



**FOOTBALL
TASMANIA**



A Panel Referee Workout Program

Any questions contact:
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Workout Blueprint:

This is a 12-week general workout program for the upcoming season. This program is general for everyone looking to be match fit for the season. I understand that every athlete is different, however, this is appropriate for everyone.

Everyone has weaknesses as athletes, it's just a part of life. This is the perfect time to try and improve these weaknesses. If you know that your weaknesses lie in running fitness, then now is the time to change it. Don't wait until preseason for the coaching staff to see this when you have an opportunity to rectify it now.

Over the next 12 weeks you will need to place your body under stress to see adaptations, this is known as **progressive overload**. The body cannot improve unless it is put under stress. In saying this though there is a fine line between overload and overtraining. We don't want to see athletes overtraining to the point where training is detrimental. So, the rule of thumb is **LISTEN TO YOUR BODY**, in this meaning don't be silly with your training. In saying this for progressive overload to be attained there must be stress, so keep this in mind.

There are standards that we expect our NPL/WSL referees to come in at. These standards are addressed below:

Yoyo test score- 17.4
40 yard sprint- >6 seconds
Push ups- 20
Front plank-3x1min

Running:

The running program is set out to be specifically for football running. The idea is for the first 6 weeks to focus more on the aerobic system to gain that base of fitness. The benefits of having a well-trained aerobic system is vital for almost any athlete. The last 6 weeks there is more of anaerobic component as well as maintaining our level of aerobic fitness. The anaerobic component is for football specific, to put this as close as we can to emulate a officiating environment.

Strength work:

If you aren't sure about any exercise, either google it or message me.

The gym sessions are designed as a very general program. It is designed to be very basic exercises that targets all the muscle groups. My biggest rule for any exercise that is being performed is the technique. The form must be near perfect before any additional weight to be added. This is the simple fact that we are looking for the greatest benefits as well as lowering the risk of injury.

Injury Prevention:

Injury prevention is vital for athletes to strengthen joints of the body that are prone to injury. The most common injury for referees is torn anterior cruciate ligaments (ACL), and hamstring issues. I am of the strong belief that this boils down to lack of injury prevention exercises. It doesn't take long to perform these exercises and the benefits out way the latter injury.

The following videos all demonstrate some perfect exercises to prevent injuries. It focuses on the lower trunk of the body due to these being the major parts of the body that you are using when officiating. Take this serious, everything in this program is in here for a reason.

<https://www.youtube.com/channel/UCyPYQTT20IgzVw92LDvtClw>

<https://www.youtube.com/watch?v=7Lag8uNU6AQ>

<https://www.youtube.com/watch?v=znAZZJwYzcU>

Plyometric exercises

Plyometric is also known as "jump training" or "plyos", are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength).

The simple reason why these are incorporated within this program is because football is an explosive sport. In terms of officials, we need to have the ability to produce maximal force when changing direction and running. Plyometric based exercises will assist with this.

These videos give a great insight into a variety of exercises that are perfect for athletes.

<https://www.youtube.com/watch?v=7mO2ybvKTzo>

<https://www.youtube.com/watch?v=dvggf9hPwtM>

Sprinting mechanics:

Sprinting mechanics are simple learning to run more efficiently. There are some great drills that will allow athletes to focus on sprinting mechanics. These are great to incorporate into sessions that will have a great impact on performance. Improving technique means that performance can be increased with small changes. The following links explore different drills for this exact purpose. Incorporate these into the running sessions as a warm up or a finisher.

<https://www.youtube.com/watch?v=RKmVZe45CJI>

<https://www.youtube.com/watch?v=8opcQdC-V-U>

<https://www.youtube.com/watch?v=A7r6yCpmSrA>

https://www.youtube.com/watch?v=Znfi-Uv_5Ls

<https://www.youtube.com/watch?v=Qt6q--Lx4KM>

Recovery:

With the amount of training that this program entails recovery is vital. Adequate recovery allows our bodies to return back to normal quicker and in turn gets us ready for the next session. If this doesn't happen then athletes performance will diminish. Not only this athletes will feel flat and un motivated which is not the goal of this program. Adequate sleep, nutrition and water recovery are great tools that should be incorporated both in preseason and in season.

Stretching

-Static stretching after training has been found to have many benefits. As the muscle are warm after the session a greater range of motion is achieved. This will allow a better maintenance of flexibility. Below are some common stretches that will benefit you. Perform 30 seconds minimum for each stretch.



Static Stretches			
Calves	Hamstrings	Quads	Back
Hip Flexors	Groins	Glutes	Shins

Foam Rolling

-With the volume of training being placed on the body it will be common for athletes to have tightness formed within muscles. This is understandable especially in the pre season phase of training. It does need to be addressed though so that long term effects wont impact performance or create injury. The idea is to use the roller to find the tightness in said muscles and slowly roll over that point. Hold for a period of time when the pain/ tightness subsides, then reposition. This will allow the muscle fibres to release return to normal. If a roller is not available a golf ball/ baseball will have the same effect. Keep in mind the time frame before bouts of exercise when foam rolling. As this will not change within 5 minutes it will take time.




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Foam Roll Programme

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Foam Rolling	
Calves	Hamstrings
	
Hip Flexors	Groins
	
Quads	Back
	
Glutes	Shins
	

Program plan:

Week 1:

Monday

- 45 minute run
- Moderate pace, don't stop

Tuesday

- Gym session 1

Wednesday

- Rest
- stretching/foam rolling recommended
- Injury prevention

Thursday

- 30 minute exercise bike
- Increase resistance every 10 minutes

Friday

- Gym session 2

Saturday

- Sparkler run
- Workout Details: Run 400m, rest 1min, run 300m, walk 100m, run 300m, rest 3min, run 400m rest 1min, run 200m, walk 100m, run 200m
- Workout Pacing: All 400m intervals should be at your 1-mile PR pace. As example, an athlete with a 1-mile PR of 6min should have a 400m target time of 90sec. Your 300m intervals should be faster than your 400m pace. Your 200m intervals should be faster than your 300m pace. Your 100m intervals should be faster than your 200m pace.

Sunday

- 1 hour walk
- 10x 20 crunches

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Week 2

Monday

- 2km for time
- Send screenshot of time to Tony

Tuesday

- Gym session 2

Wednesday

- Gold coast 12. Run from first cone to the fourth then back to third. Jog to the second and walk back to first. This is 1 rep. complete 2 sets of 6 reps. Each cone is 25 yards apart.



Thursday

- 30 minute jog. Moderate pace.
- 3 x 40 second plank holds
- 2 x 30 second side plank holds

Friday

- 15 minute interval run
- 30 seconds running
- 40 seconds jogging

Saturday

- Rest
- Stretch/foam roll
- Injury prevention

Sunday

- Gym session 1

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Week 3

Monday

- 2x1.5 km runs for time (consistent times for both, suggested 6 min)
- 5 minute break between (active walking)

Tuesday

- Gym session 3

Wednesday

- Rest
- Stretching/foam rolling
- Injury prevention
- Active pool recovery session recommended

Thursday

- Stamina running (try to keep times consistent)
- 3x600 meter runs (3 minute rest)
- 3x300 meter runs (90second rest)

Friday

- Rest
- Stretching/foam rolling
- Injury prevention
- Active pool recovery session recommended

Saturday

- Gym session 5
- Sprinting mechanics

Sunday

- 20 EMOM 50 skips or 15 box jumps
- At the start of every minute perform 50 skips or 15 box jumps.20 rounds=20 min
- 15x20 sets of crunches

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Week 4

Monday

- Gym session 3

Tuesday

- 1km for time (100% effort)
- 1km recovery (6 minute pace)

Wednesday

- 30 minute interval run
- 30 seconds run
- 1 minute slow jog

Thursday

- Gym session 4

Friday

- 40 minutes on exercise bike
- Consistent pace for whole duration.

Saturday

- Rest
- Stretching/ foam rolling
- Injury prevention

Sunday

- Plyometric based exercises (as per video)
- (15 minutes, 90 second rest between each exercise)
- This should be done between cones, see attached information for ideas
- Sprinting mechanics (as per video)

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Week 5

Monday

- 10x30 crunches
- 3x 1 minute planks (1 minute rest)
- 4x 30 seconds side planks (30 seconds rest)

Tuesday

- Gym session 5

Wednesday

- 8 x full field runs under 50-55 seconds (length x2)
- 1 minute rest between
- 20 minute recovery run around the field. Moderate intensity.

Thursday

- Plyometric based exercises (as per video)
- (15 minutes, 90 second rest between each exercise).
- Sprinting mechanics (as per video)
- This should be done between cones, see attached information for ideas
- 5x30yrd sprints (2 minutes break between each)

Friday

- Rest
- Stretching/ foam rolling
- Injury prevention

Saturday

- 3x1km runs (2 minutes between each)
- Consistent times (Send screen shot of times to Tony)
- We don't want to see massive gaps between times, this means that you were running too hard in the previous runs. This is to see your ability to recover quickly and perform again.

Sunday

- Pool session (30 minutes)
- This should be active recovery
- Your body is being put under a lot of stress, look after it.
- Stretching recommended

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Week 6

Monday

-Gym session 6

Tuesday

- Sparkler run (Faster pace than week 1)
- Work out Details: Run 400m, rest 1min, run 300m, walk 100m, run 300m, rest 3min, run 400m rest 1min, run 200m, walk 100m, run 200m
- Workout Pacing: All 400m intervals should be at your 1-mile PR pace. As example, an athlete with a 1-mile PR of 6min should have a 400m target time of 90sec. Your 300m intervals should be faster than your 400m pace. Your 200m intervals should be faster than your 300m pace. Your 100m intervals should be faster than your 200m pace.

Wednesday

-Gym session 4

Thursday

- 10 full field sprints runs
- Max effort for 1x length FOP followed by 1x length active recovery back to start, time allocated for this is 1min.
- 2 sets of 5 (21,22,23,24,25 seconds per run) (2 minute break in between)
- 20 seconds down 40 seconds back
- 22 seconds down 38 seconds back

Friday

- Rest
- Stretching/ foam rolling
- Injury prevention

Saturday

- 24 Minute Fartlek 2:1 Ratio
- Run 60% for 2 minutes. For the third minute, run 85%.
- Repeat.

Sunday

- Rest
- Stretching/ foam rolling
- Injury prevention

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Week 7

Monday

-15x 100 yard sprints

-1-10 = Sprint 100 yards in 25 seconds, rest for 30 seconds.

-10-15= Sprint 100 yards in 20 seconds, rest for 30 seconds.

Tuesday

-2 km Interval run

-Sprint 15 yds, active jog 50% for 20-30 seconds, repeat

Wednesday

-Gym session 7

Thursday

-Speed Ladder

-100m (30), 200m (:45), 300m (1:30), 300m (1:30), 200m (:45), 100m (30)

- Sprints are all 100%, rest times in brackets

Friday

-Rest

-Stretching/ foam rolling

-Injury prevention

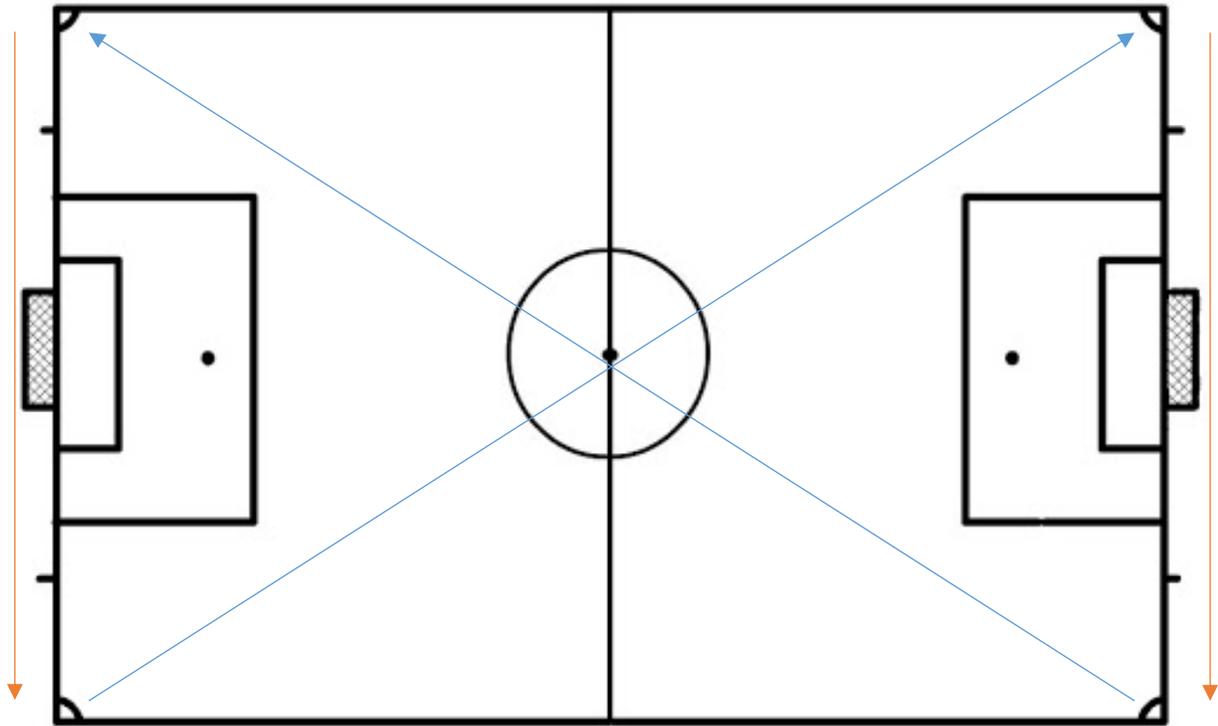
Saturday

- Shuttles. Start at goal line. Run to the six yard box and back. Then sprint through to the 18 yard box line. Then walk back to start again. This is 1 rep.

Complete 3 sets of 4 reps. 2 min between sets.

-Strides, run from corner flag to the opposite diagonal corner flag. The recovery is a slow jog across the baseline. Then repeat opposite flags. See diagram. Complete 5 full laps (10 runs total).

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Sunday

- Recovery
- 20 minute slow jog
- 20 minute pool active recovery

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Week 8

Monday

- Rest
- Stretching/ foam rolling
- Injury prevention

Tuesday

- Gym session 5

Wednesday

- 1 hour walk
- 10 sets of 30 abs (Be creative and choose different exercises)

Thursday

- Set up two cones 3 yards apart, then another cone 25 yards away.
- The pattern is run to the first cone back then explode to the 25 yard cone.
- 100% all out, jog back to start
- Focus on the turns and explosiveness of the long drive.
- 3 sets of 6 reps (3 minute rest between sets)

Friday

- Rest
- Stretching/ foam rolling
- Injury prevention

Saturday

- 2km for time
- Send screen shot of times to Tony.

Sunday

- 20 Recovery run
- 20 minutes of static stretching

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Week 9

Monday

- 10 x 2 full field sprints (under 55 seconds)
- 1 minute rest between
- 12 minute run around the field moderate pace

Tuesday

- Plyometric based exercises (as per vid)
- (15 minutes, 90 second rest between each exercise)
- This should be done between cones, see attached information for ideas
- Sprint mechanics (as per vid)

Wednesday

- 15x sprint 40 meters (1 minute break between)

- Recovery: Walk back to start.

Thursday

- Gym session 1

Friday

- Rest
- Stretching/ foam rolling
- Injury prevention

Saturday

- Rest
- Stretching/ foam rolling
- Injury prevention

Sunday

- 20 minute run for distance

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Week 10

Monday

- Gym session 2

Tuesday

- Rest
- Stretching/ foam rolling
- Injury prevention

Wednesday

- Sprints
- Set out 2 cones 50 yards apart. Sprint down and back.
- 45 seconds recovery. 3 sets of 4 reps.
- 2 minute plank hold, 1 minute side plank each side

Thursday

- 1 hour walk or cycle
- Moderate intensity

Friday

- Plyometric based exercises (as per vid)
- (15 minutes, 90 second rest between each exercise)
- This should be done between cones, see attached information for ideas
- Sprinting mechanics (as per vid)

Saturday

- Gym session 4

Sunday

- 30 minute exercise bike (65% effort)
- 20 minute recovery walk

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Week 11

Monday

- Rest
- Stretching/ foam rolling
- Injury prevention

Tuesday

- Sprinting mechanics (as per vid)
- 3 full field suicides (2 minute rest between)
- 6yrd,18yrd, half,18yrd,6yrd,full field- (return to goal line after each)
- Push yourself this will be tough.

Wednesday

- 30-minute interval run
- Run the short sides, jog the long sides
- (70% short sides,30% long sides)

Thursday

- Gym session 4

Friday

- 5km (Moderate pace, aim for 30 minutes)

Saturday

- Rest
- Stretching/ foam rolling
- Injury prevention

Sunday

- Gym session 6

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Week 12

Monday

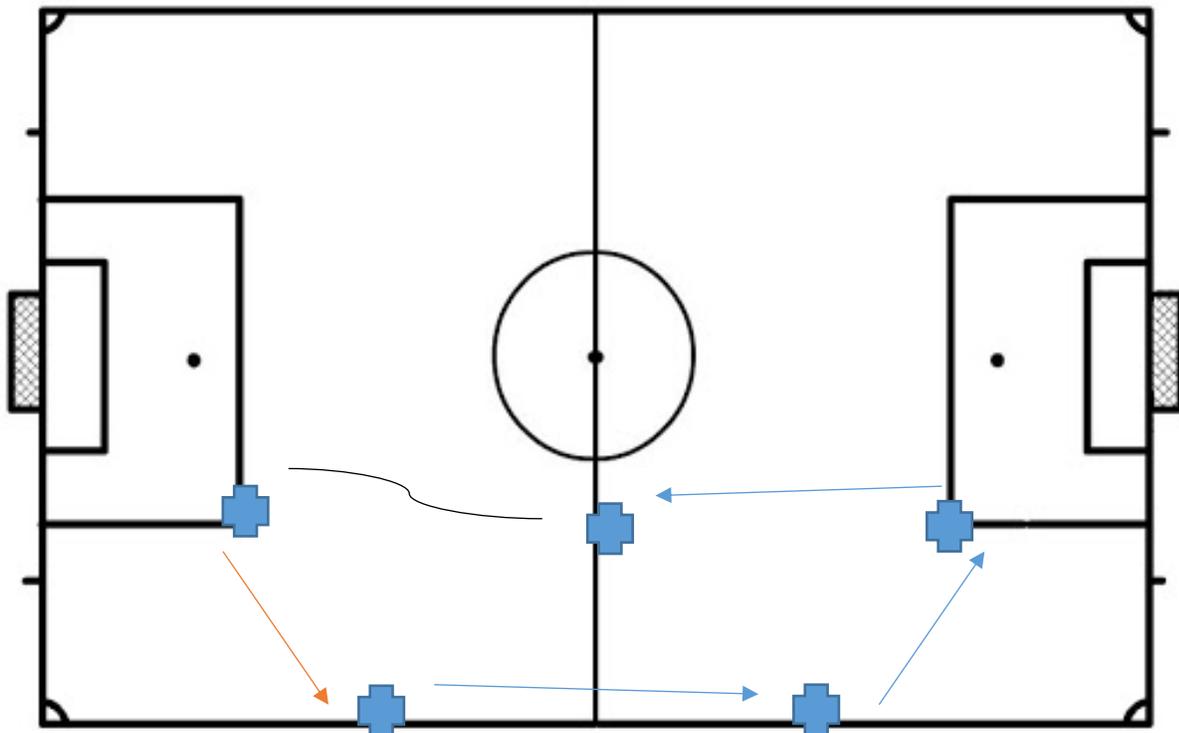
- 3x3 minute running for distance around a pitch.
- 2-3-minute rest between each run

Tuesday

- 7km moderate pace run 60%.

Wednesday

- Sprints



Back pedal from the starting 18 yard box to the side line (orange line). Turn and run to the top 18 yard box and the back to the middle (blue lines). Walk from half way back to the starting point (black line). That's 1 rep. The rest time between reps should be about 30 seconds. Complete 3 sets of 4 reps.

-2 minute plank hold, 1 minute side plank each side

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Thursday

- 1 hour walk
- 3 sets of 1.30 plank
- 3 sets of 45 second side plank each side

Friday

- Rest
- Stretching/ foam rolling
- Injury prevention

Saturday

- 3km run max time
- Send screen shot of time to Tony.

Sunday

- Rest
- Stretching/ foam rolling
- Injury prevention

Gym session 1

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Push ups	BW	4	12	90 sec	2-1-1	Make sure hips and shoulders raise together.
Pull-ups	BW	4	6-8	90 sec	2-1-1	Full extension
Back squat	80% of 1rpm	4	6	60 sec	3-1-1	Chest up. Heels remain on ground.
Bulgarian split squat	75% of 1rpm	4	8	60 sec	2-1-1	
Hamstring bridges	BW	3	15	60 sec	1-2-1	Push hips to roof.
Good mornings	BW	4	20	60 sec		Keep straight lower back.

Cool down:

Glutes, Chest, Shoulders and lower back stretches

Gym session 2

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Dumbbell chest press	70% of 1rpm	4	8	90 sec	3-1-1	
Bent over rows	70% of 1rpm	4	8	90 sec	3-1-1	Maintain neutral spine. Keep elbow tucked in.
Shoulder dumbbell press	70% of 1rpm	4	8	90 sec	3-1-1	
Air squats	BW	3	20	60 sec	3-1-1	Go as deep as you can.
Straight leg deadlift	70% of 1rpm	3	10	60 sec	2-1-1	
Hamstring bridges	BW	4	15	90 sec	2-1-1	
Cool down:						
Chest, Glutes, Shoulders and lower back stretches						

Gym session 3

Warm up:

5 minutes on jogging 50-60% of max HR

Glute activation x20 reps

Scapula pushups x15 reps

BW= Body Weight



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Box jumps	BW	4	5	90 sec	1-0-0	100% max effort each rep.
Deadlift	75% of 1rpm	4	6	90 sec	3-1-1	Maintain neutral spine. Push shoulder blades to hips to engage lats.
Bulgarian split squat	70% of 1rpm	3	12	60 sec	3-1-1	Hold DB in each hand for this.
Goblet squats	80% of 1rpm	4	8	60 sec	2-1-1	
Hamstring bridges (single leg)	BW	3	8	90 sec	1-2-1	8 each leg

Cool down:

Glutes, Hamstring, Shoulders and lower back stretches

Gym session 4

Warm up:

5 minutes on jogging 50-60% of max HR
 Glute activation x20 reps
 Scapula pushups x15 reps

BW= Body Weight



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Kneeling shoulder press	65% of 1rpm	4	10	90 sec	3-1-1	Use a dumbbells. Perform one arm at a time. Knee on the ground opposite arm pressing.
Machine rows	65% of 1rpm	4	12	90 sec	3-1-1	
Lat pull down	70% of 1rpm	4	8	60 sec	3-1-1	Keep chest up.
Pavlov press	Resistance band	4	8	60 sec	2-1-1	Perform 8 each side.
Farmers carries	80% of 1rpm	4	30 sec	90 sec	Iso holds	Carry weights for 30 seconds each arm.

Cool down:

Chest, Shoulders and lower back stretches

Gym session 5

Warm up:

5 minutes on jogging 50-60% of max HR

Glute activation x20 reps

Scapula pushups x15 reps

BW= Body Weight



Conditioning:

Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Box jumps	BW	4	5	90 sec	Max	
Back squats	75% of 1rpm	5	5	90 sec	3-1-1	Maintain good positions.
KB swings	80% of 1rpm	3	8-10	90 sec	1-5-1	Keen neutral spine. Squeeze glutes when standing up.
DB power snatches	80% of 1rpm	4	6	60 sec	3-1-1	
Nordic curls	BW	3	3	60 sec	2-1-1	Go down as far as you can.

Cool down:

Glutes, Hamstring, and lower back stretches

Gym session 6

Warm up:

5 minutes on jogging 50-60% of max HR

Glute activation x20 reps

Scapula pushups x15 reps

BW= Body Weight



Conditioning:

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Exercise	Intensity	Sets	Reps	Recovery	Tempo	Notes
Wide grip pull-ups	BW	5	failure	90 sec	2-1-1	Go to full extension.
Push press	70% of 1rpm	4	6	90 sec	3-1-1	Use legs to drive bar.
Leg press	80% of 1rpm	4	8	90 sec	3-1-1	
Nordic curls	BW	3	4	60 sec	3-1-1	
Side lunges	BW	3	12	60 sec	2-1-1	
Ab roller	BW	5	8-10	90 sec	1-2-1	
Cool down:						
Glutes, Hamstring, Shoulders and lower back stretches						