



The Scottish Football Association  
Category 1 Referees  
Physiological Support Document

Winter 2010-11

## **Winter Training**

During the winter months, its imperative to continue to support your refereeing performance with training that will ensure maintenance of all current fitness levels, while also supporting an improvement to your body composition.

Category 1 referees must ensure that both their diet and training application remains constant throughout the festive period and through the bad weather. With a potential training loss of 3% happening everyday due to inappropriate diet and training patterns, 2 weeks of gluttony and laziness can contribute to a 20% loss of fitness and body composition. It will take 3 months of high quality training to get these levels back.

Therefore, it will not be tolerated having a period of time during winter where no training occurs and analysis of body fat % and weight early in 2011 will also confirm the adherence to a balanced diet.

In this document, there is a training regime to follow if you are unable to get outdoors to train. It incorporates both cardiovascular machine training and specific functional body training.

The document also includes specific training examples of outdoor exercises to carry out to improve specific components of fitness from session to session. All in, this document will support your needs to at least maintain your current levels, if not enhance over the period.

Recovery sessions should still be in regular use, but focus on these being non-weight bearing becomes important during the winter months. Cycling or swimming is the best method for this.

## Indoor Weekly Training Structure: Bad Weather (December-January)

### MONDAY

TYPE	EXERCISES	SETS	REPS	INTENSITY	REST
Muscle Tone	Press-ups	3	30-50	Endurance	30 sec
	Sit-ups	3	30-50	Endurance	30 sec
	Pull-ups	3	To fatigue	Endurance	90 sec
	Ab curls	3	30-50	Endurance	30 sec
Core Stability	Superman	2	30 sec hold		1 min
	Plank	2	30 sec hold		1 min
	Shoulder Hold	2	30 sec hold		1 min
	Dead Bug	2	30 sec hold		1 min
Flexibility	Full Body				

1. 5 minute Warm-up.
2. 30 minutes in maintenance HR zone working on X-Trainer, Bike or Rowing Machine.
3. 5 minutes of stretching.

### TUESDAY

TYPE	EXERCISES	SETS	REPS	INTENSITY	REST
CV Circuit	Squat Thrusts	2	60 sec work	Max	30 sec
	Press-ups	2	60 sec work	Max	30 sec
	Burpees	2	60 sec work	Max	30 sec
	Sit-ups	2	60 sec work	Max	30 sec
	Squat Jumps	2	60 sec work	Max	30 sec
	Triceps Dips	2	60 sec work	Max	30 sec
	High knees	2	60 sec work	Max	30 sec
	Ab curls	2	60 sec work	Max	30 sec
					30 sec
Flexibility	Full Body				

1. 5 minute Warm-up.
2. 10 sets of 90 second high intensity sprints with 60 seconds slow recovery on the bike/rower/treadmill.
3. 5 minutes of stretching.

### THURSDAY

TYPE	EXERCISES	SETS	REPS	INTENSITY	REST
Muscle Tone	Burpees	3	25	Power	90 sec
	Speed Ball	3	60 seconds	Power	90 sec
	Lunges	3	25	Power	90 sec
	Punch Bag	3	60 seconds	Power	90 sec
Core Stability	Pendulum Roll	3	15		30 sec
	Ramp	3	15		30 sec
	O.T.T	3	15		30 sec
	Sit-ups	3	15		30 sec
	Wall P-U	3	15		30 sec

1. 5 minute Warm-up.
2. 6 sets of 3 minutes high intensity runs with 2 minutes slow recovery on the bike/ treadmill or rower.
3. 5 minutes of stretching.

### SATURDAY

(If no game)

TYPE	EXERCISES	SETS	TIME	INTENSITY	REST
Strength	Pull-up (closed)	2	To fatigue	Max	2 min
	Inverted Press-up	2	To fatigue	Max	2 min
	Pull-up (open)	2	To fatigue	Max	2 min
Core Stability	Superman	3	30 sec hold		1 min
	Plank	3	30 sec hold		1 min
	Shoulder Hold	3	30 sec hold		1 min
	Dead Bug	3	30 sec hold		1 min

1. 5 minute Warm-up.
2. 45 minutes in maintenance HR zone working on a treadmill.
3. 5 minutes stretching.

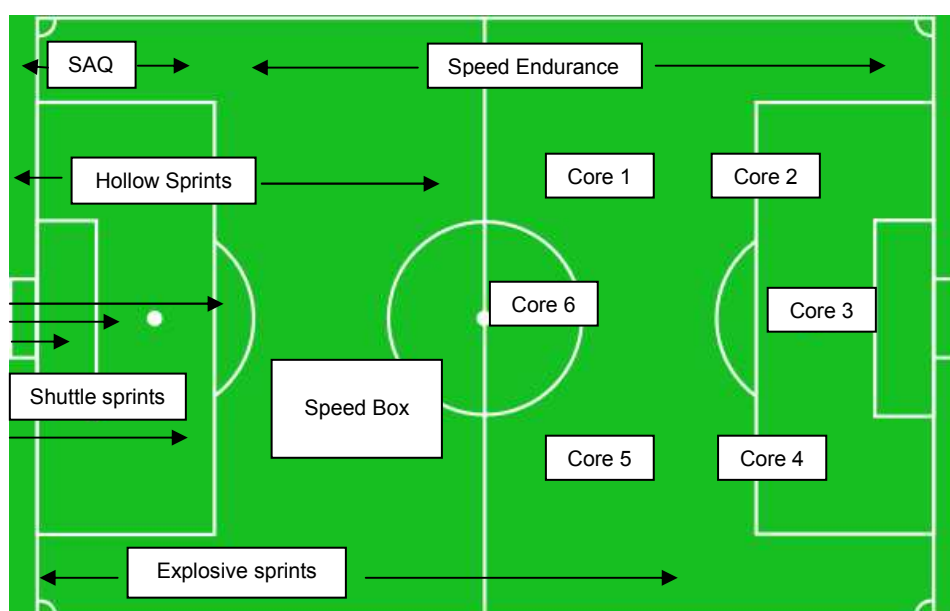
## Outdoor Training Session to Support Speed, Strength and Power

### Warm-up: 20 minutes

- 5 minutes self-exercise
- 5 minutes introductory jogging/stride out
- 5 minutes static stretching
- 5 minutes dynamic running
- 5 minutes dynamic stretching

### Speed, Strength, Power and Core Workout: 20-30 minutes

Ratio: Work on for 1 minute – resting for 1 minute then moving onto next area.



### KEY:

- Explosive sprints are 40 metre sprints with a 5 second rest period at the end, then going again.
- Speed box incorporates a square 3 metres by 3 metres in which you perform dynamic squatting from corner to corner. Working for a minute, resting for a minute.
- SAQ can be in any format but should place focus on diagonal movements involving explosive forward and backward directions.
- Speed endurance should be focussed on longer distance bursts back and forth the length of the pitch with 30% of the distance sprinting, and 70% of the distance jogging. Mix it up where you sprint and jog i.e. beginning or end of run.
- The core exercises can be anything that you wish but holding each for the full minute,

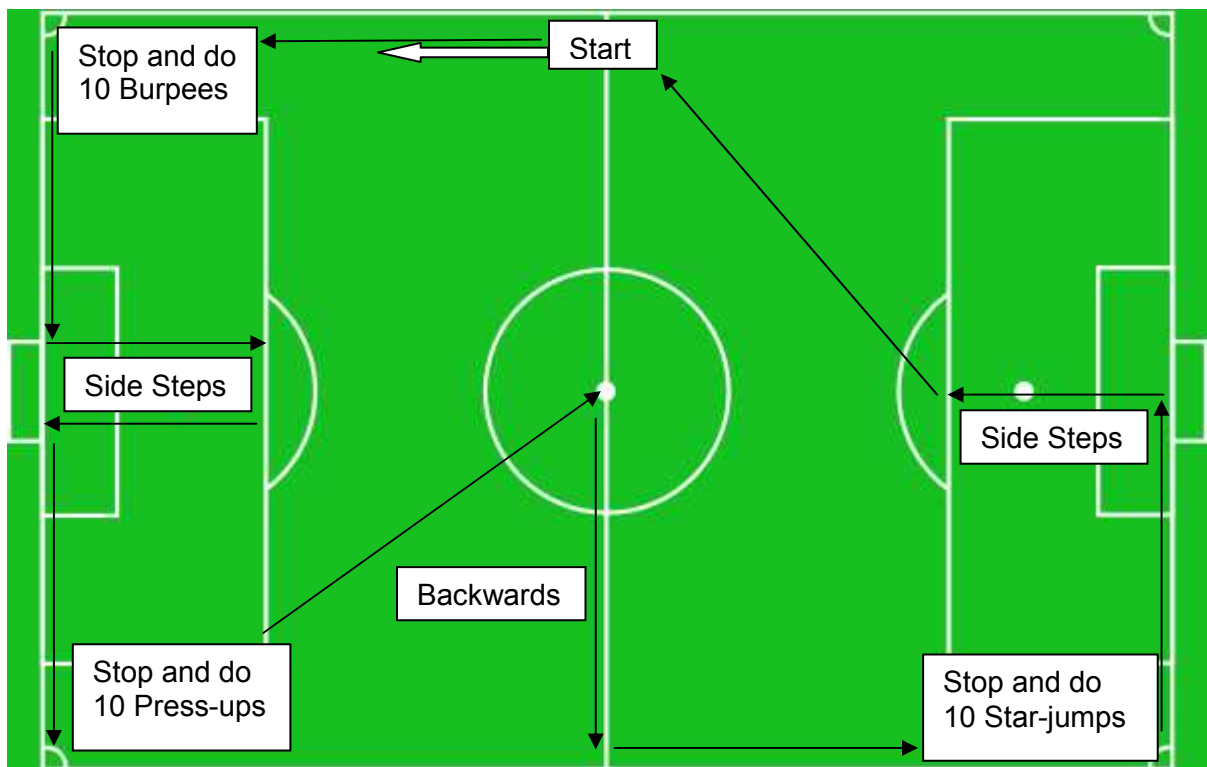
## Outdoor Training Session to Support General Fitness

**Warm-up:** 20 minutes

- 5 minutes self-exercise
- 5 minutes introductory jogging/stride out
- 5 minutes static stretching
- 5 minutes dynamic running

**Match Endurance Training:** 30 minutes

Ratio: 10 sets of: 2 minutes high intensity / 1-minute active recovery (walking)



Complete circuit multiple times if necessary to complete 2-minutes HI effort followed by 1-minute of AR: - repeated 10 times.

If extra stress needing placed to raise HR, raise hands above head and run without arms.