



**NORFOLK COUNTY FA**  
**REFEREES DEPARTMENT**

# NORFOLK COUNTY FA

# REFEREE FITNESS SESSIONS

## RECOVERY

## TRAINING

**FOR REFEREES**

REFEREE

#NorfolkFootball  
**FOR ALL**

**RESPECT**

SEE ABUSE  
REPORT IT.  
#TAKE A STAND.

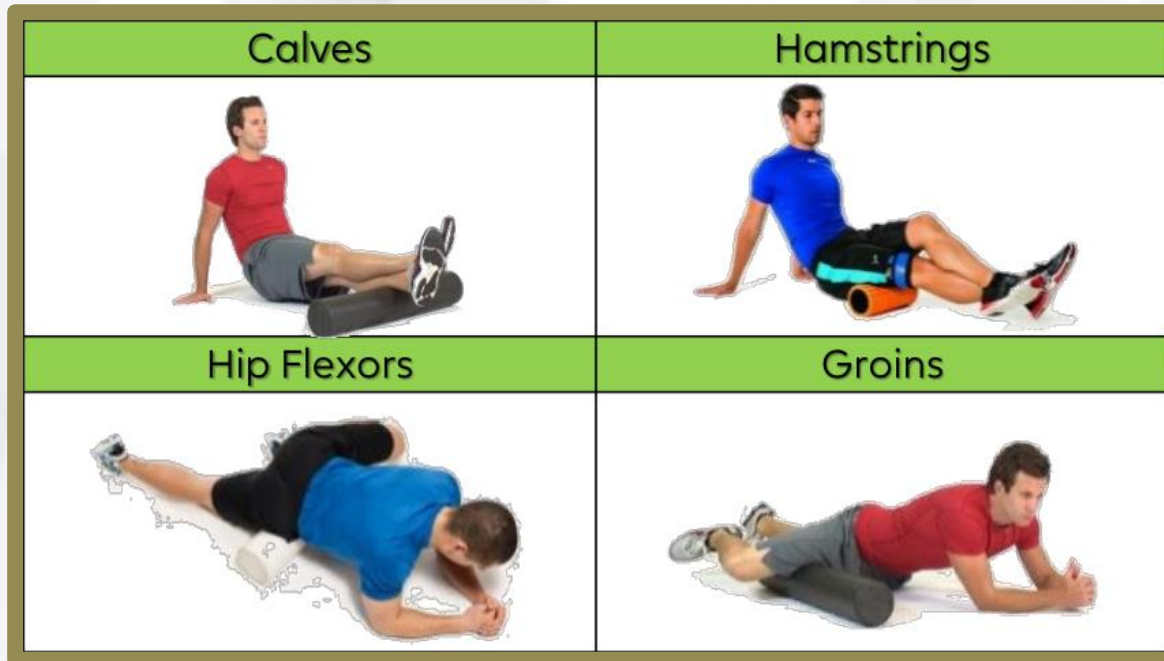
# NORFOLK COUNTY FA REFEREE FITNESS SESSIONS

## RECOVERY



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## FOAM ROLLING



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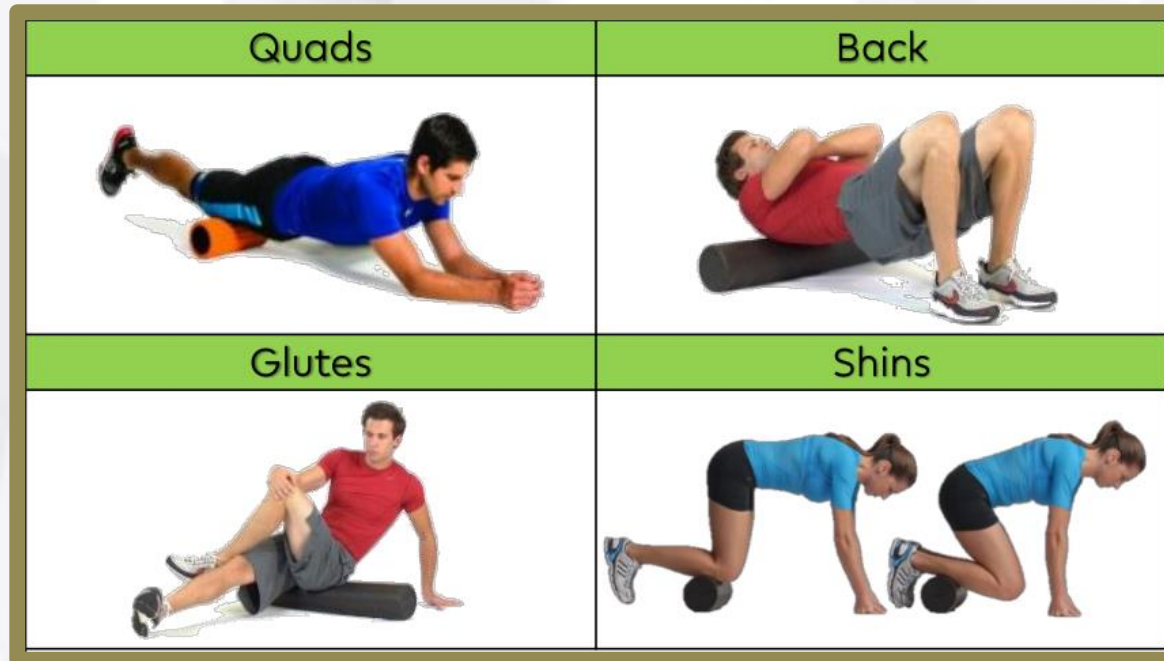
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## STRETCHING

Calves	Hamstrings	Quads	Back
			
Hip Flexors	Groins	Glutes	Shins
			

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## YOGA

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)

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## OTHER ALTERNATIVES

### 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.

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