



2023-2024 OFF SEASON REFEREE TRAINING MANUAL

TABLE OF CONTENTS

- Program overview
- Conditioning overview
- Strength training
- Οδηγίες

PROGRAM OVERVIEW

6 WEEK PERIODIZATION MODEL (WEIGHTS & CONDITIONING)

WEEKS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1	WEIGHTS	CONDITIO NING		WEIGHTS	CONDITIO NING		CONDITIO NING
2		WEIGHTS	CONDITIO NING		WEIGHTS	CONDITIO NING	
3	WEIGHTS	CONDITIO NING		CONDITIO NING	WEIGHTS	CONDITIO NING	
4	WEIGHTS	CONDITIO NING		CONDITIO NING	WEIGHTS	CONDITIO NING	
5	WEIGHTS	CONDITIO NING		CONDITIO NING	WEIGHTS	CONDITIO NING	
6	WEIGHTS	CONDITIO NING		WEIGHTS	CONDITIO NING		



CONDITIONING OVERVIEW

6 WEEK PERIODIZATION MODEL (CONDITIONING)

WEEKS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1		3 * 10 ' REST 3'			4 * 8 ' REST 3'		5 * 6 ' REST 2'
2			6 * 4'ON – 1'OFF			8 * 3'ON – 1'OFF	
3		10 * 2'ON – 1'OFF		12 * 1,5'ON – 1'OFF		10 * 1'ON – 30"OFF REST 3' REPEAT	
4		15 * 30"ON – 15"OFF REST 3' REPEAT REST 3' REPEAT		30m - 30m REST 40" * 8 REST 3' REPEAT		25m – 25m REST 30" * 10 REST 3' REPEAT	
5		20m – 20m REST 20" * 12 REST 3' REPEAT		RUN 2 *10' (RUN – WALK – JOG – SPRINT) REST 2'		RUN THE TEST	
6		RUN 2 *10' (RUN – WALK – JOG – SPRINT) REST 2'			10 * 2'ON – 1'OFF		



6 WEEK PERIODIZATION MODEL (WEIGHTS)

DAY 1

PATTERN	GOBLE T SQUAT	SPLIT SQUAT	DUMBE LL BENCH PRESS	CHEST SUPPOR TED ROW	TRX T	HAMMS TRING PLANK
REPS	10	12	10	12	12	30 - 45"
SETS	3	3	3	3	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK	https://youtu.be/f-Vf2yRRqOg?feature=shared	https://youtu.be/Wcmg-3iHwjQ?feature=shared	https://youtu.be/hm_TrCkhJgo?feature=shared	https://youtu.be/af-WbPIA_iY?feature=shared	https://youtu.be/T0GcDXENeSY?feature=shared	https://youtu.be/RHFVDl3fypw?feature=shared

DAY 2

PATTERN	KB RDL	HYPERS	DUMBE LL PRESS	TRX ROW	BENCH Y's	45 GLUTE HOLD
REPS	10	12	10	12	12	30 - 45"
SETS	3	3	3	3	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK	https://youtu.be/mVSgE9S0G4w?feature=shared	https://youtu.be/unB2sR9Ozj4?feature=shared	https://youtu.be/S4l5qt-iwU?feature=shared	https://youtu.be/IEky4NL3LLQ?feature=shared	https://youtu.be/U7Pdw5wFGH0?feature=shared	https://youtu.be/AVAXhy6pl7o?feature=shared



DAY 3

PATTERN	GOBLE T SQUAT	SPLIT SQUAT	DUMBE LL BENCH PRESS	CHEST SUPPOR TED ROW	TRX T	HAMMS TRING PLANK
REPS	10	12	10	15	15	45 - 60"
SETS	3	3	3	3	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						

DAY 4

PATTERN	KB RDL	HYPERS	DUMBE LL PRESS	TRX ROW	BENCH Y's	45 GLUTE HOLD
REPS	10	12	10	15	15	45 - 60"
SETS	3	3	3	3	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						



DAY 5

PATTERN	GOBLE T SQUAT	BULGARIAN SQUAT	DUMBE LL BENCH PRESS	CHEST SUPPORT ED ROW	TRX Y	HAMMS TRING PLANK 1 LEG
REPS	10	12	10	12	12	15 - 30"
SETS	3	3	3	4	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK		https://youtu.be/vgn7bSXkgkA?feature=shared			https://youtu.be/MJp7aslAXSM?feature=shared	https://youtu.be/7CwUsyTqSTI?feature=shared

DAY 6

PATTERN	KB RDL	BARBELL GLUTE BRIDGE	DUMBE LL PRESS	TRX ROW	PUSH UPS (OR KNEELI NG)	45 GLUTE HOLD 1 LEG
REPS	10	12	10	15	10 - 15	15 - 30"
SETS	3	3	3	3	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK		https://youtu.be/6EhYj5eSngY?feature=shared			https://youtu.be/WcHtt6zT3Go?feature=shared	https://youtu.be/juyqMVIzDkQ?feature=shared



DAY 7

PATTERN	GOBLE T SQUAT	BULGARIAN SQUAT	DUMBE LL BENCH PRESS	CHEST SUPPOR TED ROW	TRX Y	HAMMS TRING PLANK 1 LEG
REPS	10	12	10	12	15	30 - 45''
SETS	3	3	3	4	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						

DAY 8

PATTERN	KB RDL	BARBELL GLUTE BRIDGE	DUMBE LL PRESS	BENCH Y's	PUSH UPS (OR KNEELI NG)	45 GLUTE HOLD 1 LEG
REPS	10	12	10	15	10 - 15	30 - 45''
SETS	3	3	3	4	4	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						



DAY 9

PATTERN	GOBLE T SQUAT	STEP UP	DUMBE LL BENCH PRESS	CHEST SUPPOR TED ROW	TRX Y	HAMMS TRING PLANK PB
REPS	10	12	10	12	15	30 - 45-''
SETS	3	3	3	4	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK		https://youtu.be/elhu-WC1qk4?feature=shared				https://youtube.com/shorts/tvKgkVH6Esw?feature=shared

DAY 10

PATTERN	KB RDL	HIP THRUST	DUMBE LL PRESS	BENCH Y's	PUSH UPS (OR KNEELI NG)	45 GLUTE HOLD PB
REPS	10	12	10	15	10 - 15	30 - 45''
SETS	3	3	3	3	4	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						https://youtube.com/shorts/tvKgkVH6Esw?feature=shared



DAY 11

PATTERN	GOBLE T SQUAT	STEP UP	DUMBE LL BENCH PRESS	CHEST SUPPOR TED ROW	TRX Y	HAMMS TRING PLANK PB 1 LEG
REPS	10	12	10	12	15	15 - 20"
SETS	3	3	3	4	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						Το ίδιο με DAY 9 αλλά στο 1 πόδι

PATTERN	KB RDL	HIP THRUST	DUMBE LL PRESS DAY 12	BENCH Y's	PUSH UPS (OR KNEELI NG)	45 GLUTE HOLD PB 1 LEG
REPS	10	12	10	15	15 - 20	15 - 20"
SETS	3	3	3	3	3	3
WEIGHT						
REST	3'	1 - 2'	3'	1 - 2'	1 - 2'	1 - 2'
LINK						https://youtu.be/dc7s7ObXIo?feature=shared



ΟΔΗΓΙΕΣ :

1) Η αύξηση των αντιστάσεων που χρησιμοποιούμε θα πρέπει να είναι η μικρότερη δυνατή και να γίνεται κάθε εβδομάδα σε όλες τις ασκήσεις εφόσον η τεχνική μας είναι άρτια . Π.χ :

Ημέρα 1

Πιέσεις με αλτήρες σε πάγκο 3 * 10 (χρησιμοποιήσα 10 κιλά / χέρι)

Ημέρα 3

Πιέσεις με αλτήρες σε πάγκο 3 * 10 (χρησιμοποιήσα 11 κιλά / χέρι)

2) Πάντα ζητούμε τη βοήθεια κάποιου επαγγελματία της άσκησης που υπάρχει στο χώρο που κάνουμε προπόνηση .

3) Η ένταση των τρεξιμάτων είναι

ΤΡΕΞΙΜΑΤΑ : 60 – 70 %

ΤΡΕΞΙΜΑΤΑ : 65 – 75 %

ΤΡΕΞΙΜΑΤΑ : 80 – 90 %

ΤΡΕΞΙΜΑΤΑ : 90 % +



Υπεύθυνος γυμναστής:

Σταυρόπουλος
Παναγιώτης