



---

# **FIBA GAME OFFICIALS LICENSING**

2023-2025

**REFEREES'  
PHYSICAL  
TRAINING PLAN**

**October 2022, All Rights Reserved.**

This material is created by the FIBA Referee Operations.

**FIBA - International Basketball Federation**

5 Route Suisse, PO Box 29, 1295 Mies Switzerland

Tel: +41 22 545 00 00 Fax: +41 22 545 00 99

If you identify an error or a discrepancy in this material, please notify the FIBA Referee Operations at [refereeing@fiba.basketball](mailto:refereeing@fiba.basketball)

This Manual is not intended to be a substitute for professional medical or legal advice and should not be relied on as health, legal or personal advice. FIBA is not liable for any claim, loss or injury based on this Manual, nor for any claim, loss or injury that results from your use of this Manual. Please contact your medical or legal professional for personal advice.

The content cannot be modified and presented with the FIBA logo, without written permission from the FIBA Referee Operations.

The use of masculine or feminine genders or titles in this publication shall be construed to include both genders.

## FOREWORD

The purpose of this Physical Training Plan is to help you with your physical preparation during the season, and also to be better prepared for the FIBA Referees Basic Fitness Test, which is part of the GOL2023-25 mandatory testing for referee candidates.

The priority with this type of Physical Plan, is to guide you in order to achieve your best performance on the basketball court. All exercises and activities can be found in the different documents that are available in the FIBA iRef Academy Library App.

The purpose of the plan is also to prepare you for the FIBA Referees Basic Fitness Test and why you can find some Fitness Test Controls (for yourself) in the Plan. During the controls the idea is to complete as many laps as possible, as it is a training session, and not to stop just at your test limit.

Cardio is important but not more than strength. Please do the strength exercises regularly as it will be really helpful during your season and also during this Physical Training Plan period.

Fitness training is not just the training sessions, you also have to take care of nutrition and recovery. You can find more information in the different FIBA Manuals that are available in the FIBA iRef Academy Library App.

For any inquiries, please contact [referees.fitness@fiba.basketball](mailto:referees.fitness@fiba.basketball)

### **SYMBOLS USED**

Video material available to download

VIDEO

External material available to download

EXTERNAL MATERIAL

## WORKOUTS

Descriptions for all these workouts can be found in the [Physical Training Manual for FIBA Referees \(v5.0a\)](#). It is available in FIBA iRef Library App.

WEEK -10	WEEK -9
<p><b>Day 1</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 5´ jogging (60% Max HR)</p> <p>3 x 8´ running medium speed (70% Max HR) Recovery between sets: 2x55 sit ups</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>	<p><b>Day 1</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 5´ jogging (60% Max HR)</p> <p>3 x 9´ running medium speed (70% Max HR) Recovery between sets: 2x55 sit ups</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>
<p><b>Day 2</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 8´ jogging (60% Max HR)</p> <p>Fartlek 21´ (Slow-Fast): (60-80% Max HR) 7´ +1´ +1´ +1´ +1´ +1´ +1´ +7´</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>	<p><b>Day 2</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 8´ jogging (60% Max HR)</p> <p>Fartlek 22´ (Slow-Fast): (60-80% Max HR) 7´ +1´ +1´ +1´ +1´ +1´ +1´ +1´ +1´ +7´</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>
<p><b>Day 3</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>22´ running (60% Max HR)</p> <p>RSA Workout (80% Max HR) (Incomplete recovery. Walk back recovery) 1x40m/2x30m/3x20m/4x10m</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>	<p><b>Day 3</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>22´ running (60% Max HR)</p> <p>Specific RSA Workout (90% Max HR) (Incomplete recovery. Walk back recovery) 2x28x14m / 4x14x7m / 6x7x4m</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>

## WEEK -8

### Day 1

Strength workout

Active stretching drills

Warm up: 5' jogging (50% Max HR)

3 x 10' running medium speed (70% Max HR)

Recovery between sets: 2x55 sit ups

Cool down: 5' jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 8' jogging (60% Max HR)

Fartlek 24' (Slow-Fast): (60-80% Max HR)

6'+1'+1'+2'+1'+1'+2'+1'+1'+2'+6'

Cool down: 5' jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

25' running (60% Max HR)

RSA Workout (80% Max HR)

(Incomplete recovery. Walk back recovery)

2x40m / 3x30m / 4x20m / 5x10m

Cool down: 5' jogging (60% Max HR)

Stretching drills + Foam roller

## WEEK -7

### Day 1

Strength workout

Active stretching drills

Warm up: 5' jogging (60% Max HR)

**FIBA Referees Basic Test** (90% Max HR)

Cool down: 5' jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 8' jogging (60% Max HR)

Fartlek 24' (Slow-Fast): (60-80% Max HR)

8'+1'+1'+1'+1'+1'+1'+1'+1'+1'+8'

Cool down: 5' jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

28' running (60% Max HR)

Specific RSA Workout (80% Max HR)

(Incomplete recovery. Walk back recovery)

3x28x14m / 5x14x7m / 7x7x4m

Cool down: 5' jogging (60% Max HR)

Stretching drills + Foam roller

EXT BASIC TEST GUIDE

WEEK -6	WEEK -5
<p><b>Day 1</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 5´ jogging (50% Max HR)</p> <p>4 x 8´ running medium speed (70% Max HR)</p> <p>Recovery between sets: 2x60 sit ups</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>	<p><b>Day 1</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 5´ jogging (50% Max HR)</p> <p>3 x 10´ running medium speed (70% Max HR)</p> <p>Recovery between sets: 2x55 sit ups</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>
<p><b>Day 2</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 8´ jogging (60% Max HR)</p> <p>Oregon Workout: (80-90% Max HR)</p> <p>1 repetition (20" work)</p> <p>Sit-ups, Push-ups, J-Jacks, Core, Squat, Plank, Knees-chest, Burpees, Lunges, Lower back</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>	<p><b>Day 2</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>Warm up: 8´ jogging (60% Max HR)</p> <p>Fartlek 25´ (Slow-Fast): (60-80% Max HR)</p> <p>7´+1´+1´+2´+1´+2´+1´+1´+2´+1´+8´</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>
<p><b>Day 3</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>30´ running (60% Max HR)</p> <p>RSA Workout (90% Max HR)</p> <p>(Incomplete recovery. Walk back recovery)</p> <p>3x40m / 4x30m / 5x20m / 6x10m</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>	<p><b>Day 3</b></p> <p>Strength workout</p> <p>Active stretching drills</p> <p>22´ running (60% Max HR)</p> <p>Speed (full recovery 1´-2´)</p> <p>(90% Max HR)</p> <p>4x50m / 3x40m / 2x20m / 1x10m</p> <p>Cool down: 5´ jogging (60% Max HR)</p> <p>Stretching drills + Foam roller</p>

## WEEK -4

### Day 1

Strength workout

Active stretching drills

Warm up: 5´ jogging (60% Max HR)

**FIBA Referees Basic Test** (90% Max HR)

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 8´ jogging (60% Max HR)

Fartlek 24´ (Slow-Fast): (60-80% Max HR)  
7´+1´+1´+1´+1´+1´+1´+1´+1´+1´+7´

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

28´ running (60% Max HR)

Specific RSA Workout (80% Max HR)  
(Incomplete recovery. Walk back recovery)  
4x28x14m / 5x14x7m / 6x7x4m

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

## WEEK -3

### Day 1

Strength workout

Active stretching drills

Warm up: 5´ jogging (50% Max HR)

4 x 8´ running medium speed (70% Max HR)  
Recovery between sets: 2x45 sit ups

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 5´ jogging (60% Max HR)

Fartlek 25´ (Slow-Fast): (60-80% Max HR)  
7´+1´+1´+2´+1´+1´+1´+1´+1´+2´+7´

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

30´ running (60% Max HR)

Speed (full recovery 1´-2´)  
(90% Max HR)  
5x50m / 4x40m / 4x20m / 5x10m

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

## WEEK -2

### Day 1

Strength workout

Active stretching drills

Warm up: 5´ jogging (50% Max HR)

4 x 8´ running medium speed (70% Max HR)

Recovery between sets: 2x40 sit ups

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 8´ jogging (60% Max HR)

Oregon Workout: (80-90% Max HR)

1 repetition (20" work)

Sit-ups, Push-ups, J-Jacks, Core, Squat, Plank, Knees-chest, Burpees, Lunges, Lower back

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

25´ running (60% Max HR)

RSA Workout (80% Max HR)

(Incomplete recovery. Walk back recovery)

3x40m / 4x30m / 5x20m / 6x10m

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

## WEEK -1

### Day 1

Strength workout

Active stretching drills

Warm up: 5´ jogging (60% Max HR)

**FIBA Referees Basic Test** (90% Max HR)

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 5´ jogging (60% Max HR)

Fartlek 20´ (Slow-Fast): (60-80% Max HR)

7´+1´+1´+1´+1´+1´+8´

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

20´ running (60% Max HR)

Speed (full recovery 1´-2´)

(90% Max HR)

4x50m / 3x40m / 2x20m / 1x10m

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

EXT BASIC TEST GUIDE



## WEEK 0

### Day 1

Strength workout

Active stretching drills

Warm up: 5´ jogging (50% Max HR)

4 x 7´ running medium speed (70% Max HR)

Recovery between sets: 2x40 sit ups

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 2

Strength workout

Active stretching drills

Warm up: 8´ jogging (60% Max HR)

Fartlek 18´ (Slow-Fast): (60-80% Max HR)

7´+1´+1´+1´+1´+7´

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

### Day 3

Strength workout

Active stretching drills

22´ running (60% Max HR)

RSA Workout (80% Max HR)

(Incomplete recovery. Walk back recovery)



2x40m / 3x30m / 4x20m / 5x10m

Cool down: 5´ jogging (60% Max HR)

Stretching drills + Foam roller

# WORKOUT CALENDAR

**Legends**


Training session  Fitness Test Control  Game 

**November**

**Week 10**

						
--	--	-----------------------------------------------------------------------------------	--	------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------

**Week 9**

7	8	9	10	11	12	13
						





**Week 8**

14	15	16	17	18	19	20
						

**Week 7**

21	22	23	24	25	26	27
						

**Week 6**

28	29	30	1	2	3	4
						

## December

### Week 5

5	6	7	8	9	10	11

### Week 4

12	13	14	15	16	17	18

### Week 3

19	20	21	22	23	24	25

### Week 2

26	27	28	29	30	31	1

## January

### Week 1

2	3	4	5	6	7	8

### Week 0

9	10	11	12	13	14	15
						Fitness Test

More information?

---

**FIBA  
GAME OFFICIALS  
LICENSING**

---

please visit

**FIBA.basketball**

/ Become a Game Official