



U.S. Soccer Match Official Optional Supplemental Training Resource

Hello,

U.S. Soccer is committed to increasing resources and support for National Match Officials and Regional Referees applying for the National level. The Referee Department collaborated with the High Performance Department to create a supplemental training resource for those advancing through the pathway.

This document may help support your training and preparation for the National Camp Fitness Test. It is an optional resource that was designed to be flexible, taking in consideration referee's varying work and officiating schedules.

As you read through this document, you will find various workouts – appetizer (warm-up), main course (running work), and dessert (sprint training). On the following page, you will also find the prescribed workout (main course and dessert) for the week number and day. All running distances and speeds are provided in meters and kilometers per hour, along with yards and miles per hour. Additionally, there is a regulation size soccer field with meter markings provided for your reference, which allows for training on various surfaces for these workouts.

Example:

Women, Week 3 – Friday,

1. Appetizer:
 - a. 10min run at 10km/h (6.21mph)
 - b. Stretch and Dynamic Movements
2. Main Course
 - a. (3 x running 2) + (1 x running 1)
 - i. 3 x running 2
 1. High Intensity Run at 16.5 km/h for 16 seconds, covering 75 meters. Walk 16 seconds, covering 25 meters
 2. High Intensity Run at 16.5 km/h for 16 seconds, covering 75 meters. Walk 16 seconds, covering 25 meters
 3. High Intensity Run at 16.5 km/h for 16 seconds, covering 75 meters. Walk 16 seconds, covering 25 meters
 4. High Intensity Run at 16.5 km/h for 16 seconds, covering 75 meters. Walk 16 seconds, covering 25 meters
 5. High Intensity Run at 16.5 km/h for 16 seconds, covering 75 meters. Walk 16 seconds, covering 25 meters
 6. REST 2.5 minutes
 - ii. Repeat steps 1-6 two (2) additional times, for a total of 3 sets
 - iii. 1 x running 1



1. High Intensity Run 16.5km/h for 24 seconds, covering 2 x 50m back and forth OR 1 x 100m. Walk 40 seconds, covering 50 meters
 - a. You have the choice to run 50m back and forth OR run 100m straight
2. High Intensity Run 16.5km/h for 24 seconds, covering 2 x 50m back and forth OR 1 x 100m. Walk 40 seconds, covering 50 meters
3. High Intensity Run 16.5km/h for 24 seconds, covering 2 x 50m back and forth OR 1 x 100m. Walk 40 seconds, covering 50 meters
4. High Intensity Run 16.5km/h for 24 seconds, covering 2 x 50m back and forth OR 1 x 100m. Walk 40 seconds, covering 50 meters
5. REST 2.5 minutes

3. Dessert:

a. Dessert 2

- i. Run 1 x 10m at 80% effort. Rest 15 seconds
- ii. Run 1 x 10m at 90% effort. Rest 15 seconds
- iii. Run 1 x 10m at 90% effort. Rest 15 seconds
- iv. Run 1 x 30m at 80% effort. Rest 15 seconds
- v. Run 1 x 30m at 90% effort. Rest 15 seconds
- vi. Run 1 x 30m at 90% effort. Rest 15 seconds

If you have questions regarding this resource, please email referee@ussoccer.org with “National Camp Fitness Test” in the subject line.

Best,
Referee Dept.

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U.S. Soccer Optional Supplemental Training Referees (MEN) - 2023



Always start with a good warming-up!

Appatizer: 10min run on 11km/h (6.8mph)

Stretch and Dynamic movements

Main Course: Running Menu			
Rest between run series is always 2.5 minutes!			
Running 1	Distance	Number of reps	Walk between reps
High Intensity Run 18km/h (22sec) High Intensity Run 11.2 mph (22sec)	2 x 50m / 1 x 100m 2 x 54.7yds / 1 x 109.4yds	4	50m (38sec) 54.7yds (38 sec)
Running 2	Distance	Number of reps	Walk between reps
High Intensity Run 18km/h (15sec) High Intensity Run 11.2 mph (15sec)	75m 82 yds	5	25m (15sec) 27.3yds (15sec)
Running 3	Distance	Number of reps	Walk between reps
High Intensity Run (40sec)	3 x 50m / 1 x 150m 3 x 54.7yds / 1 x 164yds	5	50m (40sec) 54.7yds (40sec)
Running 4	Distance	Number of reps	Walk between reps
Medium Intensity Run 4m30sec (13km/h) Medium Intensity Run 4m30sec (8.1mph)	1000m 1093.6yds (.62 miles)	1	3min
Running 5	Distance	Number of reps	Rest in between reps
Low Intensity Run 30min (10km/h) Low Intensity Run 30min (6.2mph)	5000m 5468 yds (3.1 miles)	1	None

Dessert: Sprint Program		
Dessert program 1	Serie	Rest
	2 x 10m (11yds) at 80% 2 x 30m (32.8yds) at 80% 1 x 10m (11yds) at 90% 1 x 30m (32.8yds) at 90%	Rest between sprints minimal 15 sec
Dessert program 2	Serie	Rest
	1 x 10m (11yds) at 80% 2 x 10m (11yds) at 90% 1 x 30m (32.8yds) at 80% 2 x 30m (32.8yds) at 90%	Rest between sprints minimal 15 sec
Dessert program 3	Serie	Rest
	2 x 10m (11yds) at 90% 2 x 40m (43.7yds) at 90% 1 x 10m (11yds) at 100% 1 x 30m (32.8yds) at 100% 10m (11yds) back and forth at 90%	Rest between sprints minimal 30 sec
Dessert program 4	Serie	Rest
	2 x 10m (11yds) at 100% 2 x 40m (43.7yds) at 100% 10m (11yds) back and forth at 100% 40m (43.7yds) back and forth at 100%	Rest between sprints minimal 30 sec

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U.S. Soccer Optional Supplemental Training Referees (MEN) - 2023



Always start with a good warming-up! Appatizer: 10min run on 11km/h (6.8mph) Stretch and Dynamic movements

Week Number	Day of the week	Main Course - Rest between run series is 2.5 minutes	Dessert
0	Saturday	2 x running 4	
0	Sunday		
1	Monday	2 x running 1	
1	Tuesday		
1	Wednesday		
1	Thursday	2 x running 2	
1	Friday		
1	Saturday		
1	Sunday	(1 x running 1) + (1 x Running 2)	
2	Monday		
2	Tuesday	(1 x running 4) + (2 x running 2)	Dessert 1
2	Wednesday		
2	Thursday		
2	Friday	(2 x running 2) + (1 x running 1)	Dessert 1
2	Saturday		
2	Sunday	(1 x running 3) + (2 x running 1)	Dessert 1
3	Monday		
3	Tuesday		
3	Wednesday	(2 x running 4) + (2 x running 2)	Dessert 2
3	Thursday		
3	Friday	(3 x running 2) + (1 x running 1)	Dessert 2
3	Saturday		
3	Sunday	(4 x running 2)	Dessert 2
4	Monday		
4	Tuesday		
4	Wednesday	(2 x running 4) + (2 x running 2)	Dessert 3
4	Thursday		
4	Friday	(3 x running 2) + (1 x running 1)	Dessert 3
4	Saturday		
4	Sunday	(4 x running 2)	Dessert 3
5	Monday		
5	Tuesday		
5	Wednesday	running 5 / 60min other sports (tennis, swimming, etc)	
5	Thursday		
5	Friday		
5	Saturday	3 x running 4	
5	Sunday		

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U.S. Soccer Optional Supplemental Training Referees (MEN) - 2023



Always start with a good warming-up! Appatizer: 10min run on 11km/h (6.8mph) Stretch and Dynamic movements

Week Number	Day of the week	Main Course - Rest between run series is 2.5 minutes!	Dessert
6	Monday	(2 x running 1) + (3 x running 2)	Dessert 3
6	Tuesday		
6	Wednesday		
6	Thursday	(1 x running 4) + (2 x running 3)	Dessert 3
6	Friday		
6	Saturday		
6	Sunday	5 x running 2	Dessert 3
7	Monday		
7	Tuesday	(2 x running 3) + (3 x running 1) + (3 x running 2)	Dessert 4
7	Wednesday		
7	Thursday		
7	Friday	3 x running 4	Dessert 4
7	Saturday		
7	Sunday	6 x running 2	Dessert 4
8	Monday		
8	Tuesday		
8	Wednesday	running 5	Dessert 1 + 2
8	Thursday		
8	Friday	(4 x running 1) +(3 x running 3)	Dessert 3
8	Saturday		
8	Sunday	7 x running 2	Dessert 4
9	Monday		
9	Tuesday		
9	Wednesday	(2 x running 4) + (3 x running 3) + (3 x running 1)	Dessert 4
9	Thursday		
9	Friday	running 5	Dessert 4
9	Saturday		
9	Sunday	8 x running 2	Dessert 4
10	Monday		
10	Tuesday		
10	Wednesday	(2 x running 4) + (2 x running 2)	Dessert 4
10	Thursday		
10	Friday	(3 x running 2) + (1 x running 1)	Dessert 4
10	Saturday		
10	Sunday	(4 x running 2)	Dessert 4

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U.S. Soccer Optional Supplemental Training Referees (WOMEN) - 2023



Always start with a good warming-up!

Appatizer: 10min run on 10km/h (6.2mph)

Stretch and Dynamic movements

Main Course: Running Menu		Rest between run series is always 2.5 minutes!	
Running 1	Distance	Number of reps	Walk between reps
High Intensity Run 16.5km/h (24sec) High Intensity Run 10.25mph (24sec)	2 x 50m / 1 x 100m 2 x 54.7yds / 1 x 109.4yds	4	50m (40sec) 54.7yds (40 sec)
Running 2	Distance	Number of reps	Walk between reps
High Intensity Run 16.5km/h (16sec) High Intensity Run 10.25mph (16sec)	75m 82 yds	5	25m (16sec) 27.3yds (16sec)
Running 3	Distance	Number of reps	Walk between reps
High Intensity Run (42sec)	3 x 50m / 1 x 150m 3 x 54.7yds / 1 x 164yds	5	50m (42sec) 54.7yds (42sec)
Running 4	Distance	Number of reps	Walk between reps
Medium Intensity Run 4m30sec (13km/h) Medium Intensity Run 4m30sec (8.1mph)	1000m 1093.6yds (.62 miles)	1	3min
Running 5	Distance	Number of reps	Rest in between reps
Low Intensity Run 30min (10km/h) Low Intensity Run 30min (6.2mph)	5000m 5468 yds (3.1 miles)	1	None

Dessert: Sprint Program		
Dessert program 1	Serie	Rest
	2 x 10m (11yds) at 80% 2 x 30m (32.8yds) at 80% 1 x 10m (11yds) at 90% 1 x 30m (32.8yds) at 90%	Rest between sprints minimal 15 sec
Dessert program 2	Serie	Rest
	1 x 10m (11yds) at 80% 2 x 10m (11yds) at 90% 1 x 30m (32.8yds) at 80% 2 x 30m (32.8yds) at 90%	Rest between sprints minimal 15 sec
Dessert program 3	Serie	Rest
	2 x 10m (11yds) at 90% 2 x 40m (43.7yds) at 90% 1 x 10m (11yds) at 100% 1 x 30m (32.8yds) at 100% 10m (11yds) back and forth at 90%	Rest between sprints minimal 30 sec
Dessert program 4	Serie	Rest
	2 x 10m (11yds) at 100% 2 x 40m (43.7yds) at 100% 10m (11yds) back and forth at 100% 40m (43.7yds) back and forth at 100%	Rest between sprints minimal 30 sec

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U.S. Soccer Optional Supplemental Training Referees (WOMEN) - 2023



Always start with a good warming-up! Appatizer: 10min run on 10km/h (6.21mph) Stretch and Dynamic movements

Week number	Day of the week	Main Course - Rest between run series always 2.5 minutes!	Dessert
0	Saturday	2 x running 4	
0	Sunday		
1	Monday	2 x running 1	
1	Tuesday		
1	Wednesday		
1	Thursday	2 x running 2	
1	Friday		
1	Saturday		
1	Sunday	(1 x running 1) + (1 x Running 2)	
2	Monday		
2	Tuesday	(1 x running 4) + (2 x running 2)	Dessert 1
2	Wednesday		
2	Thursday		
2	Friday	(2 x running 2) + (1 x running 1)	Dessert 1
2	Saturday		
2	Sunday	(1 x running 3) + (2 x running 1)	Dessert 1
3	Monday		
3	Tuesday		
3	Wednesday	(2 x running 4) + (2 x running 2)	Dessert 2
3	Thursday		
3	Friday	(3 x running 2) + (1 x running 1)	Dessert 2
3	Saturday		
3	Sunday	(4 x running 2)	Dessert 2
4	Monday		
4	Tuesday		
4	Wednesday	(2 x running 4) + (2 x running 2)	Dessert 3
4	Thursday		
4	Friday	(3 x running 2) + (1 x running 1)	Dessert 3
4	Saturday		
4	Sunday	(4 x running 2)	Dessert 3
5	Monday		
5	Tuesday		
5	Wednesday	Running 5/60min other sport (tennis, swimming, etc)	
5	Thursday		
5	Friday		
5	Saturday	3 x running 4	
5	Sunday		

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Always start with a good warming-up! Appatizer: 10min run on 10km/h (6.21mph) Stretch and Dynamic movements

Week number	Day of the week	Main Course - Rest between run series always 2.5 minutes!	Dessert
6	Monday	(2 x running 1) + (3 x running 2)	Dessert 3
6	Tuesday		
6	Wednesday		
6	Thursday	(1 x running 4) + (2 x running 3)	Dessert 3
6	Friday		
6	Saturday		
6	Sunday	5 x running 2	Dessert 3
7	Monday		
7	Tuesday	(2 x running 3) + (3 x running 1) + (3 x running 2)	Dessert 4
7	Wednesday		
7	Thursday		
7	Friday	3 x running 4	Dessert 4
7	Saturday		
7	Sunday	6 x running 2	Dessert 4
8	Monday		
8	Tuesday		
8	Wednesday	Running 5	Dessert 1 + 2
8	Thursday		
8	Friday	(4 x running 1) + (3 x running 3)	Dessert 3
8	Saturday		
8	Sunday	7 x running 2	Dessert 4
9	Monday		
9	Tuesday		
9	Wednesday	(2 x running 4) + (3 x running 3) + (3 x running 1)	Dessert 4
9	Thursday		
9	Friday	Running 5	Dessert 4
9	Saturday		
9	Sunday	8 x running 2	Dessert 4
10	Monday		
10	Tuesday		
10	Wednesday	(2 x running 4) + (2 x running 2)	Dessert 4
10	Thursday		
10	Friday	(3 x running 2) + (1 x running 1)	Dessert 4
10	Saturday		
10	Sunday	(4 x running 2)	Dessert 4

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U.S. Soccer Optional Supplemental Training Field Diagram



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