



FIBA
We Are Basketball

REFEREES' PHYSICAL TRAINING PLAN 2016 SUMMER COMPETITIONS



Forewords

The purpose of this Physical Training Plan is to help you with your preparation before the Summer Competitions in order to get there in the best shape as possible.

In this plan you will find your training activities during the 8 weeks before the Competition.

The descriptions of various workouts and exercises are available in the Manual for Basketball Referees' Physical Training (downloadable at the FIBA Referees iRef App). We have added reference to the page in the Manual after every workout or exercise.

This plan has been adjusted as much as it is possible to reality with 3 workouts per week depends on your daily routine.

The ideal distribution for the week workouts could be; Monday-Tuesday (Day 1), Wednesday-Thursday (Day 2) and Friday, Saturday or Sunday (Day 3)

In the strength workouts you can choose between elastic bands, general workout or weight room. It is recommended to realize at least two strength workouts a week.

I hope this will help you in your preparation and ensuring that everybody will get in the best conditions to the Competition.

Enjoy training,



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Workouts

WEEK 8

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
3 x 8' running medium speed	9
Recovery between sets: 2x30 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
Fartlek 24' (Slow-Fast): 7'+1'+1'+1'+1'+1'+1'+1'+1'+1'+8'	9
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
28' running	9
Speed (full recovery 1') 1x40m / 2x30m / 3x20m / 4x10m	11
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 7

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
3x9' running medium speed	9
Recovery between sets: 2x40 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 15' jogging	9
Oregon Workout:	13
<ul style="list-style-type: none"> • 1 repetition (30'' work) • Sit ups, Push ups • Jumping Jacks, • Core (side abd), • Half squat, • Sit ups, • Knees-chest, • Push ups, • Lunges, • Lower back. 	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
28' running	9
RSA Workout (Incomplete recovery. Walk back recovery) 1x40m/3x30m/5x20m/7x10m	12
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 6

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
3 x 10' running medium speed	9
Recovery between sets: 3x30 sit ups	
Cool down: 5' jogging	9

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
Fartlek 25' (Slow-Fast): 8'+1'+2'+1'+1'+1'+1'+1'+2'+1'+6'	9
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
30' running	9
Speed (full recovery 1'-2') 4x40m / 4x20m / 4x10m	11
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 5

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
4x8' running medium speed	9
Recovery between sets: 2x35 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 20' jogging	9
Fartlek 26' (Slow-Fast): 6'+1'+1'+2'+1'+1'+2'+1'+3'+2'+6'	9
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
34' running	9
Speed (full recovery 1'-2') 3x50m / 3x30m / 3x20m / 3x10m	11
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 4

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
4 x 8' running medium speed	9
Recovery between sets: 2x45 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 10' jogging	9
Oregon Workout:	13
<ul style="list-style-type: none"> • 2 repetitions (20" / 20" work) • Sit ups, Push ups • Jumping Jacks, • Core (side abd), • Half squat, • Sit ups, • Knees-chest, • Push ups, • Lunges, • Lower back. 	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
25' running	9
RSA Workout (Incomplete recovery. Walk back recovery) 1x50m/2x40m/3x30m/4x20m/5x10m	12
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 3

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
3 x 10' running medium speed	9
Recovery between sets: 2x45 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 10' jogging	9
Fartlek 28' (Slow-Fast): 8'+1'+1'+2'+1'+1'+2'+1'+3'+2'+6'	9
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
27' running	9
RSA Workout (Incomplete recovery. Walk back recovery) 3x30m/4x20m/5x10m/6x5m	12
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 2

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
4 x 9' running medium-hard speed	9
Recovery between sets: 2x45 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 10' jogging	9
Oregon Workout:	13
<ul style="list-style-type: none"> • 2 repetitions (30" / 20" work) • Sit ups, Push ups • Jumping Jacks, • Core (side abd), • Half squat, • Sit ups, • Knees-chest, • Push ups, • Lunges, • Lower back. 	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
30' running	9
RSA Workout (Incomplete recovery. Walk back recovery) 4x40m/4x30m/4x20m/4x10m	12
Cool down: 5' jogging	9
Stretching drills	21-22

WEEK 1

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
4 x 8' running medium-hard speed	9
Recovery between sets: 2x55 sit ups	
Cool down: 5' jogging	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging	9
Fartlek 24' (Slow-Fast): 8'+1'+1'+1'+1'+1'+1'+1'+1'+1'+7'	9
Cool down: 5' jogging	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
25' running	9
Speed (full recovery 1'-2') 2x60m / 4x40m / 6x20m	11
Cool down: 5' jogging	9
Stretching drills	21-22

STANDARD QUALITY

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