

Speed endurance exercises

Speed endurance exercise 1

One lap	2 min
Set 1 (10 HI runs)	10 min
Recovery	4 min
Set 2 (10 HI runs)	10 min
Total duration	24 min

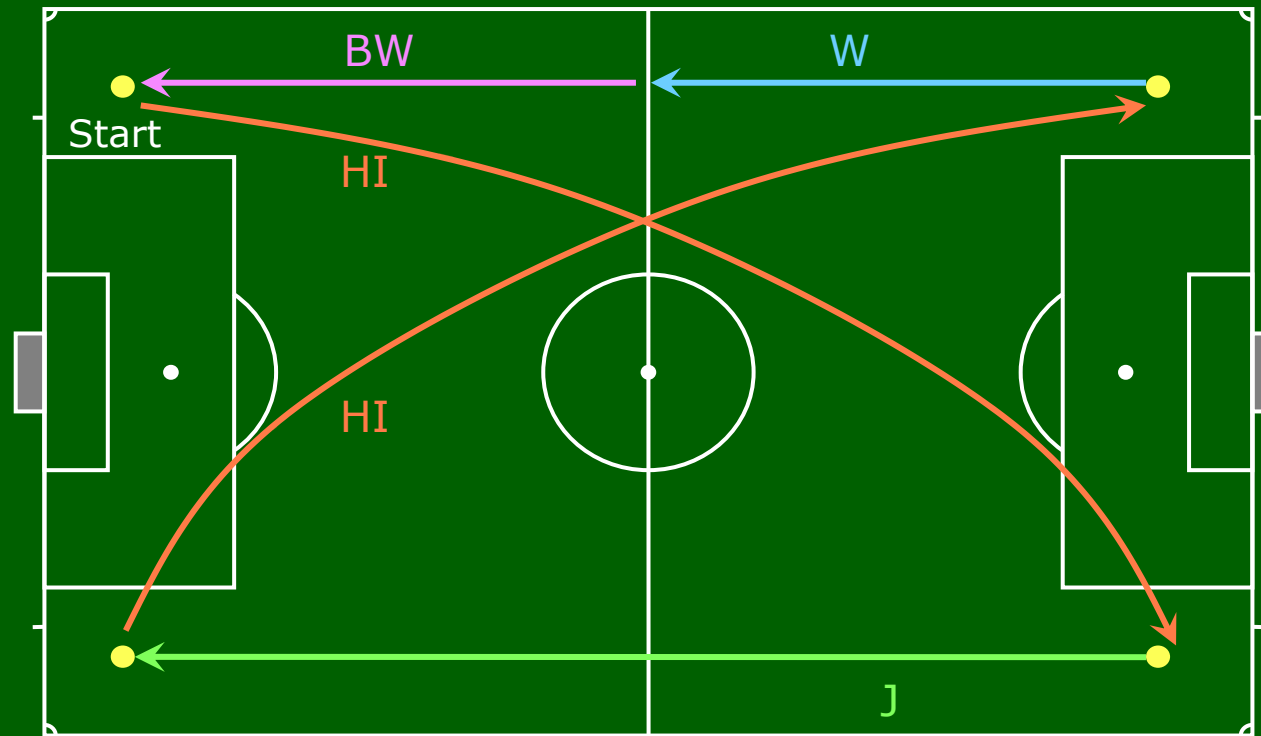
Walking	W	300 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2000 m
Sprint	S	---
Total distance		2300 m

Set 1: Starting at the edge of the penalty box, referees progressively accelerate to 90-95% (15") along the diagonal line as indicated in the picture. As from the mark near the opposite penalty box on (marked by the vertical bar), they decelerate while keeping the focus inside the penalty box. Between runs, there is a 45" recovery period (walking). Repeat this 10 times.

Recovery: 4 min

Set 2: Again 10 repetitions of each 1 min.

Speed endurance exercise 3



2 sets of 6 laps

One lap	2 min
Set 1 (6 laps)	12 min
Recovery	4 min
Set 2 (6 laps)	12 min
Total duration	28 min

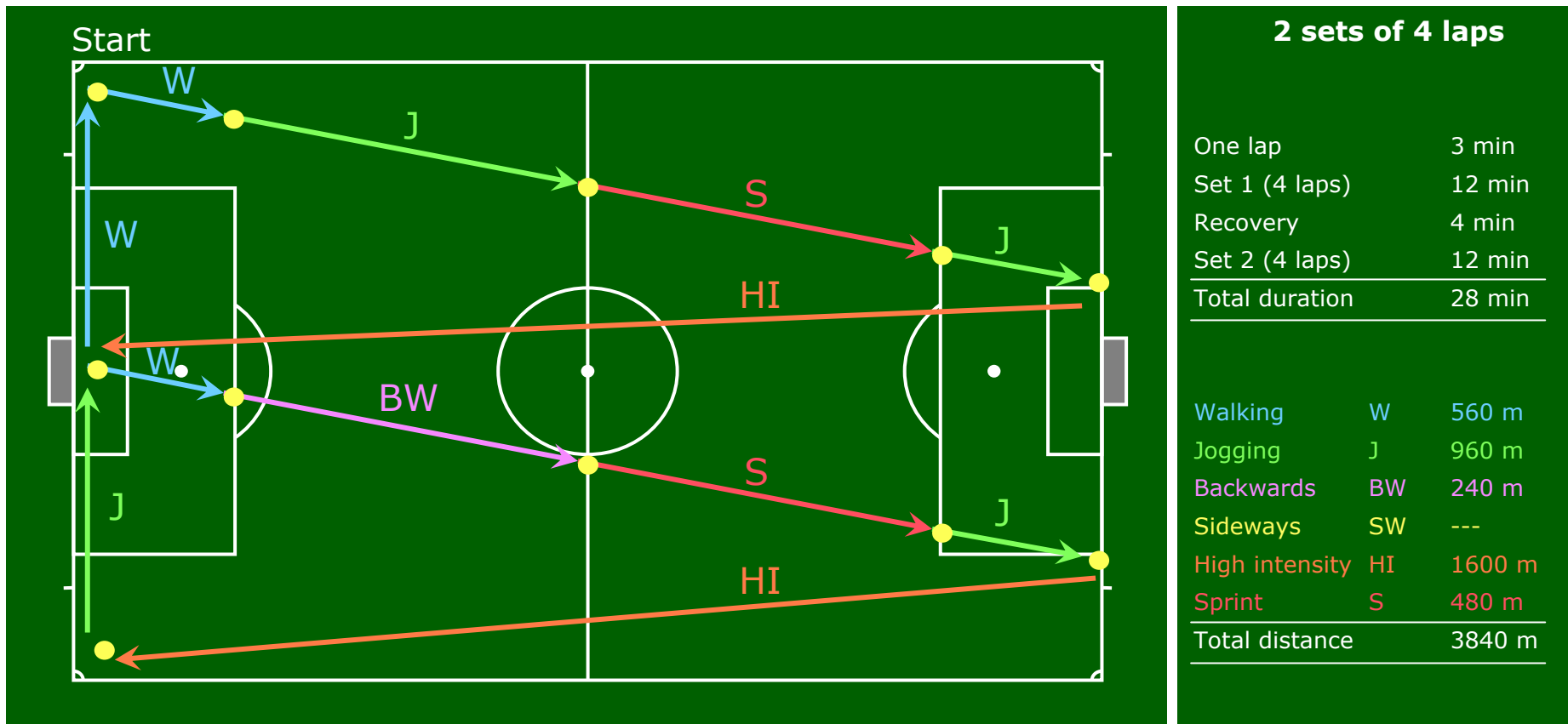
Walking	W	450 m
Jogging	J	1080 m
Backwards	BW	450 m
Sideways	SW	---
High intensity	HI	3600 m
Sprint	S	---
Total distance		5580 m

Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min.

Set 2: Again 6 laps of the same exercise.

Speed endurance exercise 6

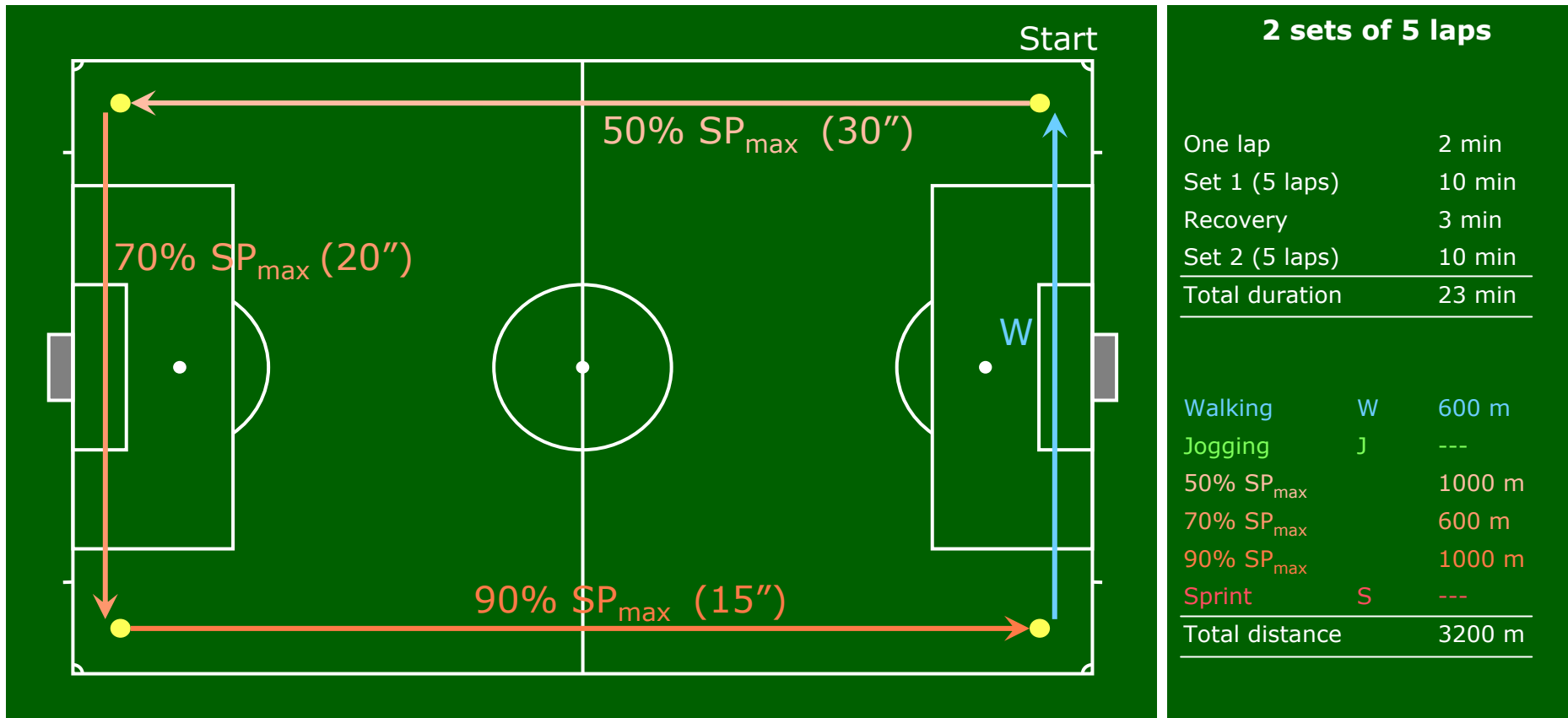


Set 1: Run 4 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Again 4 laps of the same exercise.

Speed endurance exercise 7

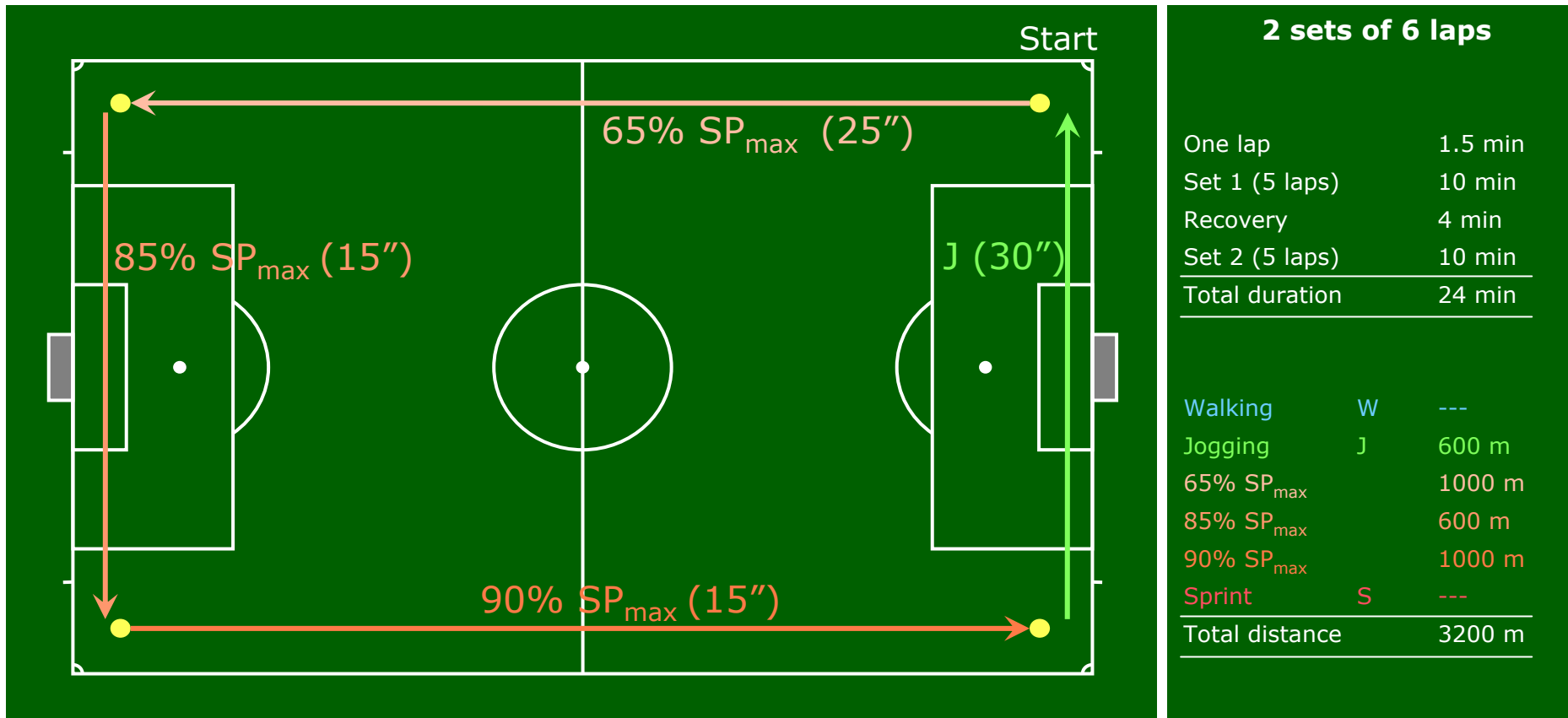


Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture. Run at 50% of the maximal running speed in the length of the field (in 25 sec), followed by running at 70% of the maximal speed in the width of the field (in 15 sec) and then run at 90% of the maximal running speed (in 20 sec), walk back to the start.

Recovery: 3 min

Set 2: Again 5 laps of the same exercise.

Speed endurance exercise 8

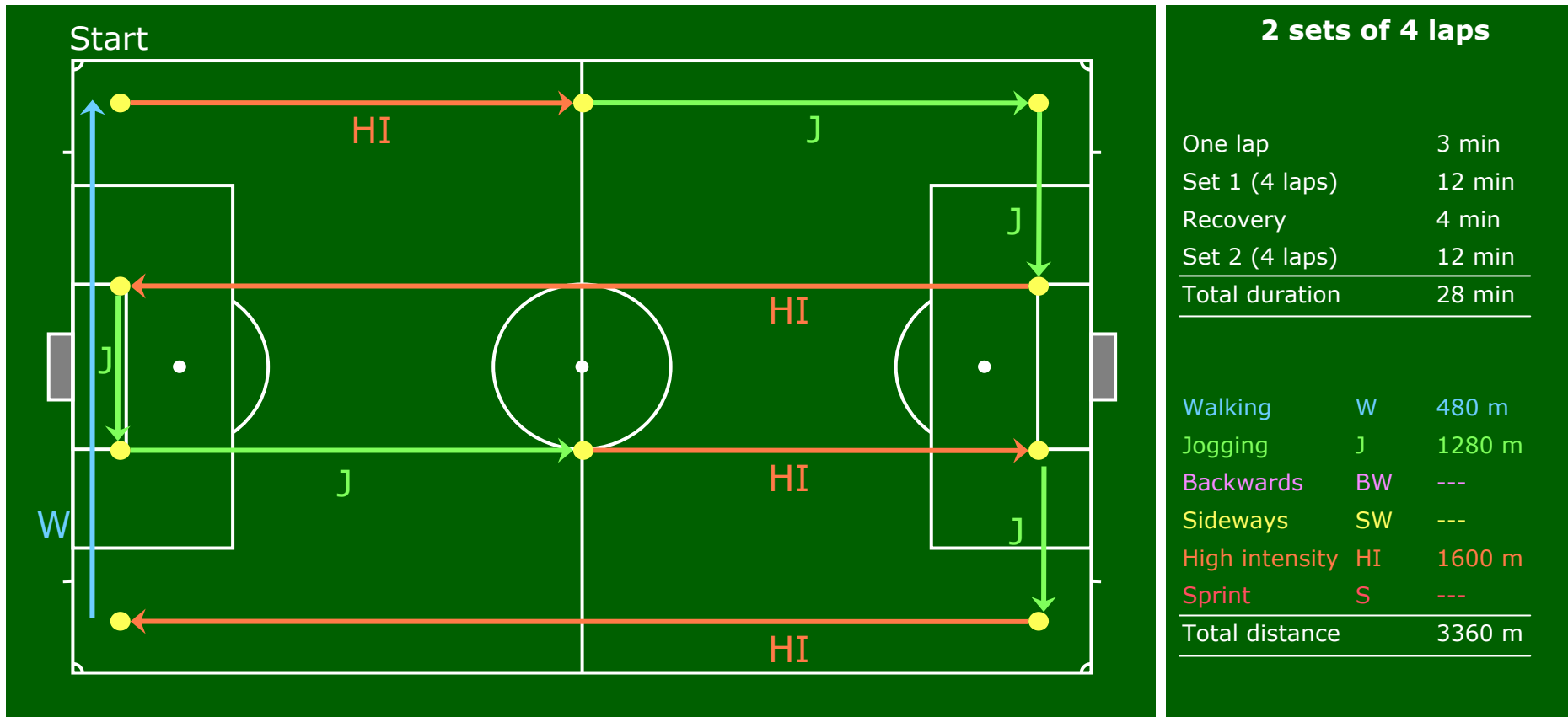


Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture. Run at 65% of the maximal running speed in the length of the field (in 25 sec), followed by running at 85% of the maximal speed in the width of the field (in 15 sec) and then run at 90% of the maximal running speed (in 15 sec), walk back to the start.

Recovery: 3 min

Set 2: Again 6 laps of the same exercise.

Speed endurance exercise 10



Set 1: Run 4 laps of the speed endurance exercise as indicated in the picture.

Recovery: 3 min

Set 2: Again 4 laps of the same exercise.

Speed endurance exercise 11

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	650 m
Jogging	J	1400 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	1200 m
Sprint	S	250 m
Total distance		3700 m

Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Same as set 1.

Speed endurance exercise 12

2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

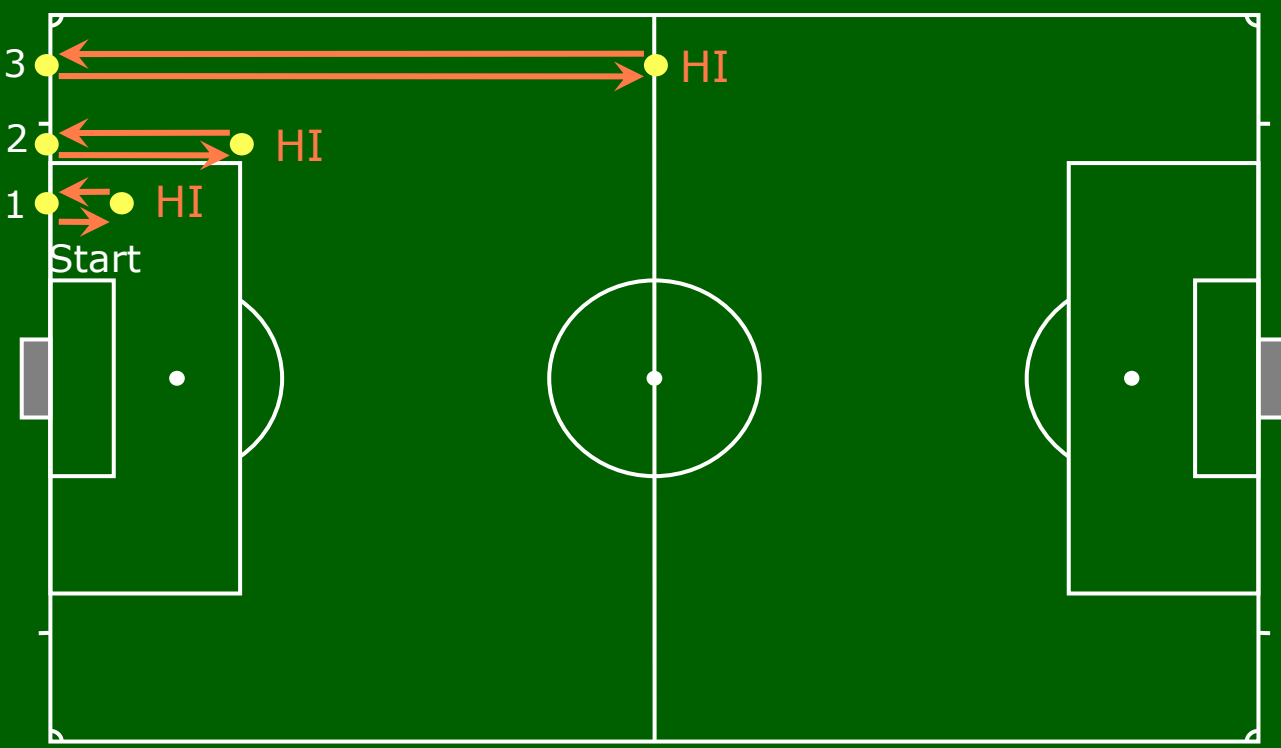
Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	800 m
Sprint	S	---
Total distance		2300 m

Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min.

Set 2: Run again 5 laps of the same exercise.

Speed endurance exercise 13



2 sets of 4 runs

One lap	30"
Set 1 (5 laps)	6 min
Recovery	4 min
Set 2 (5 laps)	6 min
Total duration	16 min

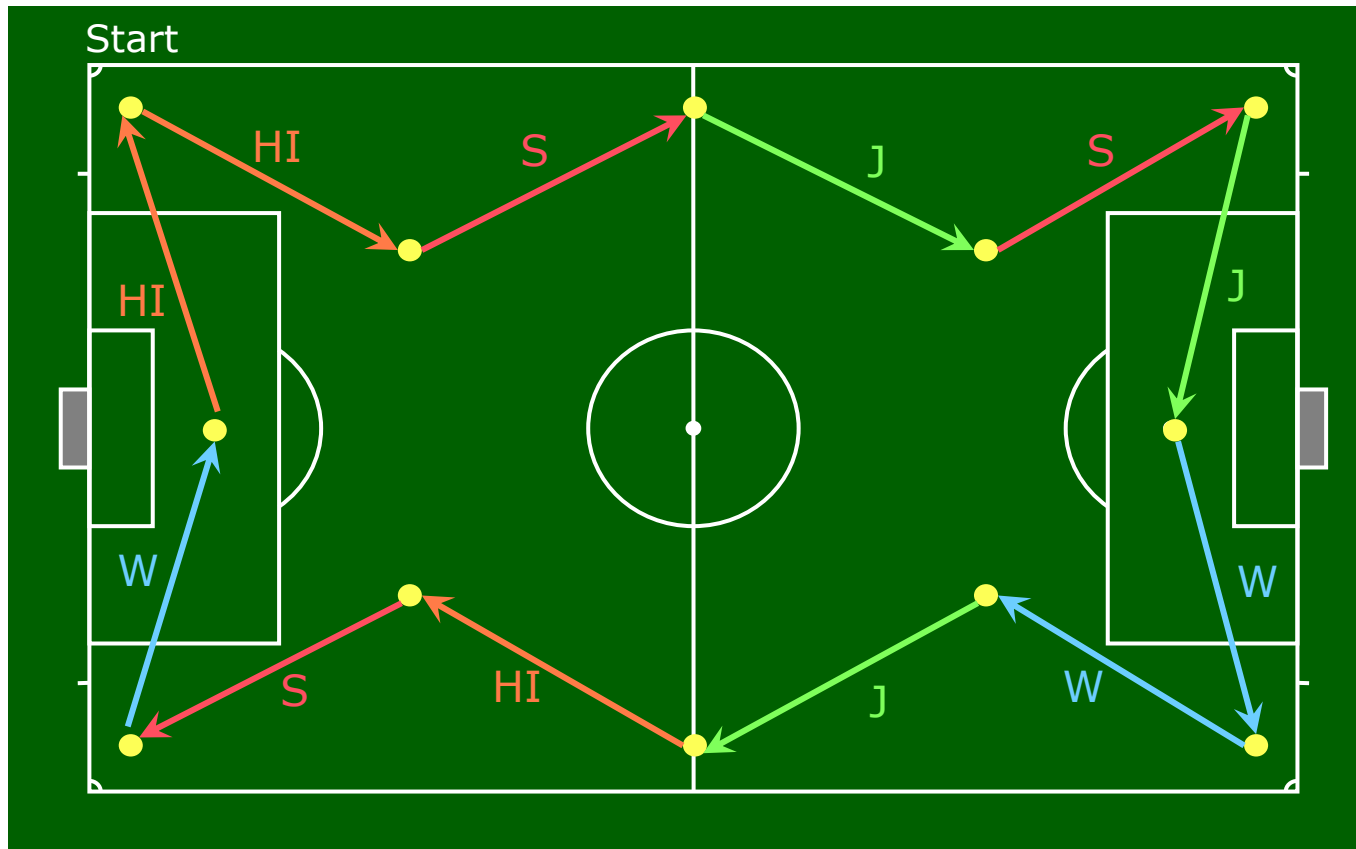
Walking	W	---
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1152 m
Sprint	S	---
Total distance		1152 m

Set 1: Suicide run: sprint from the goal line to the goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back. Finally, sprint to the halfway line and back. One minute rest and then repeat 4 times the exercise.

Recovery: 3 min

Set 2: Repeat the same exercise, again for 4 laps.

Speed endurance exercise 14



2 sets of 5 laps

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	900 m
Jogging	J	900 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	900 m
Sprint	S	900 m
Total distance		3600 m

Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 5 laps of the same exercise.

Speed endurance exercise 15

2 sets of 6 laps

One lap		1'20"
Set 1 (6 laps)		8 min
Recovery		4 min
Set 2 (6 laps)		8 min
Total duration		20 min

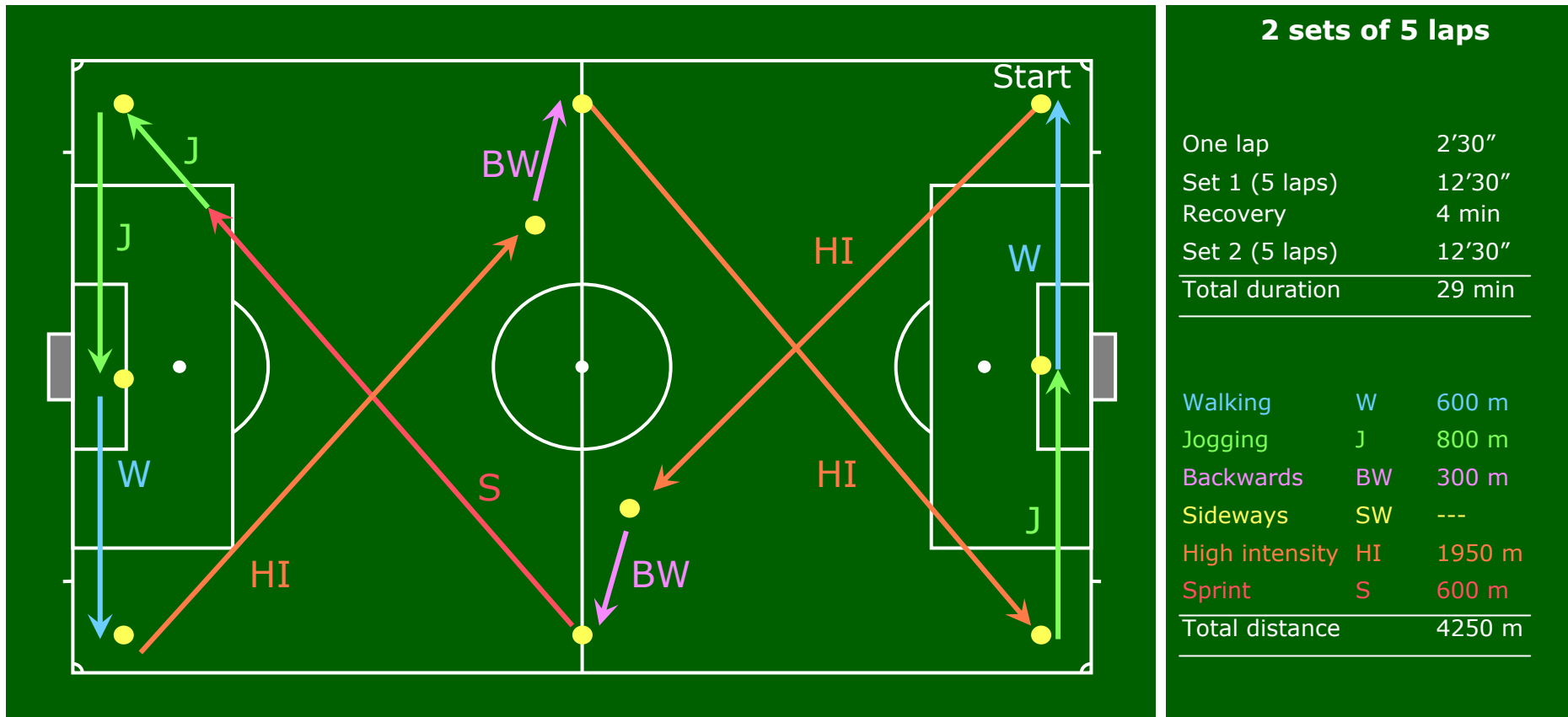
Walking	W	480 m
Jogging	J	480 m
Backwards	BW	480 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	720 m
Total distance		2160 m

Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min.

Set 2: Again 6 laps of the same exercise.

Speed endurance exercise 16

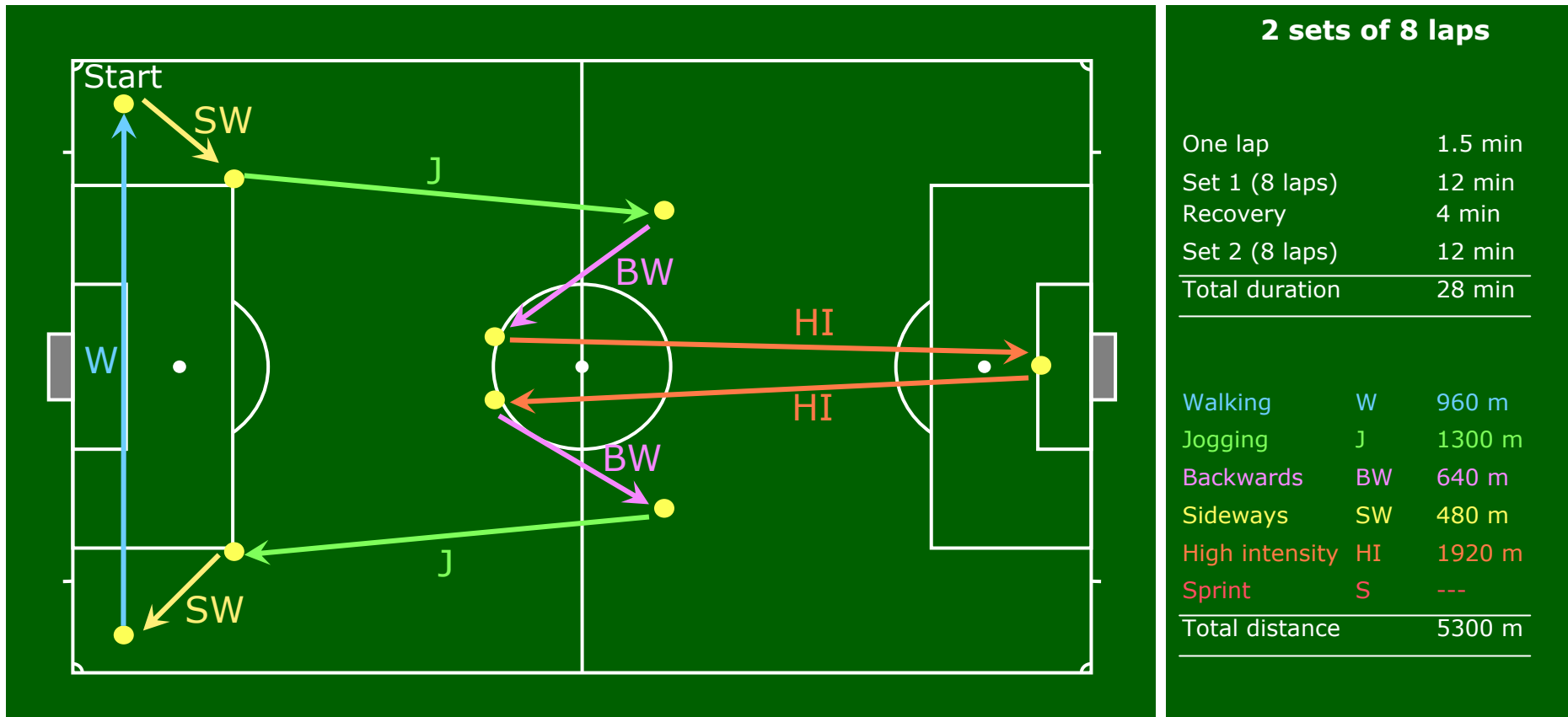


Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Again 5 laps of the same exercise.

Speed endurance exercise 17

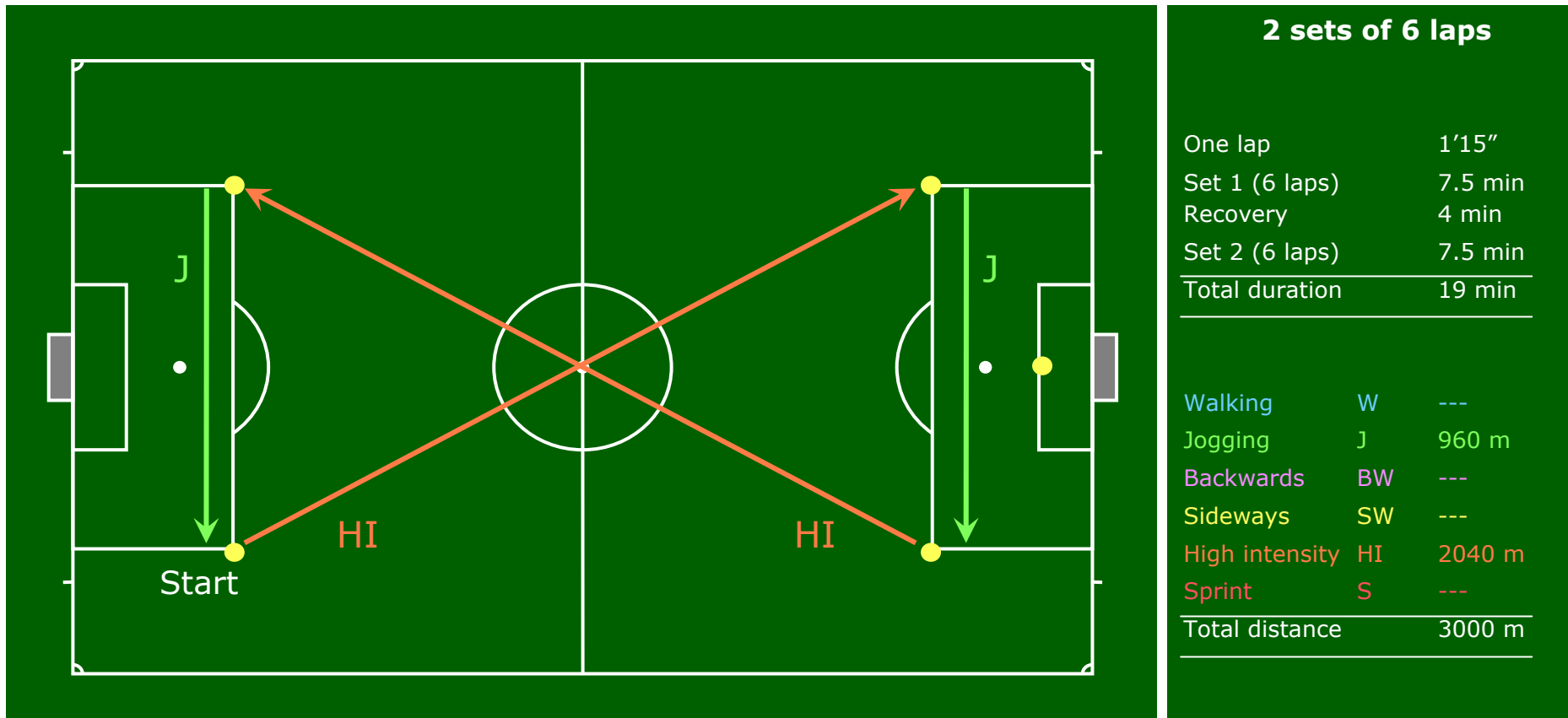


Set 1: Run 8 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 8 laps of the same exercise.

Speed endurance exercise 18



Set 1: Run 6 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 6 laps of the same exercise.

Speed endurance exercises for assistant referees

Speed endurance exercise for assistant referees 1

2 sets of 8 laps

One lap	45 sec
Set 1 (8 laps)	6 min
Recovery	4 min
Set 2 (8 laps)	6 min
Total duration	14 min

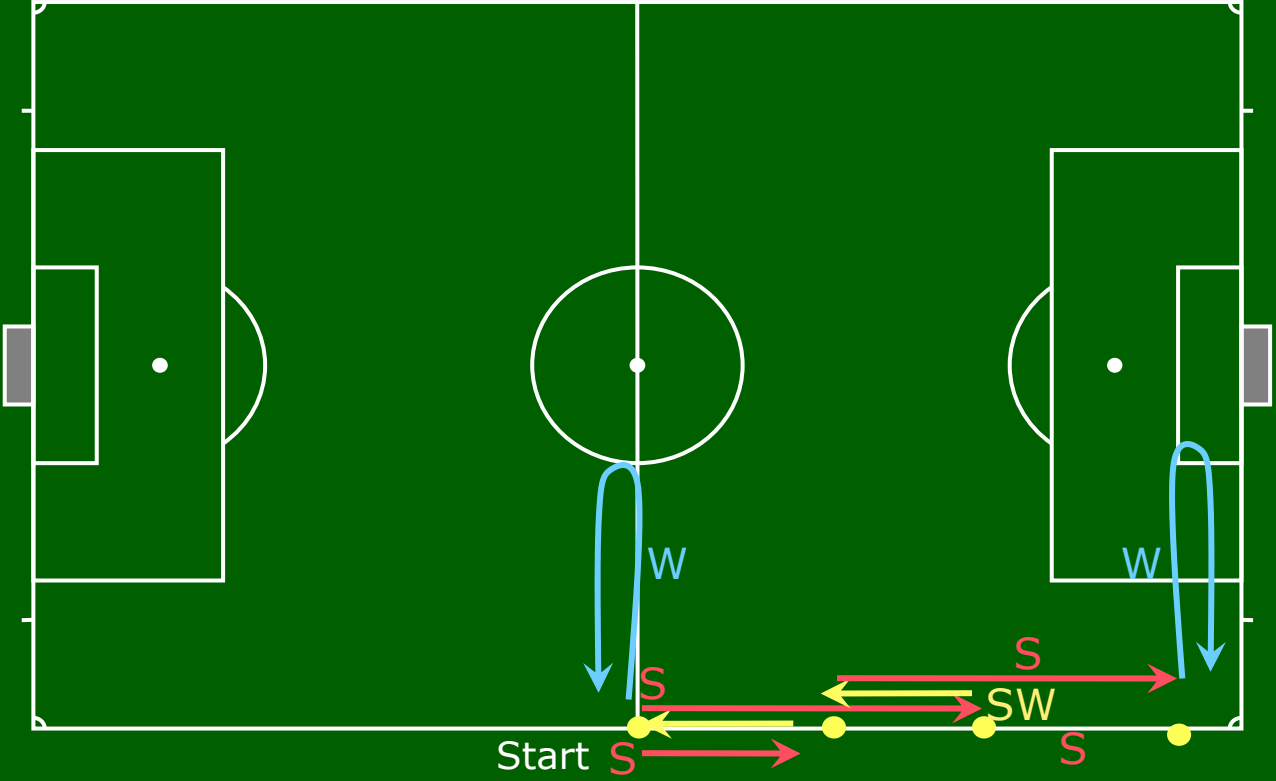
Walking	W	---
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	480 m
High intensity	HI	---
Sprint	S	640 m
Total distance		1920 m

Set 1: Run 8 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 8 laps of the same exercise.

Speed endurance exercise for assistant referees 3



2 sets of 4 laps

One lap		2 min
Set 1 (8 laps)		8 min
Recovery		4 min
Set 2 (8 laps)		8 min
Total duration		20 min

Walking	W	640 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	240 m
High intensity	HI	---
Sprint	S	600 m
Total distance		1480 m

Set 1: Run 4 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 4 laps of the same exercise.