



Off-Season/Preseason Training for Football Officials

DAY 1	Wk 1	Wk 2	Wk 3	Wk 4	DAY 2	Wk 1	Wk 2	Wk 3	Wk 4	DAY 3	Wk 1	Wk 2	Wk 3	Wk 4	
Squat or Leg Press*	WU x12	WU x12	WU x12	WU x10	Bench Press* (Barbell or DB) Lat Pull	WU x12	WU x12	WU x10	WU x10	Hang Clean* (Total Body Movement. Use what is available at the gym)	WU x12	WU x12	WU x10	WU x10	
	x12	x10	x10	x8		x12	x10	x10	x8		x12	x10	x10	x8	x8
	x12	x10	x10	x8		x12	x10	x10	x8		x12	x10	x10	x8	x8
		x10	x8	x8			x10	x8	x8			x10	x8	x8	
Hip Mobility*	All 4's, Hip Circles x10/e between sets				Shoulder Mobility*	Small & Large Arm circles x10 b/w sets				Spine Mobility*	Standing trunk rotations x10 b/w sets				
Shoulder Press	x12	x12	x10	x8	MB Toss (Squat and throw ball into air as you stand up)	x10	x8	x8	x6	Barbell Shrug	x12	x10	x8	x6	
	x12	x10	x10	x8		x10	x8	x8	x6		x12	x10	x8	x6	
Machine Row	x12	x12	x12	x10	Box Jump	x5	x5	x6	x6	DB SA Shrug	x12	x10	x8	x6	
	x12	x10	x8	x6		x5	x5	x6	x6		x12	x10	x8	x6	
Squat to Press	x12	x10	x8	x6	Lunge Twist	x8/e	x8/e	x6/e	x6/e	Bicep Curls	x10	x10	x8	x6	
	x12	x10	x8	x6		x8/e	x8/e	x6/e	x6/e		x10	x10	x8	x6	
Step Ups	x12	x10	X8	x8	Incline Press (Barbell or DB)	x12	x10	x8	x6	Tricep Extension	x10	x10	x8	x6	
	x12	x10	X8	x8		x12	x10	x8	x6		x10	x10	x8	x6	
Push Up (Max)	x2	x2	x2	x2	Pull Up (Max)	x2	x2	x2	x2	Calf Raise	3 x 10	3 x 10	3 x 10	3 x 10	
PC Lying Ham Curl	2 x 6	2 x 6	2 x 6	2 x 6	Rev. Hyper	3 x 12	3 x 12	3 x 12	3 x 12	Back Hyper	3 x 12	3 x 12	3 x 12	3 x 12	
PS DB Rear Delt Raise	3 x 10	3 x 10	3 x 10	3 x 10	Band Pull Apart	3 x 10	3 x 10	3 x 10	3 x 10	Face Pulls	3 x 10	3 x 10	3 x 10	3 x 10	
H Abductors	3 x 10	3 x 10	3 x 10	3 x 10	Groin	3 x 10	3 x 10	3 x 10	3 x 10	Adductors	3 x 10	3 x 10	3 x 10	3 x 10	

NOTES:

Week 5 should be an off week. Rest is just as important as exercise. Try some swimming or yoga to unload the joints before going back to training on week 6.

This workout is simply a guideline or a place to start, to give you some direction. Please modify any movements that you do not feel comfortable performing

It may also be wise to super-set certain exercises to make it through your workout in a timely manner

If you have any questions about verbiage or abbreviations, feel free to email me : mskeen03@gmail.com

Exercise Abbreviations and Descriptions

Abbreviations	
DB	Dumb Bell
BB	Barb Bell
MB	Medicine Ball
SA	Single Arm
Exercises	Descriptions
Shoulder Press	Either DB or BB, starting at shoulder height, press weight overhead.
Machine Row	Any machine in the gym that results in a pulling motion.
Squat to Press	Squat and throw ball into air as you stand up.
Hang Clean	If you are not experienced with this lift, please perform any Total Body Movement. Use what is available at the gym.
Step Ups	Using a bench or box, step up onto the box (add weight as needed).
Lying Hamstring Curl	Most gyms have one of these machines (Single Leg or Double).
Lat Pull	Most gyms will have various equipment for this exercise.
MB Toss	Squat and throw ball into air as you stand up.
Lunge Twist	Perform a traditional lunge (not letting your knee extend out much further than your toes). At the bottom of the lunge, twist toward the knee that is off the ground. Add weight as needed.
Incline Press	DB or BB incline bench press.
Barbell Shrug	Holding a BB in front of your body, shrug upward trying to touch your shoulders to your ears.
DB SA Shrug	Holding a DB in one hand by your side, shrug upward trying to touch your shoulder to your ear.
Calf Raise	With weight either in your hands or across your shoulders, lift your heels off the ground.
Back Hyper	Most gym's have a machine for this. Keeping your lower torso stationary, bend at the waist 90 degrees and come back up. Add weight as needed.
Rev. Hyper	Keeping your upper torso stationary, bend at the waist 90 degrees and bring legs back up. Add weight as needed. This is the opposite of a Back Hyper.
Adductors	Standing or on all 4's, moving the leg TOWARDS the body w/ resistance.
Abductors	Standing or on all 4's, moving the leg AWAY from the body w/ resistance.
Hip Mobility	Any movement that is working the hip range of motion (hip rotations, swings, etc).
Groin	Groin flexibility and strengthening by using the butterfly stretch and adding weight if possible.
Spine Mobility	Any controled twisting motion of the spine. Keep your lower torso firmly planted on the ground, and rotate the upper body. This can also be performed while seated.
Band Pull Apart	Holding a band in your hands with arms straight out in front of you, pull your arms away from each other without bending your elbows.
Face Pulls	Using cable machine or band, from face height, hands together, pull the weight towards your face. As you pull your hands closer to your face, spread them so that they end beside your ears.
Shoulder Mobility	Any movement that is working the shoulder range of motion (arm circles, chest breakers, etc.).
DB Rear Delt Raise	Using DBs, bend over at the waist 90 degrees. Begin with DBs in hands down at your feet. Without bending your elbows, lift the weight keeping your pinkies toward the ceiling.

Core Strengthening Exercises

Choose one workout to complete before or after your workouts
Least amount of rest between exercises as possible

Workout 1	Reps
Crunches (w/ legs in air)	25
Crunches (w/ knees bent, feet flat on floor)	25
Sit-Ups (knees bent, feet flat on floor)	25
Straight Leg Sit-Ups (legs straight out, hands by head)	25
Side Crunches (knees bent to the right)	25
Side Crunches (knees bent to the left)	25
Supermans (on stomach, lift chest and feet off floor)	25
Plank (on elbows and tip toes, facing the floor)	30 sec

Workout 2	Reps
Plank (on elbows and tip toes, facing the floor)	60sec
Side Plank (on right elbow and right ankle)	30 sec
Side Plank (on left elbow and left ankle)	30 sec

Rest 1 minute and repeat

Workout 3	Reps
Bicycle Crunch	40 (20/e)
Sit Ups	30
Overhead Medicine Ball Sit Ups	30
Straight leg Raise (on back, hands under bottom)	20
Alternating Single Leg Raises	10/e

Workout 4	Reps
Reverse Crunch (feet in air, lift hips off ground)	25
Toe Taps (feet in in air, reach up and tap toes)	25
Scissor Kicks (feet 6", alternate kicking legs)	40 (20/e)
Wind Shield Wipers (feet in air, go right to left)	15/E
Knee Tucks (legs straight out in front, knees to chest)	25

Workout 5
5 sit-ups, rest 5 sec
10 sit-ups, rest 10 sec
15 sit-ups, rest 15 sec
20 sit-ups, rest 20 sec
25 sit-ups, rest 25 sec
30 sit-ups

Field Conditioning Options

NOTE The content below are simply guidelines and suggestions. Please alter distances and/or rest time to fit your individual goals and ability. If you are in good shape, you may reduce the rest time to make these tasks more difficult. If your conditioning needs improvement, you may increase the rest time or decrease the distance.

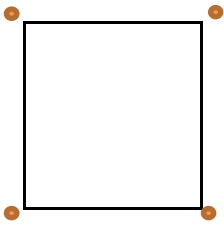
Shuttle Run

Distance	Reps	Rest
Down/Back	x5	3 min
(40 yds)	x4	3 min
	x3	2 min
	x2	1 min
	x1	

*Goal is to work your way back up (this is only half of the pyramid)

4 Corners

Start at any corner of the field, run 3 sides of the field. Rest 1 minute and repeat until you have reached your starting point. All the way around is 1 rep. Complete 3 reps.



100 Yd Strides

Distance	Reps	Rest
100 yds	x1	1 min
	x1	1 min
	x1	1 min
	x1	1 min
	x1	1 min
	x1	1 min

Starting at the goal line stride out the entire length of the field (this is not intended to be a sprint). Goal is to work your way up to 10 total reps.

Gasers

Distance	Reps	Rest
Down/Back	1	2 min
(x2)		

(100 yds total)

Starting at the goal line stride out 50 yds. Stop on the line and stride back (this is not intended to be a sprint). Goal is to work your way up to 5 reps.

*If you'd like, add agility ladders to any of the above exercises

Treadmill Interval Training

1:1 Work/Rest Ratio

Speed	Incline	Time	Rest
3	1	1:00	
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
6	1	1:00	1:00
3	0	3:00	

2:1 Work/Rest Ratio

Speed	Incline	Time	Rest
3	1	1:00	
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
6	1	1:00	:30
3	0	3:00	

Treadmill Interval Training w/ Incline Pyramid

1:1 Work/Rest Ratio

Speed	Incline	Time	Rest
3	1	1:00	
6	1	1:00	1:00
6	2	1:00	1:00
6	3	1:00	1:00
6	4	1:00	1:00
6	5	1:00	1:00
6	6	1:00	1:00
6	5	1:00	1:00
6	4	1:00	1:00
6	3	1:00	1:00
6	2	1:00	1:00
6	1	1:00	1:00
3	0	3:00	

2:1 Work/Rest Ratio

Speed	Incline	Time	Rest
3	1	1:00	
6	1	1:00	:30
6	2	1:00	:30
6	3	1:00	:30
6	4	1:00	:30
6	5	1:00	:30
6	6	1:00	:30
6	5	1:00	:30
6	4	1:00	:30
6	3	1:00	:30
6	2	1:00	:30
6	1	1:00	:30
3	0	3:00	

This workout is simply a guideline or a place to start, to give you some direction. Please modify any Speeds or inclines if you do not feel comfortable running at those suggested guidelines. For the advanced runner, I would encourage you to run faster than 6.0 speed. These kids are fast!