

FITNESS TRAINING

30 Day Cycle



**ONTARIO
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Disclaimer

- Ontario Soccer strongly recommends that you consult with your physician before starting this or any other Fitness Program to determine if it is right for you.
- You should be in good physical condition and be able to participate in the exercises.
- You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Ontario Soccer from any and all claims or causes of action, known or unknown.

Objective & Introduction

Being fit is a requirement in the modern game. No longer are the days when the referee can officiate the game in and around the centre circle.

The objective of this training program is to offer Match Officials a structured approach to increase their muscular strength, muscular endurance, cardiorespiratory fitness, flexibility and explosive power. This will help with both the beep test and the FIFA Hi Intensity Test as well as match fitness for the upcoming season.

This Fitness Training program will help develop a base of cardiovascular endurance and muscular fitness. This program will not replace lack of training. Match Officials should train at least four days per week. This would include a warm-up, workout and a cool down component.

Workouts will include muscular strength, muscular endurance, cardiovascular endurance along with flexibility. Recovery/Rest days are just as important as Endurance, Hi Intensity and Strength days. Running workouts should be performed on a soccer field, (grass/turf) or on a track

The modern game requires us to be physically fit by having muscular strength, muscular endurance, cardiorespiratory fitness, flexibility and body composition. This includes the ability to work while having an elevated heart rate, the ability to sprint, jog and side step when needed and looking the part of a referee.

If you are just beginning you can adjust the activities to 10, 20 or 30% of required levels.

*Kuizan Weekes,
Fitness Instructor*

Days 1 to 3

Day 1 Hi Intensity

2 sets of 6 reps or laps

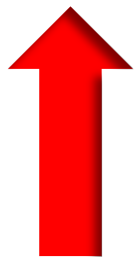
4 min recovery between sets

Green = 50% maximal run / 25sec

Yellow = 70% maximal run / 15sec

Red = 90% maximal run / 20sec

Blue = 60sec walk/jog recover



See Diagram on
next slide

Day 2 Active Recovery/Rest

Warm Up: 10 to 15 min low intensity
low impact movement

Cool Down: 5 to 10 min static
stretching, all major muscle groups

General Strength: 5 to 10 min core
strength / mobility exercises

Day 3 Speed Endurance

Warm Up: 5 minutes of jogging to 70% of
HRM*

Warm Up: 5 minutes of dynamic
stretching

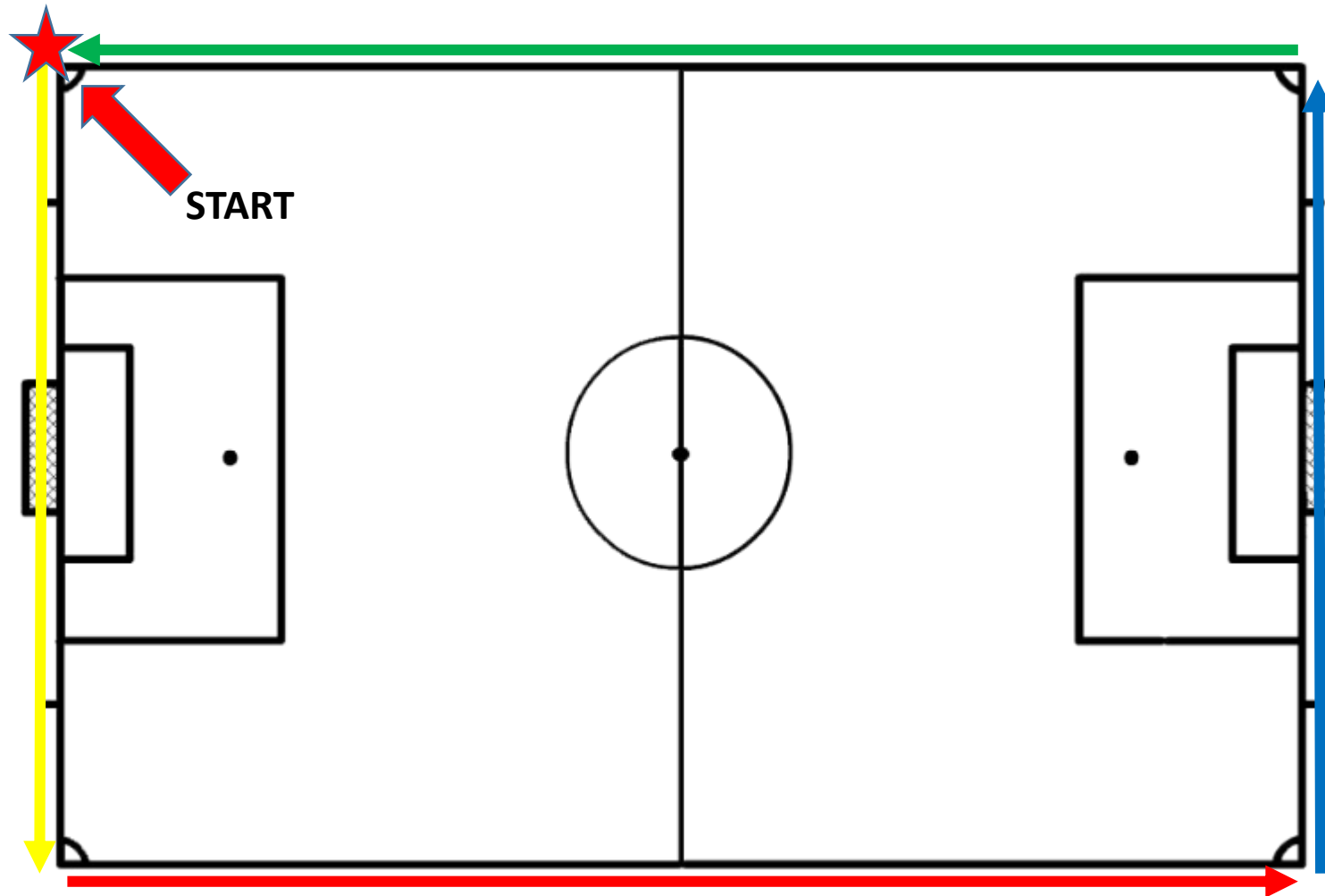
Workout: 20 -30 minutes of aerobic
endurance running 70 to 75% of HRM
(100m moderate stride out at the end of
every 5min period). Perform this training
session on a soft surface when possible.
Between 4 KM and 6KM of total distance
or 5 km/h pace.

Cool Down: 5 minutes of jogging and
walking, return to Resting Heart Rate

Cool Down: 5 to 10 minutes of static
stretching

*HRM is Heart Rate Maximum

Day 1 - High Intensity Diagram



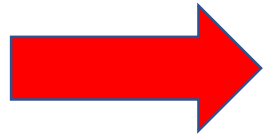
- Green** = 50% run / 25sec
- Yellow** = 70% run / 15sec
- Red** = 90% run / 20sec
- Blue** = 60sec walk jog rec

Days 4 and 5

Day 4 Strength

60 jumping jacks
50 calf raises (25 each leg)
45 second wall-sit
40 second leg glute raises (20 each leg)
30 lunges (15 lunges each leg)
20 squats
15 single leg jump rope (15 each leg)
1 minute plank
15 single leg jump rope (15 each leg)
20 squats
30 lunges (15 lunges each leg)
40 second leg glute raises (20 each leg)
45 second wall-sit
50 calf raises (25 each leg)
60 jumping jacks

Repeat 2-3 times



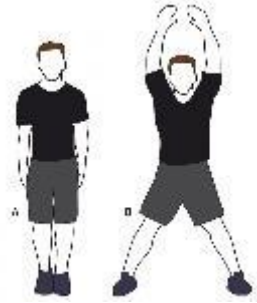
See Diagrams on
next slide

Day 5 Moderate Intensity

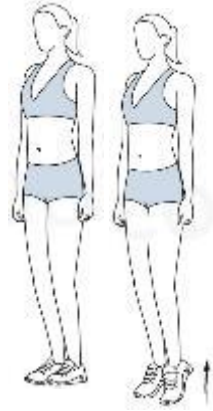
30 min moderate intensity running @
80% of max heart rate – approximately
7km.

Perform 1 minute of high intensity
running every fifth minute

Strength Exercise Diagrams



Jumping Jacks



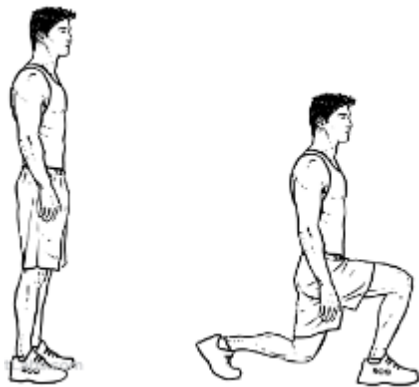
Calf Raises



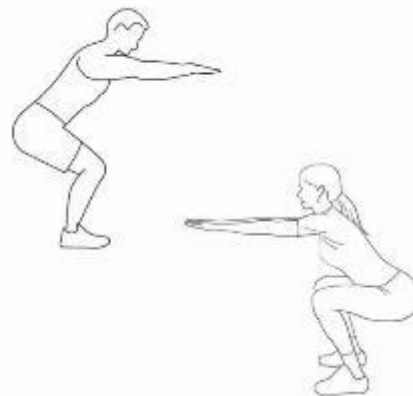
Wall Sit



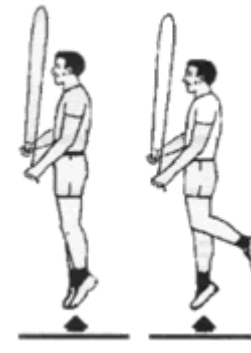
Leg Glute Raises



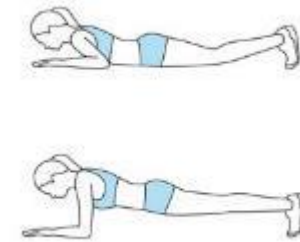
Lunges



Squats



1 & 2 leg skip



Plank

Days 6 to 8

Day 6

Active Recovery/Rest

Stationary Bike

55" at a moderate pace, 05" at an intense pace (0:55)

50" at a moderate pace, 10" at an intense pace (1:50)

45" at a moderate pace, 15" at an intense pace (2:45)

40" at a moderate pace, 20" at an intense pace (3:40)

35" at a moderate pace, 25" at an intense pace (4:35)

30" at a moderate pace, 30" at an intense pace (5:30)

35" at a moderate pace, 25" at an intense pace (6:35)

40" at a moderate pace, 20" at an intense pace (7:40)

45" at a moderate pace, 15" at an intense pace (8:45)

50" at a moderate pace, 10" at an intense pace (9:50)

55" at a moderate pace, 05" at an intense pace
(10:55)

1:00 at a slow pace to cool down (11:00)

Repeat 2-3 times

Day 7

Endurance

Workout: 20-25 minutes aerobic endurance running at 70 to 85% of HRM (4-5 KM)

Workout: 30 minutes aerobic endurance running at 70 to 85% of HRM
Workout: 5 X 50m easy stride outs, 60-70% of sprint speed (6 KM)

Workout: 30-40 minutes activity of your choice. Eg Biking, Swimming (5-6KM)

Workout: 25 min aerobic endurance running at 70 to 85% of HRM + at the end of every 5 min interval run 1min up tempo run at 85 to 90% HRM



The Match Official should choose one of these activities, not all of them

Day 8

Hi Intensity

All Runs @ 90% HRM Max

Up and Back = one rep

Set #1

6X 200m @ 40-45Sec, Rest 1mm

Set #2

6X 170m @ 35-40Sec. Rest 1mm

Set #3

6X 100m @ 20-25sec Rest 30 sec

Set #4

6X32m @ 6-8sec Rest 15 sec

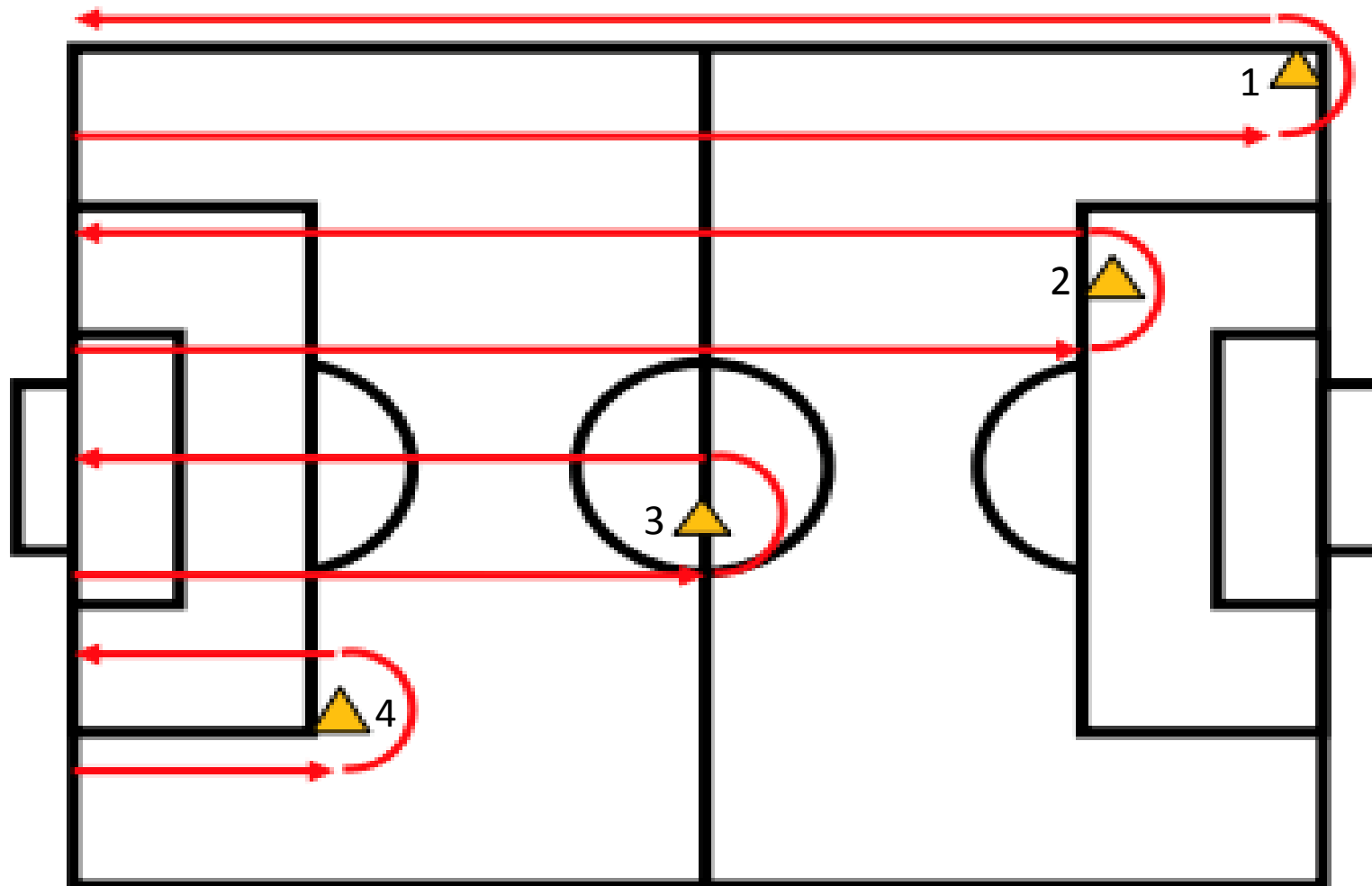
2min Active Recovery Between Sets



See Diagram on next slide



Day 8 High Intensity Diagram



Days 9 and 10

Day 9

Active Recovery/Rest

Warm Up: 10 to 15 min low intensity low impact movement

Cool Down: 5 to 10 min static stretching, all major muscle groups

General Strength: 5 to 10 min core strength / mobility exercises

Day 10

Speed Endurance

Sprint to the edge of the penalty area and back (32M) , rest for 30 seconds. Repeat 6 times.

5 minutes active recovery

Sprint to half-way line and back (100M), rest for 60 seconds. Repeat 4 times.

5 minutes active recovery.

Sprint to the opposite goal-line and back (200M), rest for 90 seconds. Repeat 2 times.

5 minutes recovery.

Days 11 to 13

Day 11 Strength

25 squat/push-ups
30 second left side plank
30 standing leg raises (15 each leg)
25 dips
30 seconds flutter kicks
30 lunges
15 diamond push-ups
20 hip-ups
1 minute wall sit
25 Dips - plank with shoulder touches
Repeat 2-3 times

See Diagram on
Slide 13

Day 12 Hi Intensity

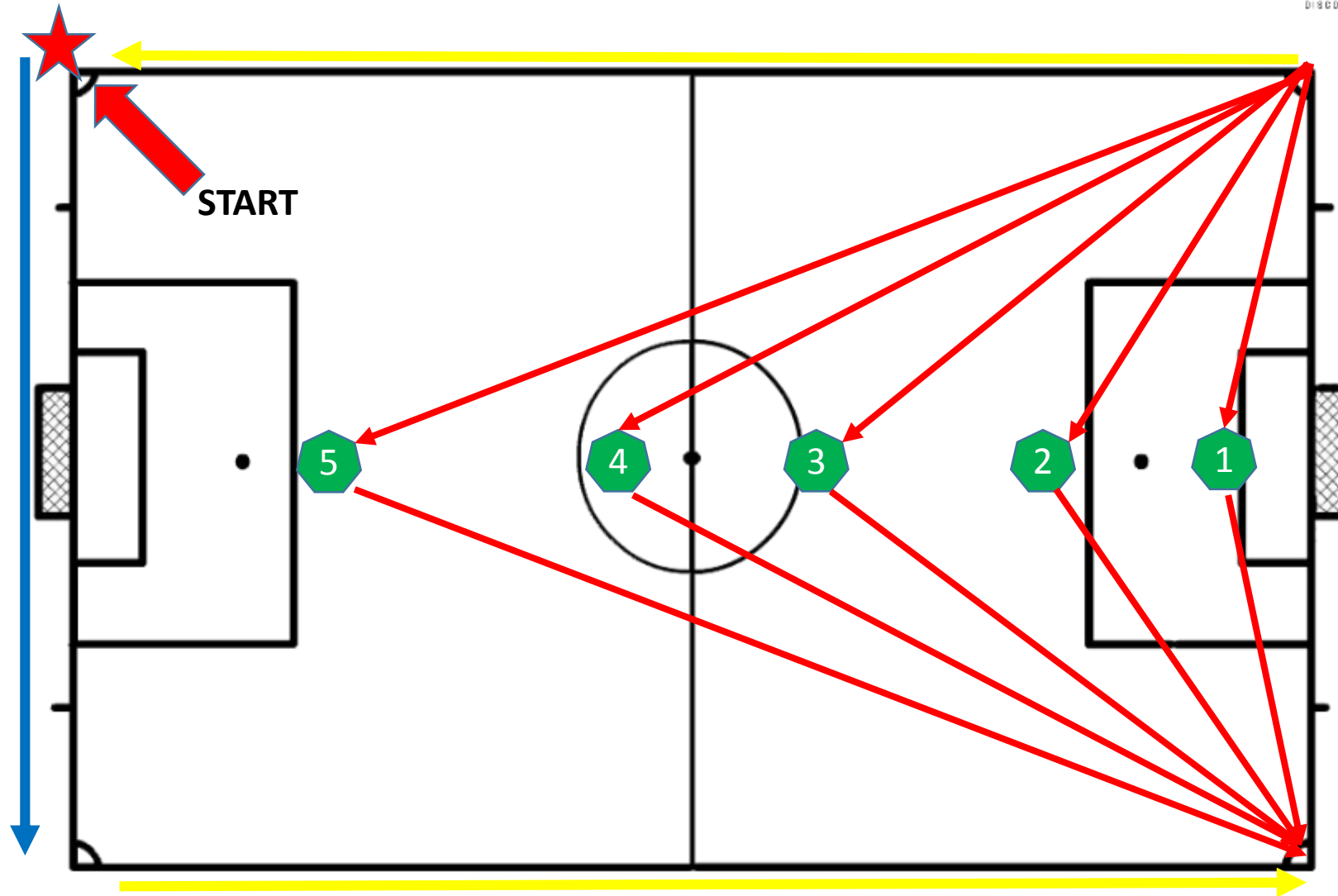
High Intensity Running
Red = High Intensity Run 85%HRM
Yellow = Jogging 50%HRM
Blue = walking 60sec
Start with angle run #1 and move Up
one every lap then come
Back down, doing #5 only once

See Diagram on
next slide

Day 13 Active Recovery/Rest

Warm Up: 5 jogging building up to 70%
of HRM
Warm Up: 5 easy dynamic stretching
and mobility
Workout: 30 min aerobic endurance
running at 70 % of HRM
Cool Down: 5 min jogging and walking
return to Resting Heart Rate
Cool Down: 5 to 10 min Static
stretching

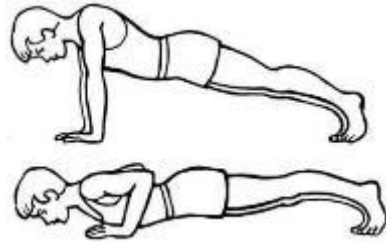
Days 12 High Intensity Diagram



Strength Exercise Diagrams



Bicycle Crunches



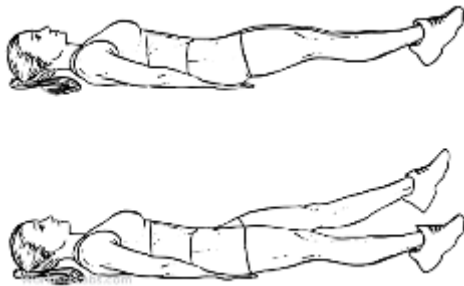
Push Ups



Standing Leg Raises



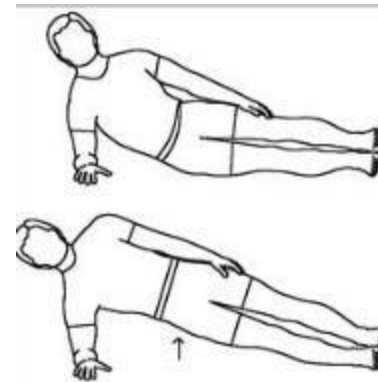
Dips



Flutter Kicks



Diamond Push Ups



Hip Ups



Plank with shoulder touch

Days 14 and 15

Day 14 Endurance

3min tempo running @80-85% (800M)
HRM + 1min easy recovery jogging

6min tempo running @80-85% (1.5KM)
HRM + 1min easy recovery jogging

9min tempo running @80-85% (2 KM)
HRM + 1min easy recovery jogging

3min tempo running @80-85% (800M)
HRM + 1min easy recovery jogging

6min tempo running @80-85% (1.5KM)
HRM + 1min easy recovery jogging

9min tempo running @80-85% (2KM)
HRM + 1min easy recovery jogging

Day 15 Hi Intensity

200m @35sec + 4:00min rest

200m @35sec + 3:45min rest

200m @35sec + 3:30min rest

200m @35sec + 3:15min rest

200m @35sec + 3:00min rest

200m @35sec + 2:45min rest

200m @35sec + 2:30min rest

200m @35sec + 2:15min rest

200m @35sec + 2:00min rest

200m @35sec + 1:45min rest

200m @35sec + 1:30min rest

200m @35sec + 1:15min rest

200m @35sec + 1:00min rest

200m @35sec + 45sec rest

200m @35sec + 30sec rest

200m @35sec + 15sec rest

200m @35sec + no rest

200m @35sec Done

DAY 15 EXPLANATION:

The official will run 200m in 35 seconds with a 4:00 minute rest.

The next interval will be 200m in 35 seconds with a 3:35 seconds rest (decrease of 15 seconds)

The official can also change the desired time from 35 seconds to 40 seconds depending on level

Days 16 to 18

Day 16

Active Recovery/Rest

Warm Up: 10 to 15 min low intensity low impact movement

Cool Down: 5 to 10 min static stretching, all major muscle groups

General Strength: 5 to 10 min core strength / mobility exercises

Day 17

Speed Endurance

Sprint to the edge of the penalty area and back (32M), rest for 30 seconds. Repeat 6 times.

5 minutes active recovery

Sprint to half-way line and back (100M), rest for 60 seconds. Repeat 4 times.

5 minutes active recovery.

Sprint to the opposite goal-line and back (200M), rest for 90 seconds. Repeat 2 times.

5 minutes recovery.

Day 18

Strength

25 squats

15 push-ups

1 minute plank

30 lunges

20 dips

20 bicycle crunches

100 jumping jacks

15 military push-ups

30 second right side plank

1 minute wall sit

1 minute plank

20 bicycle crunches

Repeat 2-3 times

See Diagram on
Slide 13

Days 19 and 20

Day 19 Speed and Agility

Red= Hard Sprint 90% S Max

Purple= Side Step/Slide facing field

Complete: 4 sets of 3 laps Rest: 2 min active recovery

(This workout should be supplemented with 20min run)

↑
See Diagram on next slide

Day 20 Active Recovery/Rest

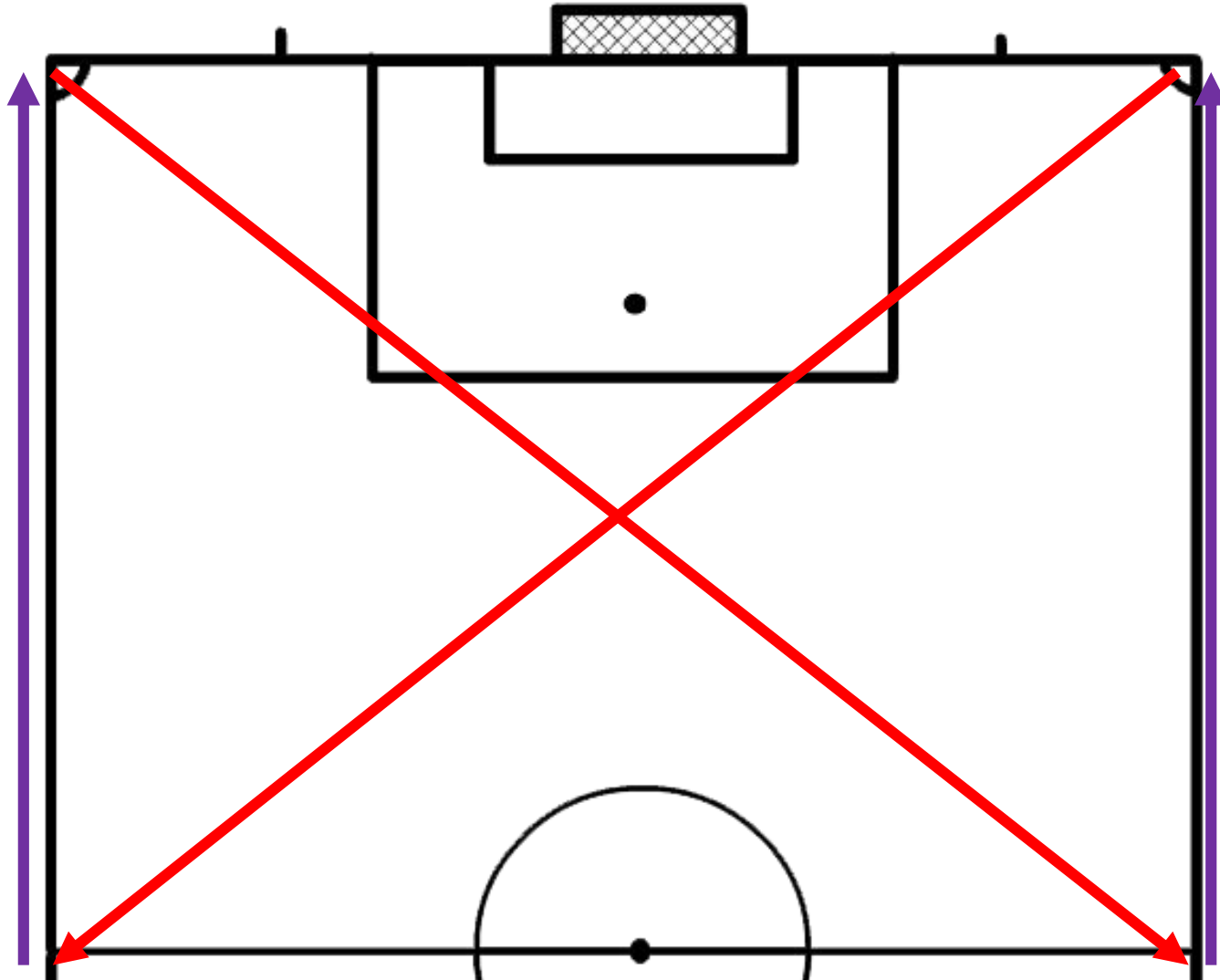
Warm Up: 10 to 15 min low intensity low impact movement

Cool Down: 5 to 10 min static stretching, all major muscle groups

General Strength: 5 to 10 min core strength / mobility exercises



Day 19 Speed & Agility Diagram



These distances are based on a regular soccer pitch going diagonally.

Diagonally (red) should be roughly 75m

Vertically (purple) should be roughly 60m

Days 21 to 23

Day 21 Endurance

2min tempo running @80-85% (400m)
HRM +30sec easy recovery jogging
4min tempo running @80-85% (800m)
HRM +30sec easy recovery jogging
5min tempo running @80-85% (1KM)
HRM +1min easy recovery jogging
6min tempo running @80-85% (1200m)
HRM +1min easy recovery jogging
5min tempo running @80-85% (1KM)
HRM +1min easy recovery jogging
4min tempo running @80-85%(800m)
HRM +30sec easy recovery jogging
2min tempo running @80-85% (400m)
HRM +30sec easy recovery jogging

Day 22 Hi Intensity

Red = 85-90% HRM (Hard Run)
Green = 50-60%HRM (Jog)
Blue = Walking
Purple = Side Step (Alternate)
3 to 4 sets of 5 laps per set or 15-20 total
Rest between sets 1min active



See Diagram on
next slide

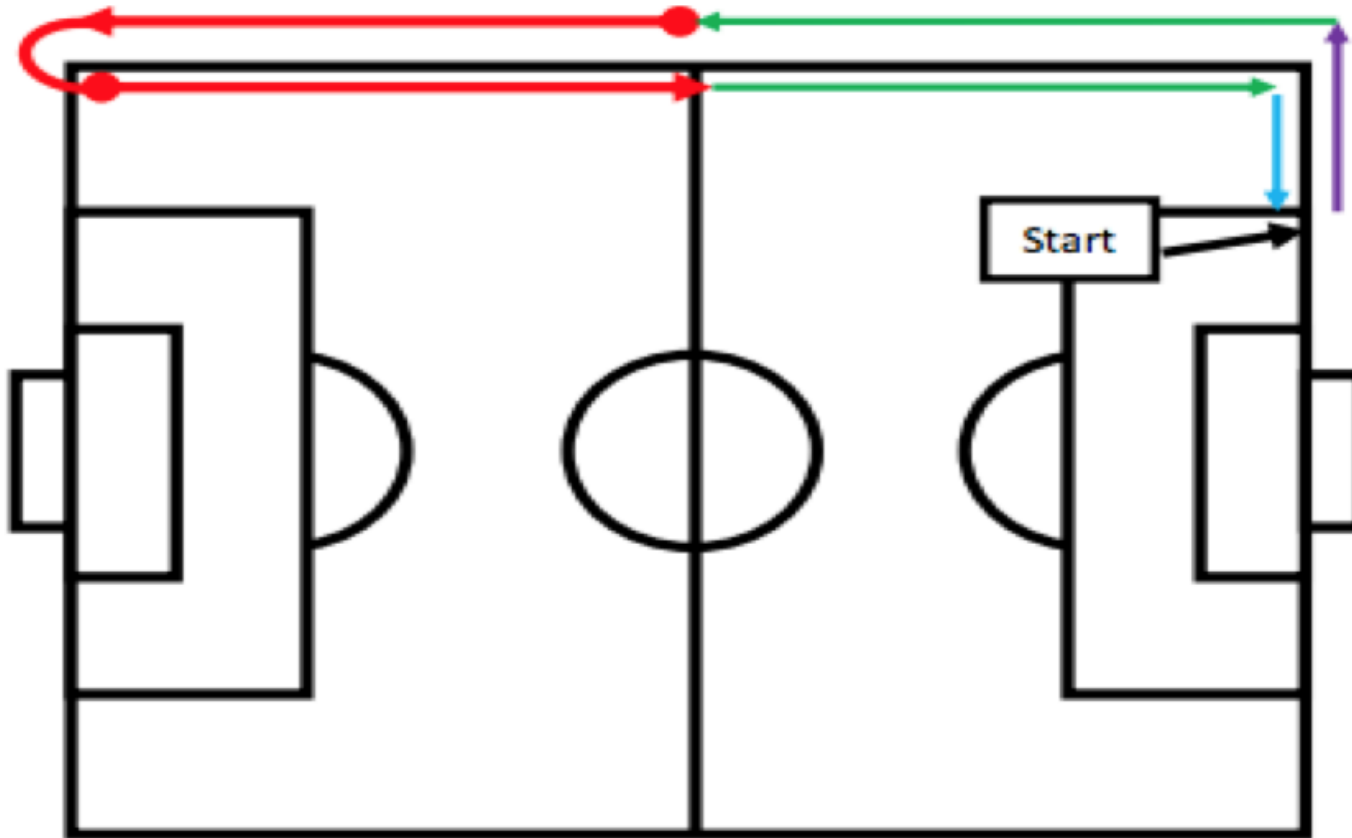
Day 23 Active Recovery/Rest

Stationary Bike – repeat x2 or x3

55" at a moderate pace, 05" at an intense pace (0:55)
50" at a moderate pace, 10" at an intense pace (1:50)
45" at a moderate pace, 15" at an intense pace (2:45)
40" at a moderate pace, 20" at an intense pace (3:40)
35" at a moderate pace, 25" at an intense pace (4:35)
30" at a moderate pace, 30" at an intense pace (5:30)
35" at a moderate pace, 25" at an intense pace (6:35)
40" at a moderate pace, 20" at an intense pace (7:40)
45" at a moderate pace, 15" at an intense pace (8:45)
50" at a moderate pace, 10" at an intense pace (9:50)
55" at a moderate pace, 05" at an intense pace (10:55)
1:00 at a slow pace to cool down (11:00)

Repeat 2-3 times

Day 22 High Intensity Diagram



- Side step 10m from edge of penalty area to touch line (**Purple**)
- Jog 50m from edge of goal line to halfway line (**Green**)
- Hard run - 50m from halfway line to goal line (**Red**)
- pivot around corner flag to 50m from goal line to halfway line (**Red**) still in a hard run
- Jog 50m from halfway line to goal line (**Green**)
- walk 8m along goal line (**Blue**)
- 3 to 4 sets of 5 laps per set or 15- 20 total
- Rest between sets 1min active

Days 24 and 25

Day 24 Speed Endurance

3min tempo running @80-85% (800m)
HRM + 1min easy recovery jogging
6min tempo running @80-85% (1.5km)
HRM + 1min easy recovery jogging
9min tempo running @80-85% (2km)
HRM + 1min easy recovery jogging
3min tempo running @80-85% (800m)
HRM + 1min easy recovery jogging
6min tempo running @80-85% (1.5km)
HRM + 1min easy recovery jogging
9min tempo running @80-85% (2km)
HRM + 1min easy recovery jogging

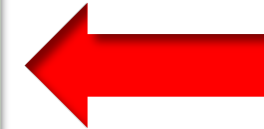
Day 25 Hi Intensity

2 sets of 6 reps

Run backwards to the center cone, side step to the right cone (or your left if you are performing the drill), side step back to the centre cone still facing the same way.

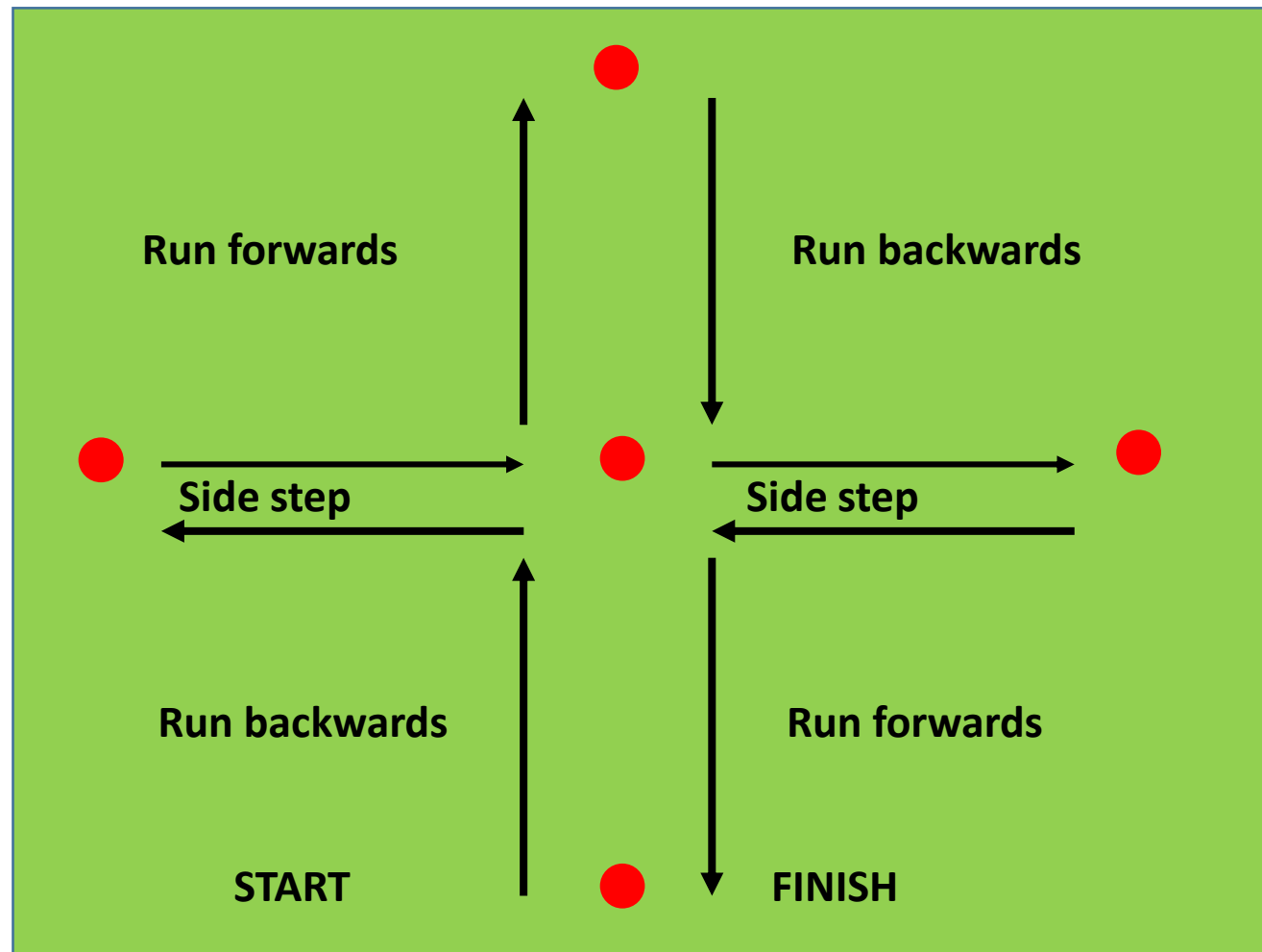
At the center cone turn and sprint forward to the end cone. Now run back to the center cone, side step to the left, side step back to the center, then turn and sprint back to the start.

This workout should be supplemented with a 20 min run(4km)



See Diagram on next slide

Day 25 High Intensity Diagram



Days 26 to 28

Day 26

Active Recovery/Rest

Warm Up: 10 to 15 min low intensity low impact movement

Cool Down: 5 to 10 min static stretching, all major muscle groups

General Strength: 5 to 10 min core strength / mobility exercises

Day 27 Strength

30 jumping jacks
45 second wall sit
10 push-ups
20 High knees
10 Burpees
10 squats
10 push-ups
15 Crunches
10 push-ups
10 Squats
30 Jumping jacks
1 minute wall sit
10 push-ups
30 high knees

Repeat 2-3 times

Day 28 Speed and Agility

Red = Hard Sprint 90% S Max

Green = Side Step Facing

Yellow = Side Step Facing In

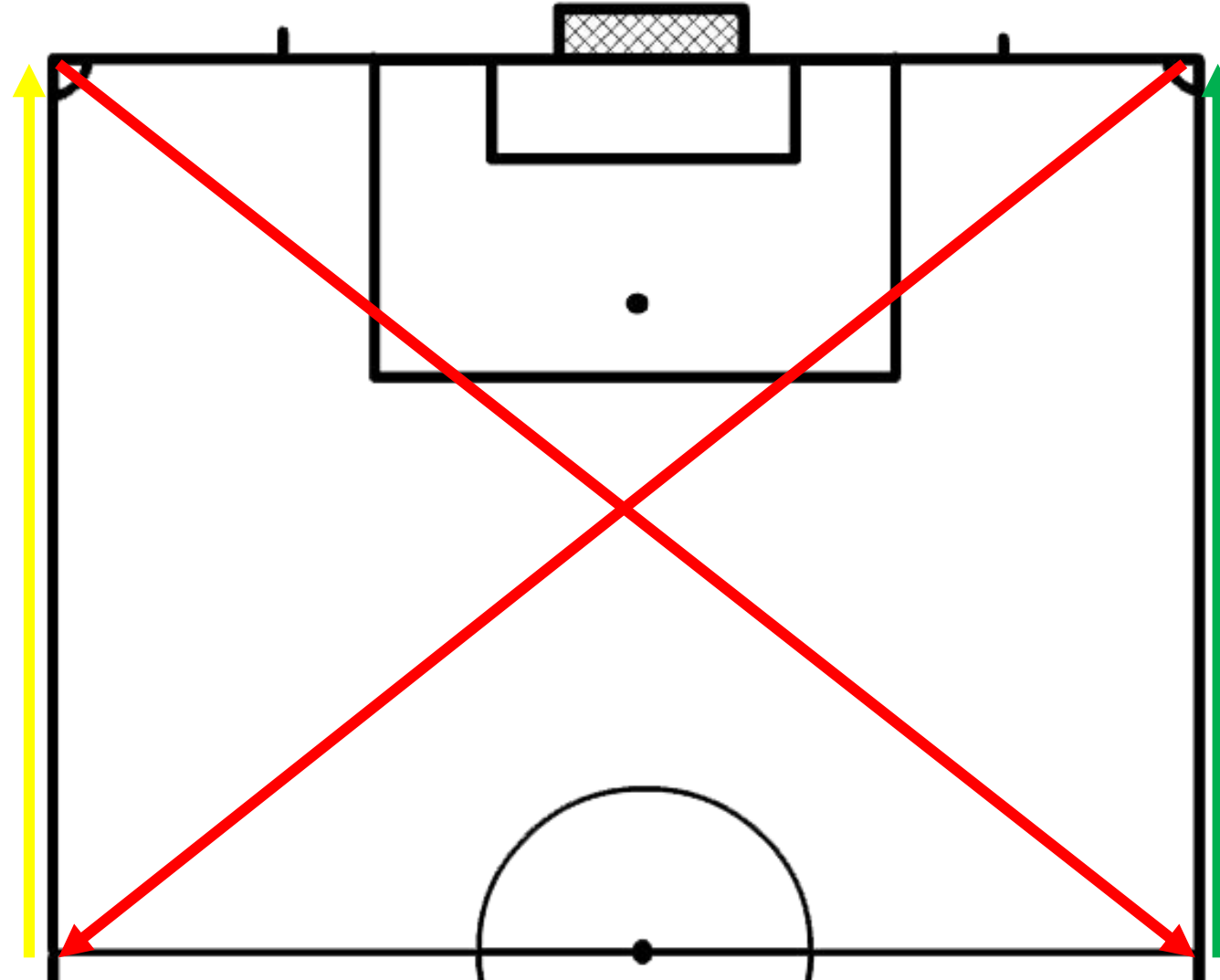
4 sets of 3 laps Rest: 2min active recovery

(This workout should be supplemented with 20min run)



See Diagram on next slide

Day 28 Speed & Agility Diagram



Days 29 and 30

Day 29

Active Recovery/Rest

Warm Up: 5 minutes of jogging to 70% of HRM

Warm Up: 5 minutes of easy dynamic stretching and flexibility

Workout: 30 minutes of aerobic endurance running at 70 % of HRM

Cool Down: 5 minutes of jogging and walking return to Resting Heart Rate

Cool Down: 5 to 10 minutes of static stretching

Day 30 Endurance

30 -40 min aerobic endurance running at 70 to 85% of HRM + (6 to 8 km)

At the end of every 5 min period of time perform a 1min up tempo run at 85 to 90% HRM

Active Recovery/Rest Alternates



- **Swimming**
- **Cycling**
- **Yoga**
- **Hiking**
- **Light Jog**



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