



HOME-BASED TRAINING PROGRAMME

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When football finally returns, it is important that you are adequately prepared to cope with the physical match demands.

This training programme has been designed to help you maintain your fitness during the break and to ramp your fitness up in preparation for the restart of the season. By following the programme you will also reduce your risk of injury on your return to refereeing.

We do not know exactly when the season will resume so it is difficult to get the training balance exactly right. The guidance below is based on a June restart. This may need to be revised depending on how things play out.

Follow the structure set out below by choosing your training sessions from the corresponding categories on the next page. Vary your sessions using the options available within each category.

NB: Listen to your body and adjust your training load as required.

Week 1 & 2:

3 x Recovery
4 x S&C
2 x Aerobic

Week 3 & 4:

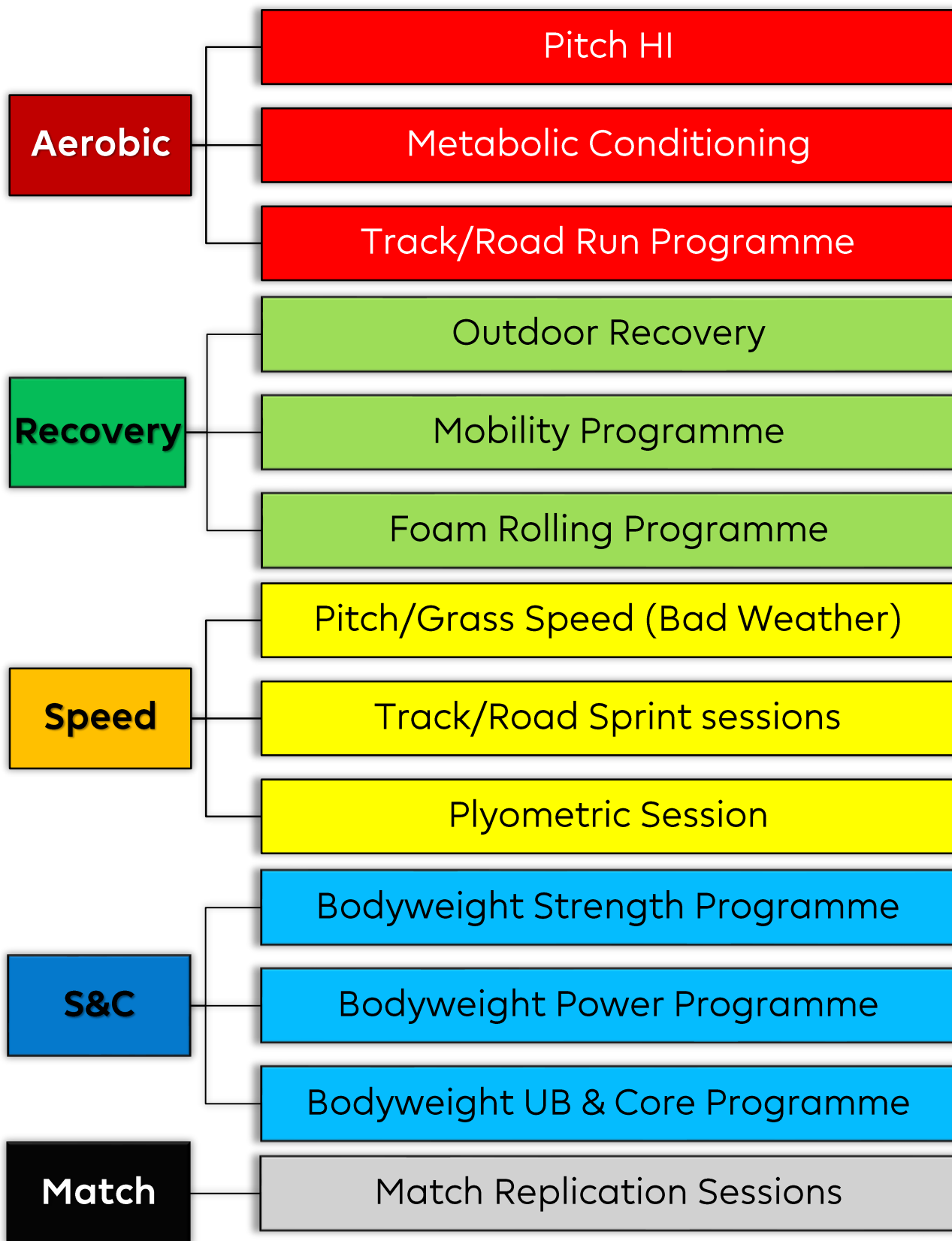
2 x Recovery
3 x S&C
3 x Aerobic
1 x Speed

Week 5, 6, 7:

1 x Recovery
3 x S&C
2 x Aerobic
1 x Speed
1 x Match

Session Options

Click the box to see the sessions



Aerobic Sessions

Click the link to see the session

Pitch HI

[Pitch HI 1](#)

[Pitch HI 2](#)

[Pitch HI 3](#)

[Pitch HI 4](#)

Metabolic Conditioning

[Met Con 1](#)

[Met Con 2](#)

Track/Road Run Programme

[Track/ Road Run 1](#)

[Track/ Road Run 2](#)

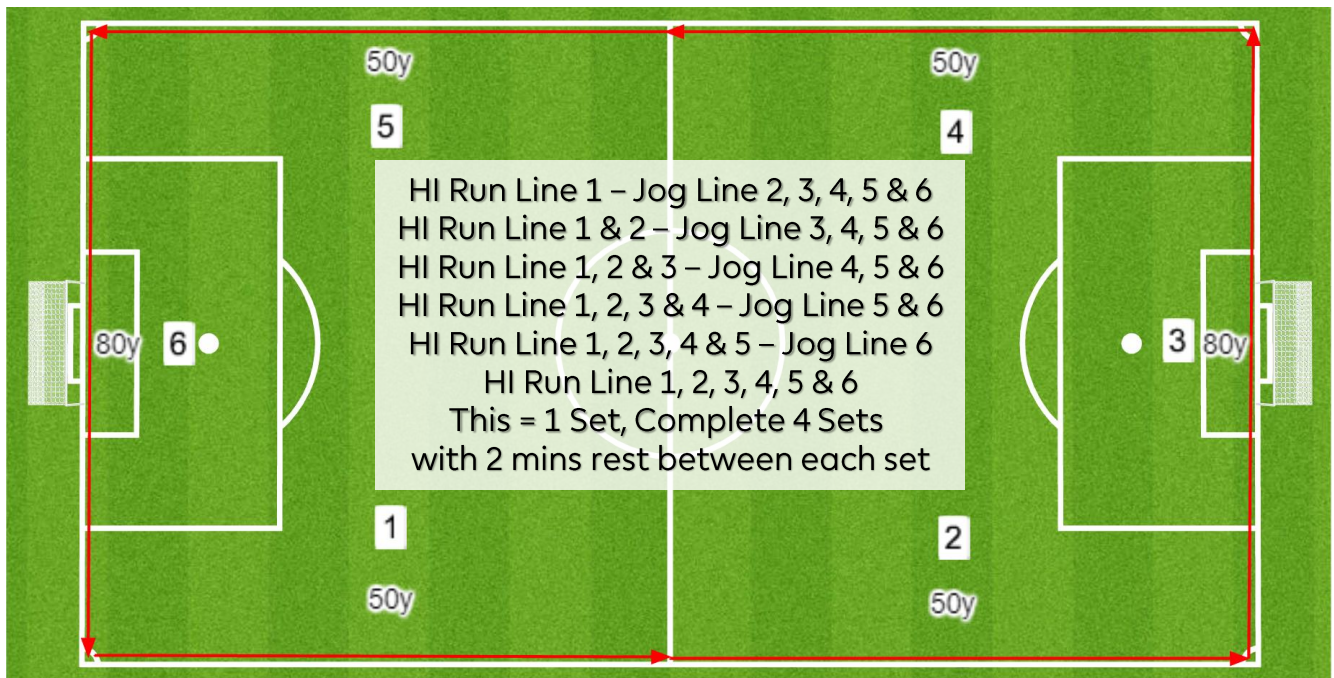
[Track/ Road Run 3](#)

[Track/ Road Run 4](#)

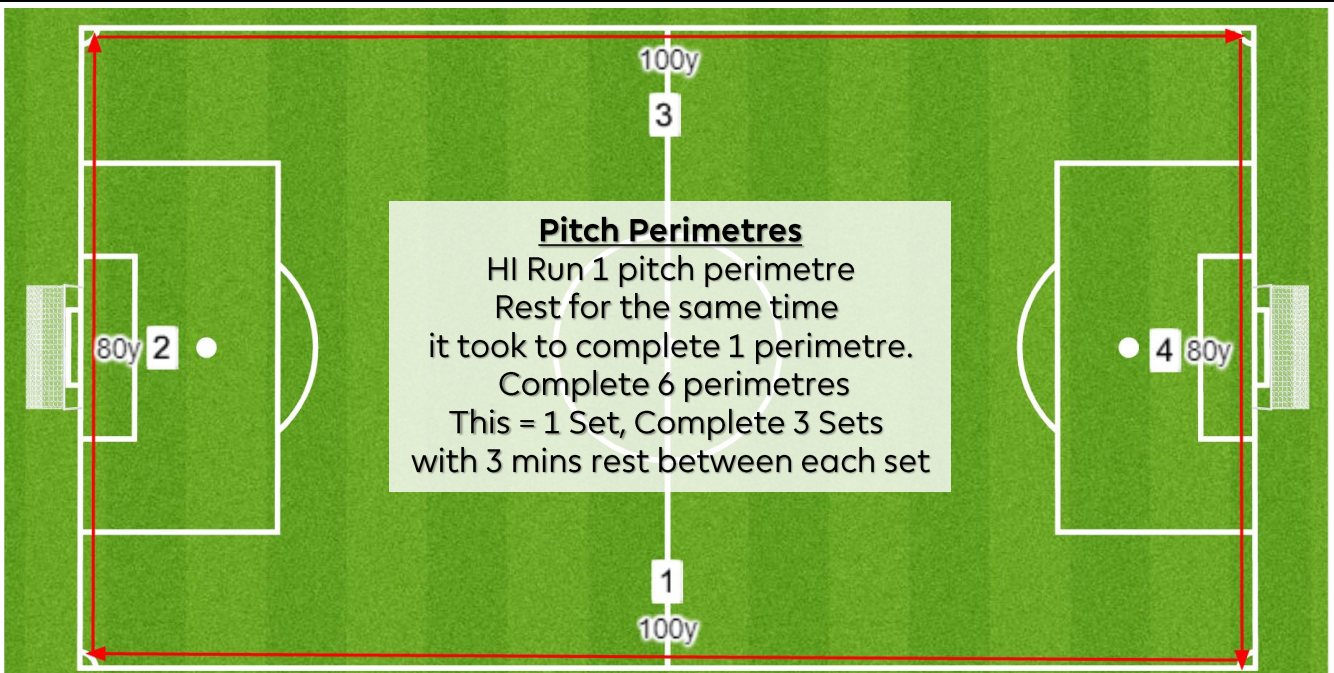
Aerobic

Pitch HI (Bad Weather)

Pitch HI 1



Pitch HI 2

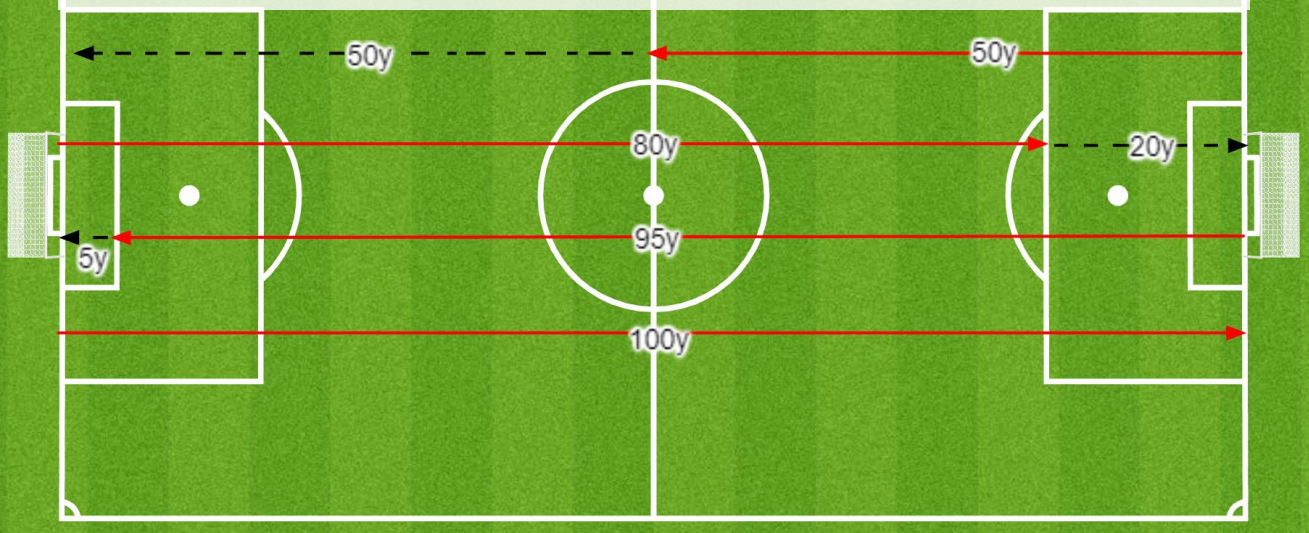


Use any suitable piece of grass and aim for 15 minutes or more above 85% Max HR

Pitch HI (Bad Weather)

Pitch HI 3

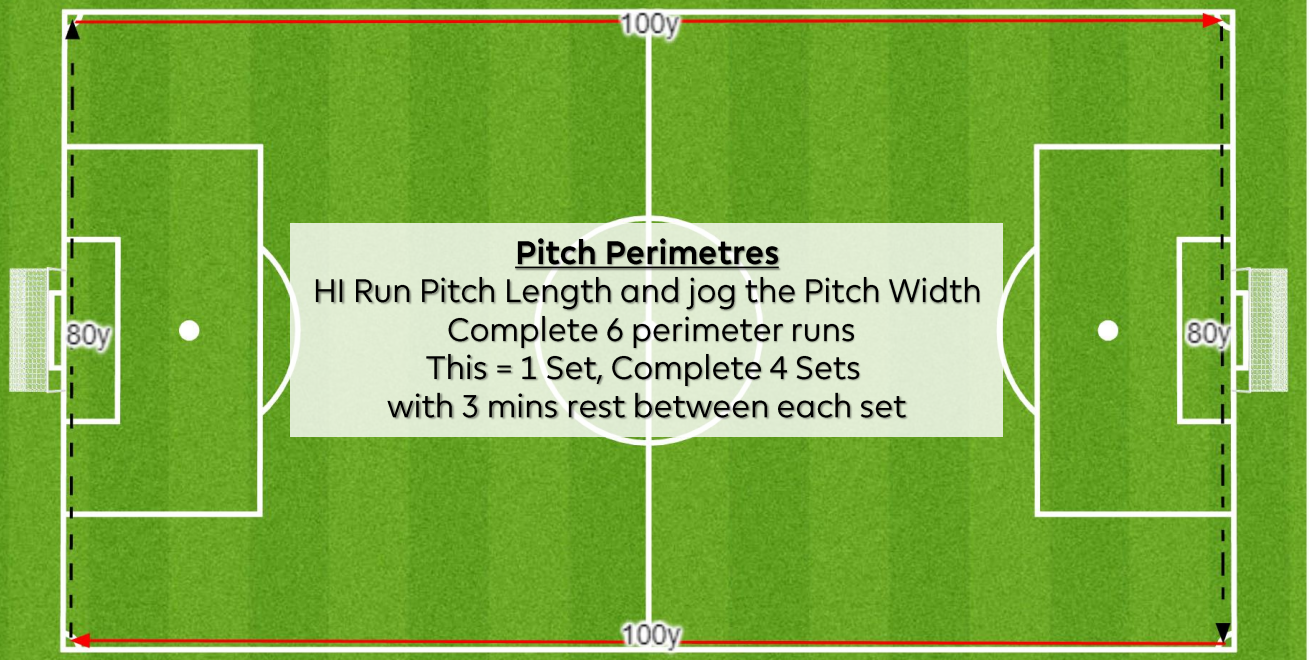
Red Line = HI Run and Black Line = Walk. Run the 4 lines below continuously,
All 4 Runs = 1 Rep. After 1 Rep rest for 30 seconds repeat
Complete 3 Sets of 4 Reps



Pitch HI 4

Pitch Perimetres

HI Run Pitch Length and jog the Pitch Width
Complete 6 perimeter runs
This = 1 Set, Complete 4 Sets
with 3 mins rest between each set



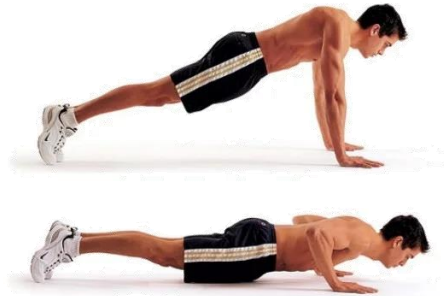
Use any suitable piece of grass and aim for 15 minutes or more
above 85% Max HR

Metabolic Conditioning

Met Con Session 1 (32 mins)



1 - Bodyweight Squat
60 seconds none stop



2 - Push Up
60 seconds none stop



3 - Jumping Lunge
60 seconds none stop



4 - Dips off Seat
60 seconds none stop



5 - Glute Bridge
60 seconds none stop



6 - Mountain Climbers
60 seconds none stop

Complete all 6 exercises one after the other with no rest.
This = 1 Set (6 mins) rest for 2 minutes and then repeat.
Complete 4 sets = 32 minute session

Metabolic Conditioning

Met Con Session 2 (36 mins)



1 – Single Leg Wall Squat
30 sec hold : 30 sec rest x 2 (1 Rep each leg)



2 – Plank Shoulder Touches
30 sec on : 30 sec off x 2



3 – Squat Jump
30 sec on : 30 sec off x 2



4 – Kick Through
30 sec on : 30 sec off x 2



5 – Standing March
30 sec on : 30 sec off x 2



6 – Pike Press Ups
30 sec on : 30 sec off x 2

Complete all 6 exercises one after the other
30s on: 30s off on each exercise x 2 Reps
This = 1 Set (12 mins) rest for 2 minutes and then repeat.
Complete 3 sets = 36 minute session

Track/ Road Run

Track/ Road Run Session 1

10 minute low speed warm up & dynamic stretching

30 second Hard Run : 1 minute walk

1 minute Hard Run : 1 minute walk

90 second Hard Run : 1 minute walk x 4 Reps

Complete 2 Sets of the above
with 3 minutes rest between sets

5 minute low intensity cool down jog and stretch

Track/ Road Run Session 2

10 minute low speed warm up & dynamic stretching

400m timed run: Rest for 30 seconds x 4 Reps

Aim to try and maintain time for each rep,
Utilise either your Polar watch or track markings to
measure distance.

Complete 3 Sets of the above
with 3 minutes rest between sets

5 minute low intensity cool down jog and stretch

Try to use a track rather than road wherever possible but utilise the distances and times specified and aim for 15 minutes or more above 85% Max HR

Track/ Road Run

Track/ Road Run Session 3

10 minute low speed warm up & dynamic stretching

1 minute Hard Run : 1 minute walk x 6 Reps
Aim to try and cover the same distance on each rep,
utilising either your Polar watch or track markings to
measure distance.

Complete 3 Sets of the above
with 3 minutes rest between sets

5 minute low intensity cool down jog and stretch

Track/ Road Run Session 4

10 minute low speed warm up & dynamic stretching

1000m(1km) timed run: Rest for same time as run takes x 2 Reps
Aim to try and maintain time for each rep,
Utilise either your Polar watch or track markings to
measure distance.

Complete 3 Sets of the above
with 3 minutes rest between sets

5 minute low intensity cool down jog and stretch

Try to use a track rather than road wherever possible but utilise
the distances and times specified and aim for 15 minutes or more
above 85% Max HR

Recovery Sessions

Click the respective link to see the sessions

Outdoor Recovery

Mobility Programme

Yoga Exercises

Static Stretches

Foam Rolling Programme

Recovery

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graph LR; Recovery[Recovery] --- OutdoorRecovery[Outdoor Recovery]; Recovery --- MobilityProgramme[Mobility Programme]; Recovery --- FoamRollingProgramme[Foam Rolling Programme]; MobilityProgramme --- YogaExercises[Yoga Exercises]; MobilityProgramme --- StaticStretches[Static Stretches];
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Outdoor Recovery

Outdoor Cycle



If you have access to a bike this is the first priority alternative recovery session. Choose from one of the following.

Ensure stretch, mobility and foam roll work are completed following these recovery options.

A 40-60 minute steady state low intensity cycle over varied inclines.

For a shorter recovery cycle – Choose a higher gear for 2 minutes before cycling at a low gear for 2 minutes alternately for 6-8 repetitions.

Alternatively for some additional stimulus with your recovery Cycle at a high gear for 4 minutes before a low gear for 2 minutes. 5-6-8 repetitions.

Outdoor Walk



A 40-60 minute fast to medium paced walk over varied inclines should be used when no other recovery options are available.

Aim to walk in a park or other open environment and keep the pace consistent throughout.

Ensure stretch, mobility and foam roll work are completed following the walk.

Mobility Programme

Yoga Exercises



Seated Forward Bend
(Hips/Back)



Reverse Warrior
(Hips/Back)



Downward Facing
Dog (Post chain)



Cobra into Child Pose
(Back)



Lunge (Hips)



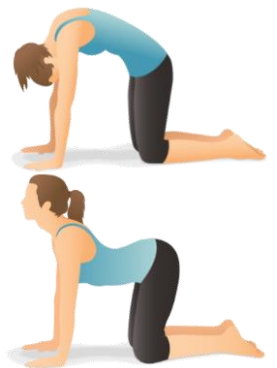
Crescent Lunge &
Twist (Hips/Back)



Half Pigeon
Pose (Groin/Hips)



Cat into Cow
Pose (Back)



Complete 2 sets of 10 repetitions on each exercise.
Alternatively download the Pocket YOGA app (£2.99) or visit the website:
<https://pocketyoga.com/> for full routines

Mobility Programme

Static Stretches

Calves



Hamstrings



Quads



Back



Hip Flexors



Groins



Glutes



Shins



Complete 30 seconds stretching on each exercise then repeat.
Spend longer on areas of specific tightness/ soreness

Foam Roll Programme

Foam Rolling

Calves



Hamstrings



Hip Flexors



Groins



Quads



Back



Glutes



Shins



Complete 30 seconds Rolling on each exercise then repeat x 2.
Pause and maintain pressure on areas of specific tightness. Also look to spend longer on these areas (60-120 seconds)

Speed Sessions

Click the respective link to see the sessions

[Pitch/ Grass Speed \(Bad Weather\)](#)

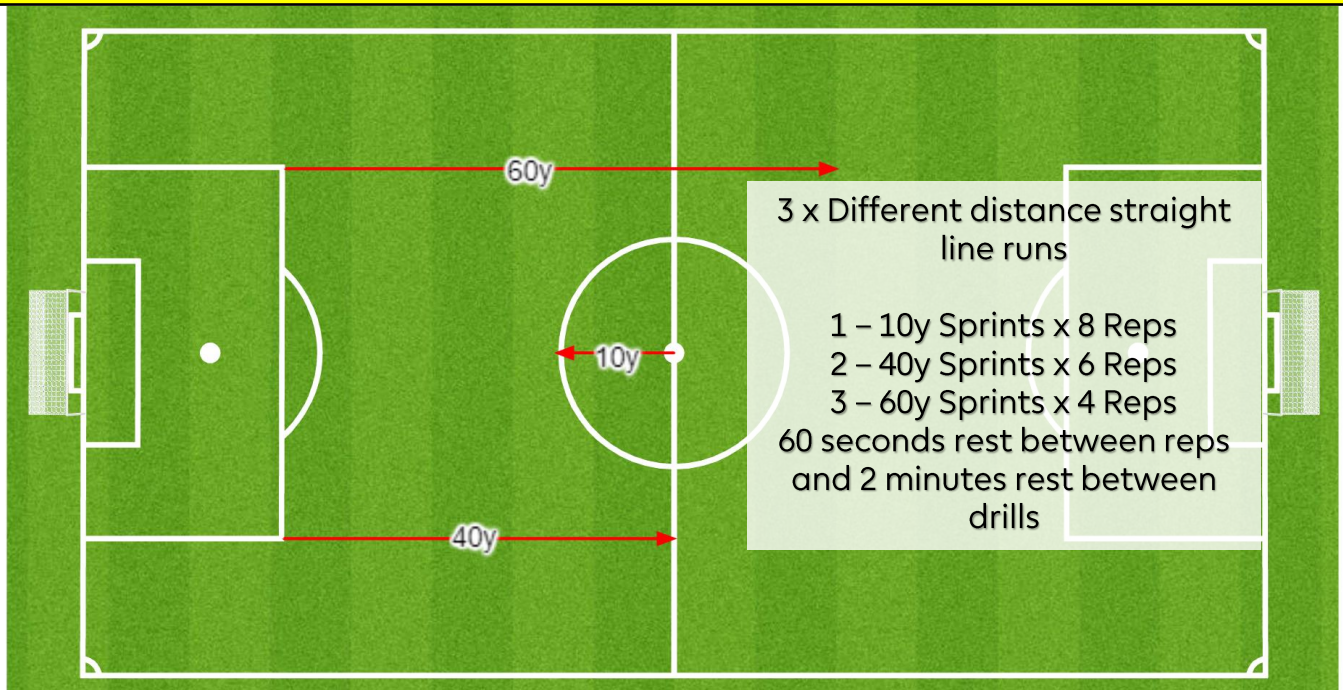
Speed

[Track/ Road Speed Programme](#)

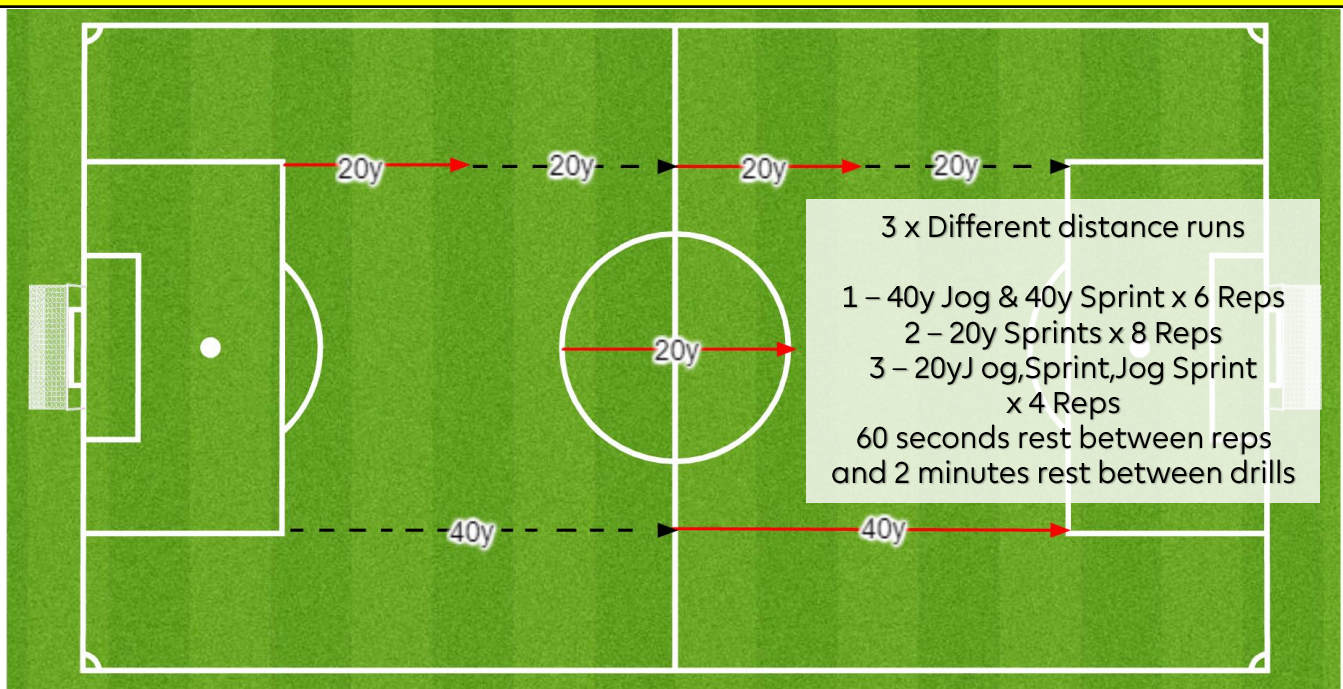
[Plyometric session](#)

Pitch Speed (Bad Weather)

Pitch Speed 1



Pitch Speed 2



Use any suitable piece of grass and aim for maximal sprints to maintain speed and protect soft tissue.

Track/ Road Speed

Track/ Road Run Speed Session 1

10 minute low speed warm up & dynamic stretching

50m Sprints – 90 second Rest x 3

10m Sprint – 45 second Rest x 3

100m Sprint – 2 minute Rest x 3

Complete 2 Sets of the above
with 3 minutes rest between sets

5 minute low intensity cool down jog and stretch

Track/ Road Run Speed Session 2

10 minute low speed warm up & dynamic stretching

80m Sprints – 2 minutes rest x 2

60m Sprints – 90 seconds rest x 2

40m Sprints – 60 seconds rest x 2

20m Sprints – 30 seconds rest x 2

Complete 3 Sets of the above
with 3 minutes rest between sets

5 minute low intensity cool down jog and stretch

Try to use a track rather than road wherever possible but utilise the distances and times specified and aim to sprint maximally

Plyometric Session

Plyometric Session 1



1 – Single Leg Forward Hops
6 (Each Leg) x 3 Sets



2 – Pogo Jumps
20 Jumps x 3 Sets



3 – Jumping Squat
6 Reps x 3 Sets



4 – Horizontal Double Leg Jump
30 sec on : 30 sec off x 2



5 – Standing March
12 Reps(6 Each side) x 3 Sets



6 – Lateral Bounds
12 Reps (6 Each Side) x 3 Sets

Complete all 6 exercises one after the other
30s on: 30s off on each exercise x 2 Reps
This = 1 Set (12 mins) rest for 2 minutes and then repeat.
Complete 3 sets = 36 minute session

Strength & Conditioning

Click the respective link to see the sessions

Body Weight Strength

[Strength Session 1](#)

[Strength Session 2](#)

Body Weight Power

[Power Session 1](#)

Body Weight Upper Body & Core

[Upper Body 1](#)

[Core 1](#)

[Core 2](#)

S&C

Body Weight Strength

Strength Session 1



Squat
12-14 Reps x 4 Sets



Single Leg RDL 8-10 Reps x 4 Sets
Either touch something raised off the floor
or ideally hold a weight



Single Leg Bridge (Raise Foot on chair/sofa)
8-10 Reps x 4 Sets



Stair Single Leg Calf Raise
8-10 Reps x 4 Sets (Add Weight)



Split Squat
8-10 Reps x 4 Sets



Lateral Lunge
8-10 Reps x 4 Sets

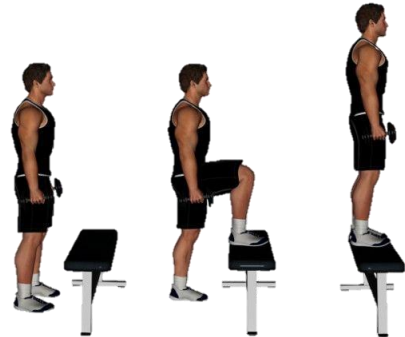
If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

Body Weight Strength

Strength Session 2



Hamstring Bridge Heel Walk
(Walk the feet out hold end position for 3 secs)
10 Steps (5 Each Leg) x 4 Sets



Step Up
(Use something approx. knee height that is fixed)
8- 10 Reps (Each Leg) x 4 Sets



Single Leg Bridge
(Raise shoulders on chair/sofa)
8-10 Reps (Each Leg) x 4 Sets



Soleus Calf Raise
(Raise heel slightly off the ground on a small step)
8-10 Reps x 4 Sets



Diver RDL
8-10 Reps (Each Leg) x 4 Sets



Bulgarian Split Squat
8-10 Reps (Each Leg) x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

Body Weight Power

Power Session 1



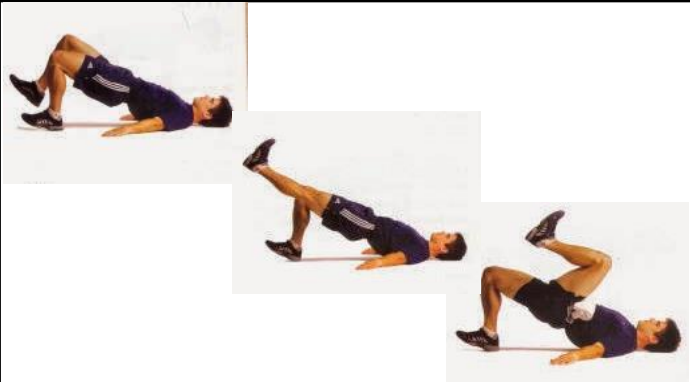
Squat Jump
6 Reps x 4 Sets



Single Leg Vertical Jump
3 Reps (each leg) x 4 sets



Lunge into High Knee
3 Reps (each leg) x 4 Sets



Glute Bridge Leg Switch
4 Reps (Each Leg) x 4 Sets



Seated Vertical Jump
4 Reps x 4 Sets

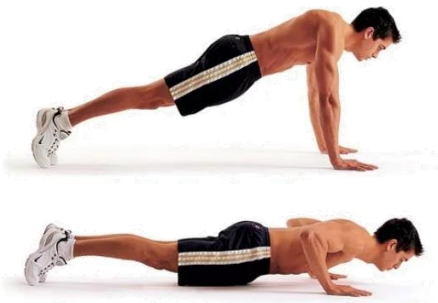


Skater Jump
3 Reps (each side) x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

Upper Body

Upper Body Session 1



Push-up
12 Reps x 4 Sets



Skydiver
12 Reps x 4 sets



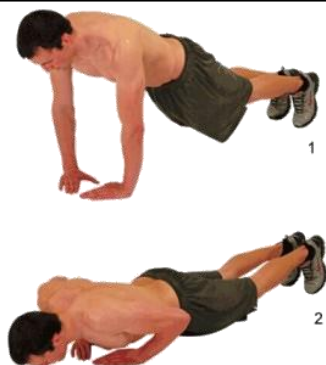
Push Up Plank Rotation
10 Reps (each side) x 4 Sets



Dips Off Seat
12 Reps x 4 Sets



Pike Push Up
12 Reps x 4 Sets



Triceps Push Up (Diamond push up)
12 Reps x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

Core

Core Session 1



Deadbug
10 Reps x 4 Sets



Superman
10 Reps (each leg) x 4 sets



Plank
1 minute x 4 Sets



Knee Squeeze Bridge
10 Reps (3 sec squeeze) x 4 Sets



Side Plank
45 secs (Each side) x 4 Sets



Mountain Climber
6 Reps (each side) x 4 Sets

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

Core

Core Session 2



Extended Arm Sit Up
10 Reps x 4 Sets (Holding weight if possible)



Windshield Wipers
10 Reps (each side) x 4 sets



Alternate opposite arm to leg
raise x10 Reps and then hold for
30 seconds x 4 Sets



Back Extension
10 Reps (3 sec squeeze) x 4 Sets



Side plank with knee lift
30 secs (Each side) x 4 Sets



Jack Knife
10 Reps x 4 Sets
(Holding weight if possible)

If you have access to resistance bands, weights vest, dumbbells/kettlebells or anything that can act as a load at home use these to increase the intensity of the exercise.

Match

Ideally complete pitch based, or alternatively on the track. If this is not possible, worse case scenario road-run

Match Replication Session 1

10 minute low speed warm up & dynamic stretching

4 x 10m Sprints – 20m Walk

4 x 30m Sprints – 60m Walk

4 x 40m Sprints – 80m Walk

(2000m) 2km timed run

Rest for 3 minutes and

Repeat x 4 Sets (Referee)

Repeat x 2 Sets (Assistant Referee)

5 minute low intensity cool down jog and stretch

Match Replication Session 2

10 minute low speed warm up & dynamic stretching

6 x 40m Sprints – 80m Walk

6 x 60m Sprints – 100m Walk

(1000m) 1km timed run x 2

This = 1 Set

Rest for 3 minutes and

Repeat x 4 Sets (Referee)

Repeat x 2 Sets (Assistant Referee)

5 minute low intensity cool down jog and stretch