



**PRE-SEASON TRAINING PROGRAMME**  
**SCOTTISH FA REFEREES**

**2011/2012 SEASON**

**Week Beginning 20th June 2011**

	High Intensity Sessions	Speed Sessions	Injury Prevention	Recovery
<b>Monday</b>	Aerobic Development (Session 1)		1. Core Mobility & 2. Core Stability	
<b>Tuesday</b>			4. Proprioception & 5. Stretching	Jogging Recovery (Session 1)
<b>Wednesday</b>	Aerobic Development (Session 2)		1. Core Mobility & 2. Core Stability	
<b>Thursday</b>			3. Lower Extremities & 5. Stretching	Swimming Recovery (Session 2)
<b>Friday</b>		Speed Endurance (Session 1)	1. Core Mobility & 2. Core Stability	
<b>Saturday</b>	Aerobic Development (am) (Session 3)		4. Proprioception & 5. Stretching	Cycling Recovery (pm) (Session 3)
<b>Sunday</b>	REST DAY	REST DAY	REST DAY	REST DAY

**Week Beginning 27th June 2011**

	High Intensity Sessions	Speed Sessions	Injury Prevention	Recovery
<b>Monday</b>			1. Core Mobility & 2. Core Stability	Swimming Recovery (Session 2)
<b>Tuesday</b>	Aerobic Development (Session 1)		4. Proprioception & 5. Stretching	
<b>Wednesday</b>	Aerobic Development (Session 4)		1. Core Mobility & 2. Core Stability	
<b>Thursday</b>			3. Lower Extremities & 5. Stretching	Swimming Recovery (Session 2)
<b>Friday</b>		Speed Endurance (Session 2)	1. Core Mobility & 2. Core Stability	
<b>Saturday</b>	Aerobic Development (am) (Session 5)		4. Proprioception & 5. Stretching	Cycling Recovery (pm) (Session 3)
<b>Sunday</b>	REST DAY	REST DAY	REST DAY	REST DAY



### Week Beginning 4th July 2011

	High Intensity Sessions	Speed Sessions	Injury Prevention	Recovery
<b>Monday</b>		Speed Endurance (Session 2)	1. Core Mobility & 2. Core Stability	
<b>Tuesday</b>			4. Proprioception & 5. Stretching	Jogging Recovery (Session 1)
<b>Wednesday</b>	Aerobic Development (Session 2)		1. Core Mobility & 2. Core Stability	
<b>Thursday</b>			3. Lower Extremities & 5. Stretching	Swimming Recovery (Session 2)
<b>Friday</b>		Speed & Power (Session 1)	1. Core Mobility & 2. Core Stability	
<b>Saturday</b>	Aerobic Development (am) (Session 4)		4. Proprioception & 5. Stretching	Cycling Recovery (pm) (Session 3)
<b>Sunday</b>	REST DAY	REST DAY	REST DAY	REST DAY

### Week Beginning 11th July 2011

	High Intensity Sessions	Speed Sessions	Injury Prevention	Recovery
<b>Monday</b>	Aerobic Development (Session 5)		1. Core Mobility & 2. Core Stability	
<b>Tuesday</b>		Speed Endurance (Session 1)	4. Proprioception & 5. Stretching	
<b>Wednesday</b>	Aerobic Development (Session 3)		1. Core Mobility & 2. Core Stability	
<b>Thursday</b>			3. Lower Extremities & 5. Stretching	Swimming Recovery (Session 2)
<b>Friday</b>		Speed & Power (Session 2)	1. Core Mobility & 2. Core Stability	
<b>Saturday</b>	MATCH - Friendly	MATCH - Friendly	MATCH - Friendly	MATCH - Friendly
<b>Sunday</b>			4. Proprioception & 5. Stretching	Jogging Recovery (Session 1)



**Week Beginning 18th July 2011**

	<b>High Intensity Sessions</b>	<b>Speed Sessions</b>	<b>Injury Prevention</b>	<b>Recovery</b>
<b>Monday</b>		Speed & Power (Session 3)	1. Core Mobility & 2. Core Stability	
<b>Tuesday</b>	Aerobic Development (Session 2)		4. Proprioception & 5. Stretching	
<b>Wednesday</b>		Speed Endurance (Session 2)	1. Core Mobility & 2. Core Stability	
<b>Thursday</b>			3. Lower Extremities & 5. Stretching	Swimming Recovery (Session 2)
<b>Friday</b>		Speed & Power (Session 4)	1. Core Mobility & 2. Core Stability	
<b>Saturday</b>	MATCH - Friendly	MATCH - Friendly	MATCH – Friendly	MATCH - Friendly
<b>Sunday</b>			4. Proprioception & 5. Stretching	Jogging Recovery (Session 1)

**Return to normal training structure from week beginning 25th July 2011 unless otherwise advised.**