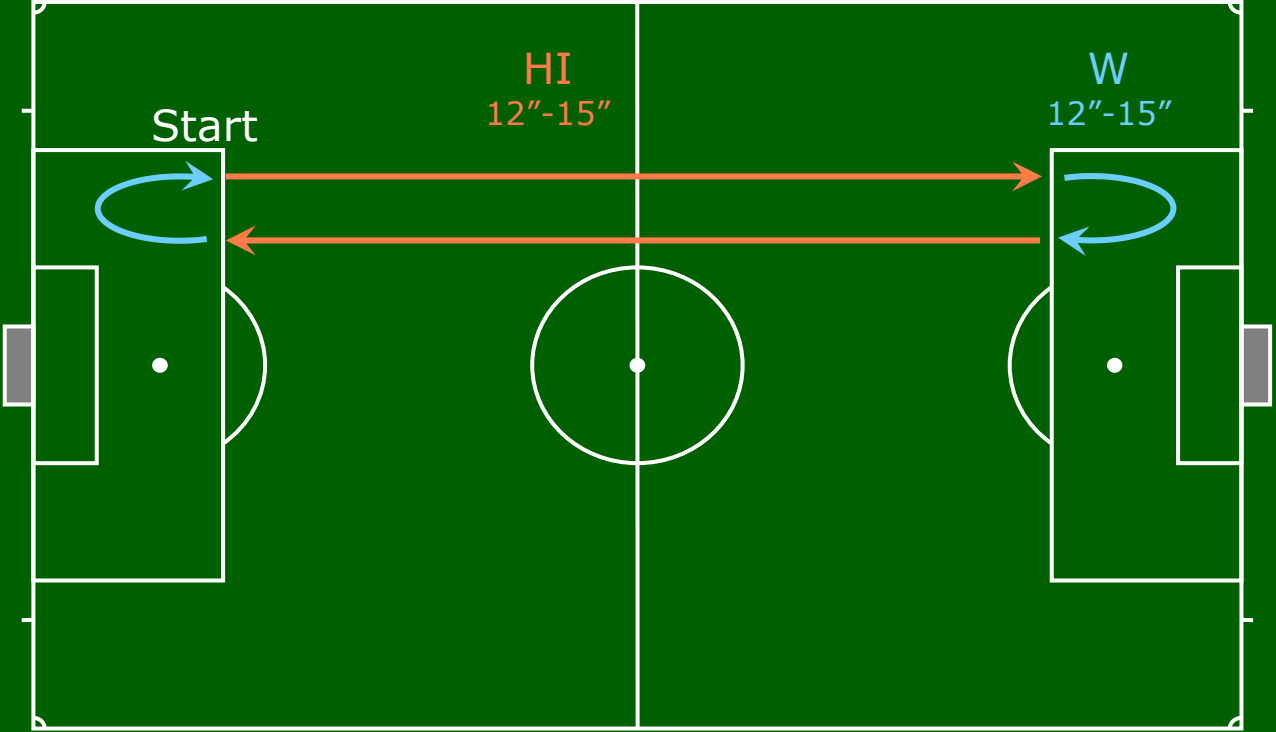
Walking	W	---
Jogging	J	1600 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	4800 m
Sprint	S	---
Total distance		6400 m

Set 1: Run around the pitch as indicated in the picture. Run for 20 sec at high intensity (HI), followed by 20 sec of jogging (J). Then, 40 sec HI and 20 sec J; 60 sec HI and 20 sec J; 2 min HI and 1 min J; 2 min HI and 1 min J; 60 sec HI and 20 sec J; 40 sec HI and 20 sec J; 20 sec HI and 20 sec J.

Recovery: 4 min

Set 2: Same exercise as set 1 but now in the other direction.

High intensity exercise 7



2 sets of 10 HI runs

Set 1 (10 HI runs)	5 min
Recovery	2 min
Set 2 (10 HI runs)	5 min
Total duration	± 12 min

Walking	W	220 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1500 m
Sprint	S	---
Total distance		1720 m

Set 1: Run from one penalty box to the other at high intensity in 12 to 15 sec (between 18 and 20 km/h). Then, walk to the goal area line and back in 12 to 15 sec and run again to the other penalty box. Run 10 times from penalty box to penalty box.

Recovery: 4 min

Set 2: Repeat the same exercise.

High intensity exercise 8

One lap	2 min
Set 1 (7 laps)	14 min
Recovery	5 min
Set 2 (7 laps)	14 min
Total duration	33 min

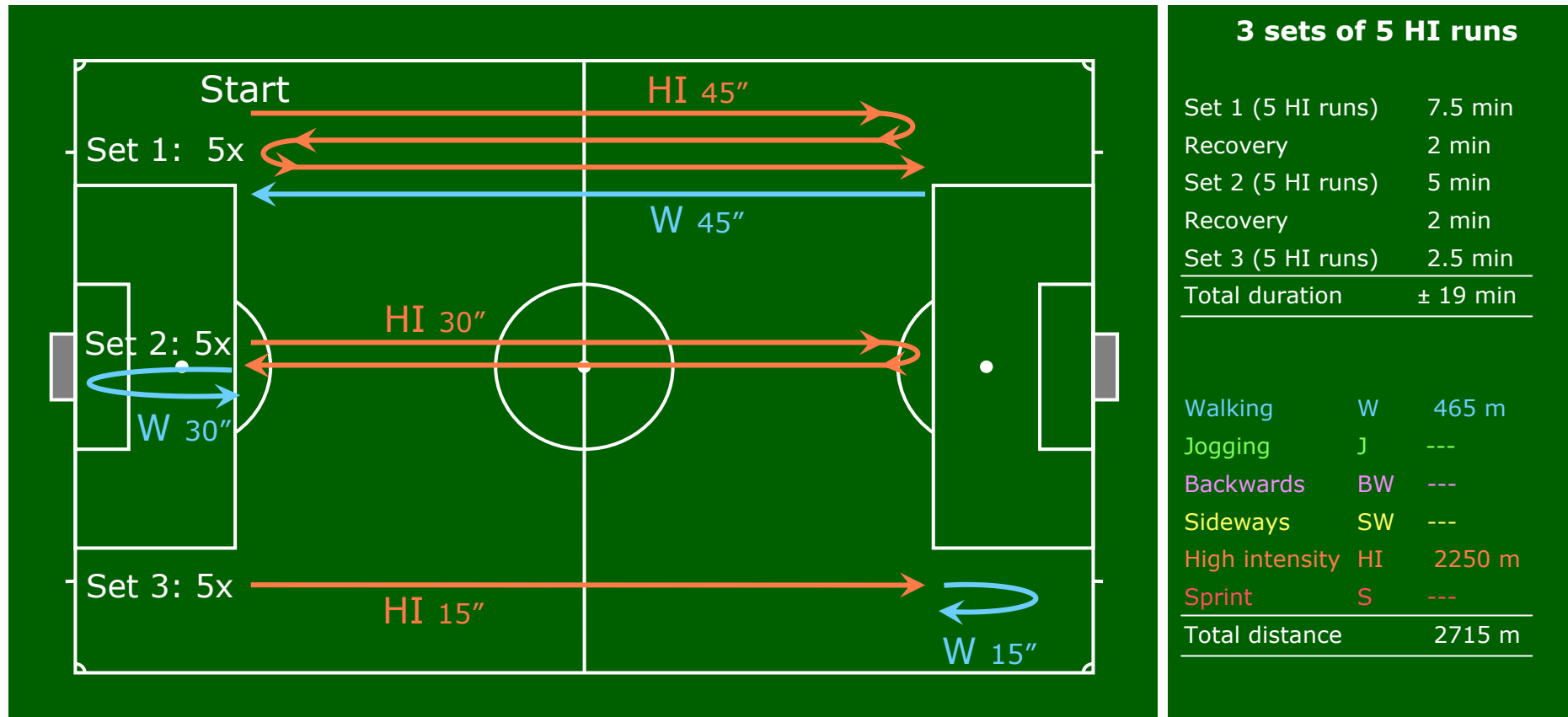
Walking	W	840 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3640 m
Sprint	S	---
Total distance		4480 m

Set 1: Run around the pitch at high intensity on the field of play (or 300 m on an athletic track) in 50 to 60 sec. Then, walk the remaining distance to the start in 50 to 60 sec. If it is not possible to perform this exercise on a field of play or a track then the run can easily be performed in the forest or on a treadmill.

Recovery: 5 min

Set 2: The start of set 2 is on the opposite side so that referees turn on the other shoulder.

High intensity exercise



Set 1: Run three times from penalty box to penalty box in 45 sec (at a speed of 18 km/h). Then, walk from one penalty box to the other in 45 sec. Repeat this 5 times.

Recovery: 2 min

Set 2: Run twice from penalty box to penalty box in 30 sec (at a speed of 18 km/h). Then, walk from the penalty box to the goal line and back in 30 sec. Repeat this 5 times.

Recovery: 2 min

Set 3: Run from one penalty box to the other penalty box in 12 to 15 sec (at a speed of 18 km/h). Then, walk to the goal area line and back in 12 to 15 sec. Repeat this 5 times.

High intensity exercise 11

Start

Lap 1
Lap 2
Lap 3
Lap 4

3 sets of 4 laps		
Set 1 (4 laps)		6 min
Recovery		3 min
Set 2 (4 laps)		6 min
Recovery		3 min
Set 3 (4 laps)		6 min
Total duration		± 24 min
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Walking	W	---
Jogging	J	1320 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2520 m
Sprint	S	---
Total distance		3840 m

Set 1: Run around the pitch as indicated in the picture. The distance of high intensity running increases every lap. In total, run 4 laps around the pitch.

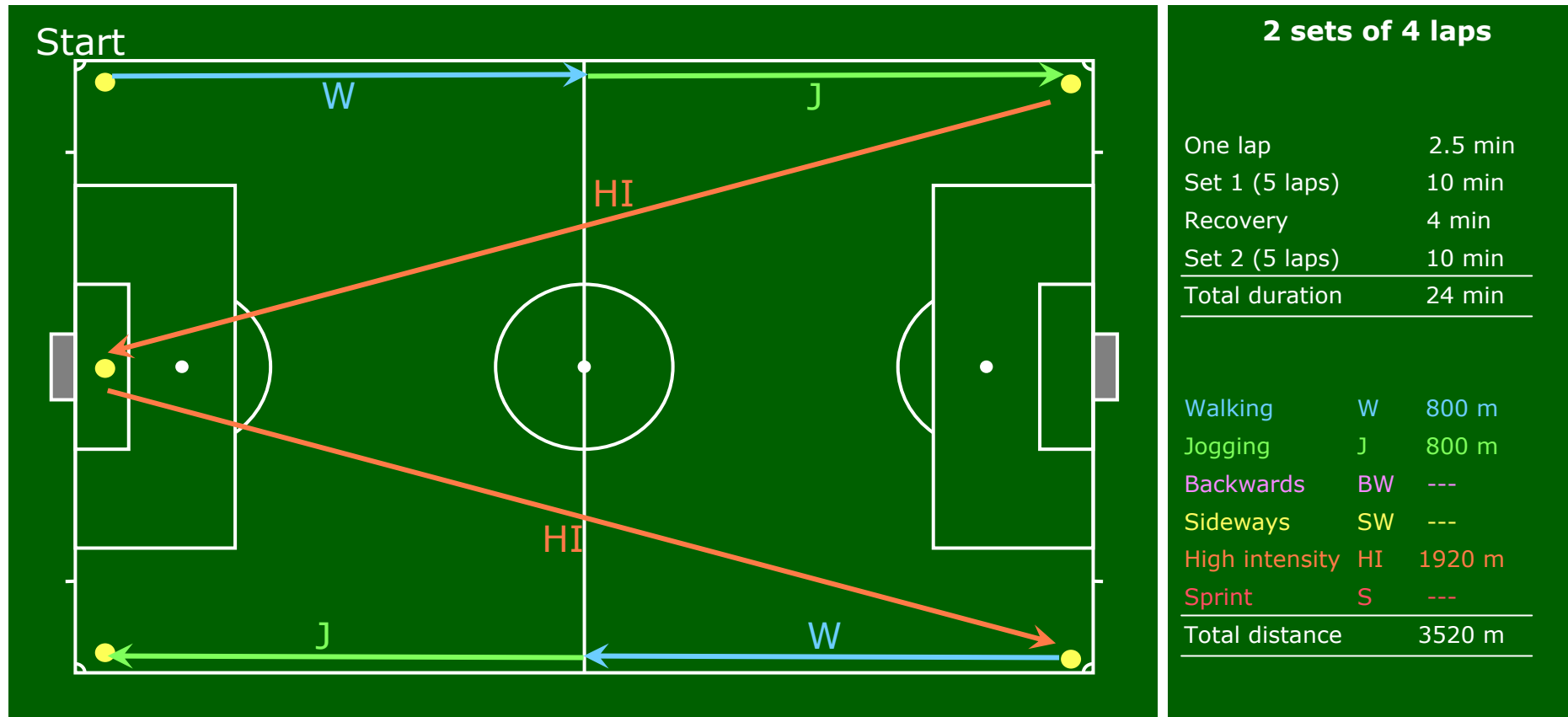
Recovery: 3 min.

Set 2: Now start with 1 full lap of high intensity running (lap 4) and then work down to run one length of high intensity (lap 1).

Recovery: 3 min.

Set 3: Same as set 1.

High intensity exercise 12



Set 1: Run 4 laps of the high intensity exercise as indicated in the picture.

Recovery: 4 min

Set 2: Repeat the same exercise.

High intensity exercise 13

2 sets of 8 HI runs

Set 1 (8 HI runs)	10 min
Recovery	4 min
Set 2 (8 HI runs)	10 min
Total duration	± 24 min

Walking	W	600 m
Jogging	J	600 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2400 m
Sprint	S	---
Total distance		3600 m

Set 1: Run from one penalty box to the other and back at high intensity in 30 sec. Then, walk to the midline and continue jogging to the penalty area (45 sec). Repeat 8 times.

Recovery: 4 min

Set 2: Repeat the same exercise.