



# Professional Fitness, Diet & Training

07Mar2022

# Overview

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- Professional Fitness Tests
- How to Train for Soccer
- Personal Diet Advice & Dietary Notes from PRO Development Camp
- AR Training

# Fitness Tests

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## Referees

- Repeated 40m Sprints
- 75m run / 25m walk intervals
- Dynamic Yo-Yo
- Yo-Yo Intermittent Test

## ARs

- CODA
- Repeated 30m Sprints
- 75m run / 25m walk
- Endurance

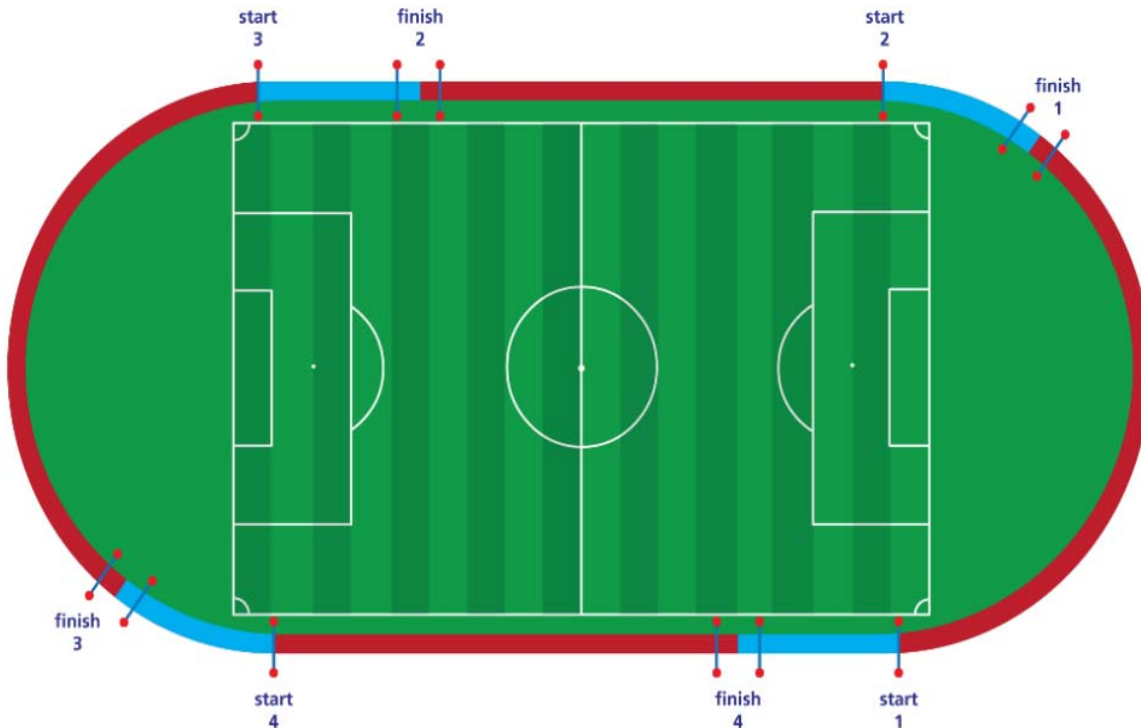
# Referee Test Diagrams



## Reference times for men referees

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1. International and category 1: maximum 6.00 seconds per trial

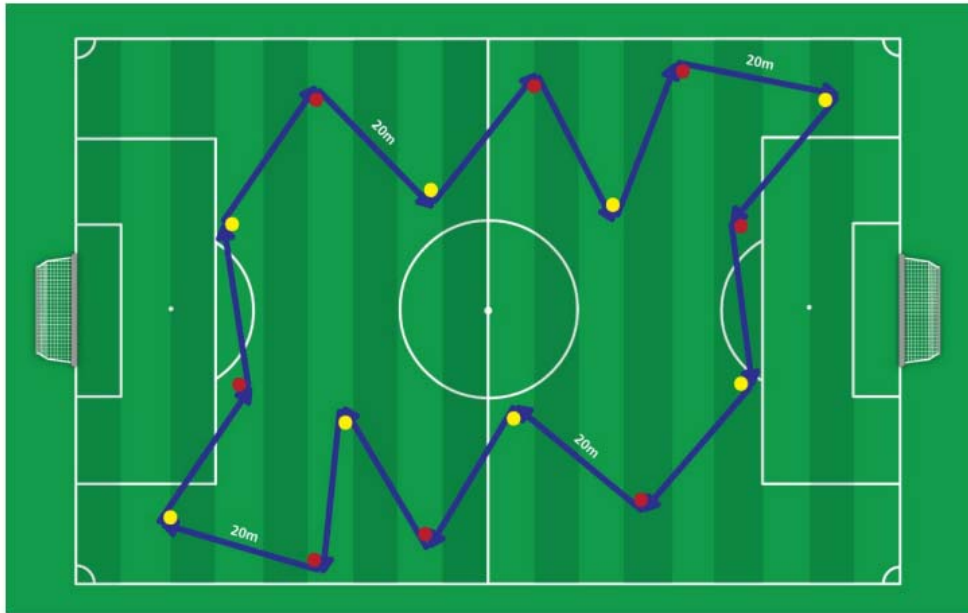


## Reference times for men referees

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1. International and category 1: maximum 15 seconds per 75m run and 18 seconds per 25m walk

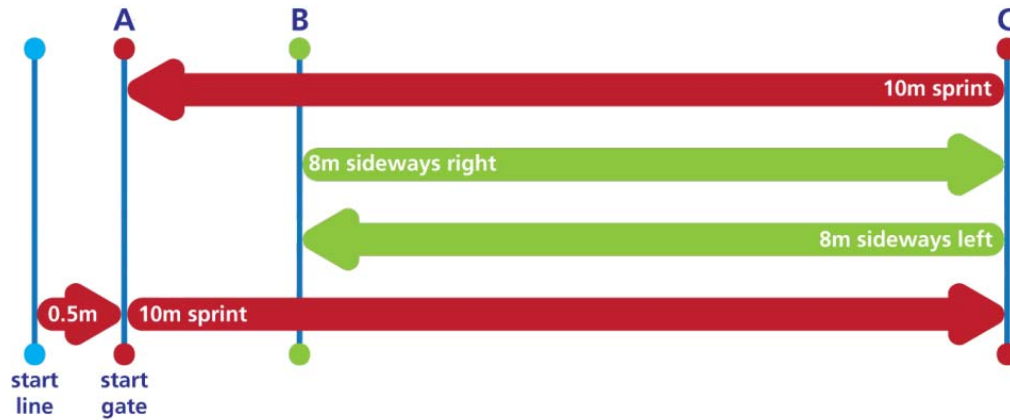
# Referee Test Diagrams



Yo-Yo Times

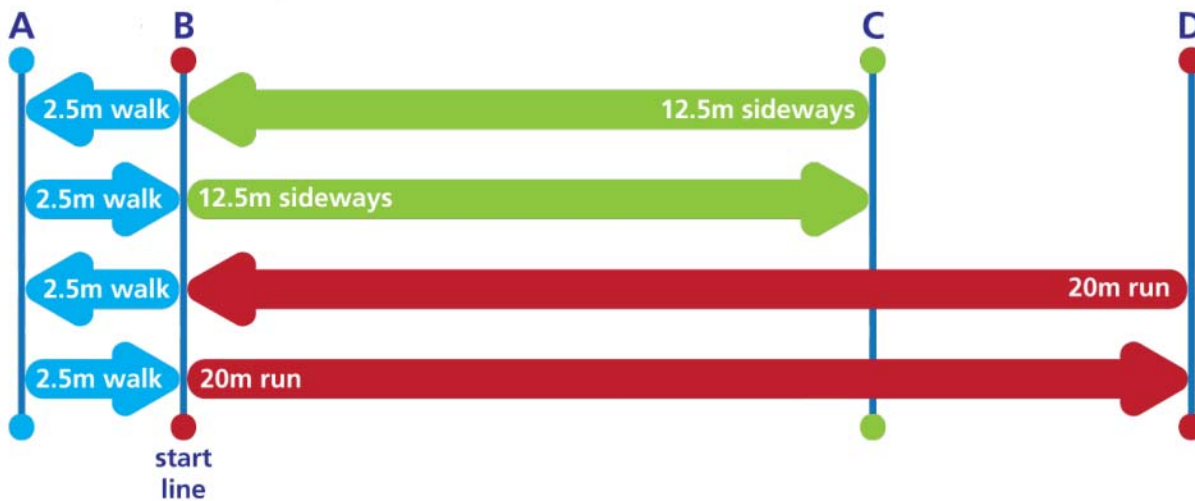


# AR Test Diagrams

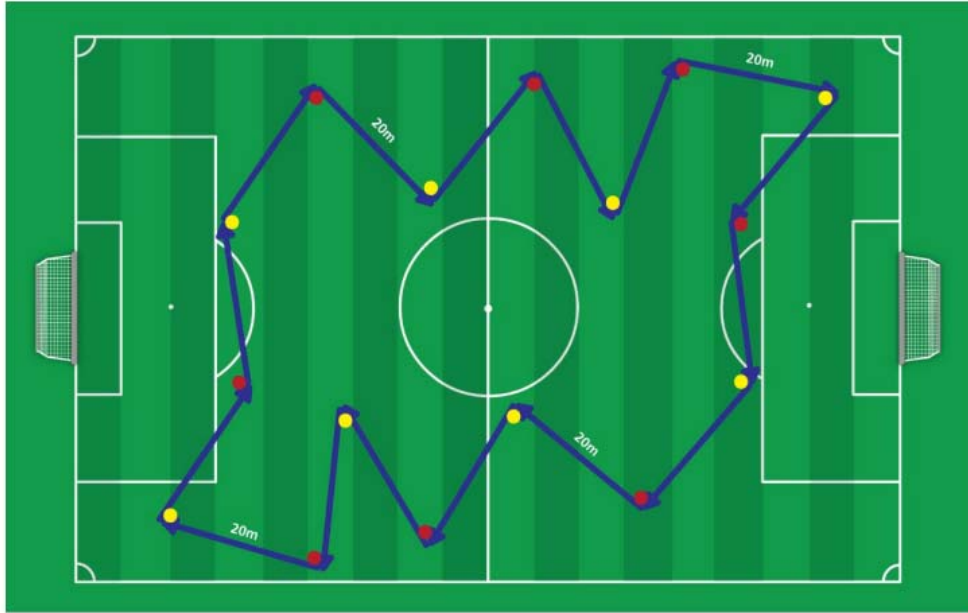


## Reference times for men assistant referees

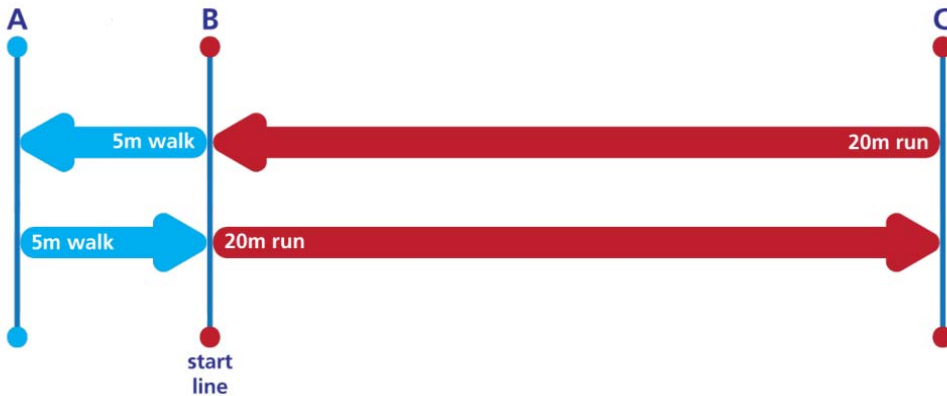
1. International and category 1: maximum 10.00 seconds per trial



# AR Test Diagrams



Yo-Yo Times



# How to Train

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## Physical

- Buy a heart rate monitor!!!
- Always need to be working on heart rate
  - Improve
    - Time to max heart rate
    - Time to recovery
  - Interval Training
  - Endurance
  - Mix

## Mental

- Add mental strain when heart rate is maxed
  - Read TV Captions
  - Multiplication



# How to Train

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## Strength

- Free weights
- Machine weights
- Box Jumps
- Jump Rope
- Ankle Weights

# Example offseason workout plan



Day	Type	Effort	Workout
Sunday	FIFA Interval Text	Max	Unlimited 75m/25m Intervals.  Pace: 11.5 mph
Monday	Rest	Rest	Rest
Tuesday	Strength	Medium	Squats, Machine Weights, Jump rope, etc.
Wednesday	Heart Rate Recovery	Medium	Reach max HR Walk/jog until 75% Max HR Repeat 10-20 times
Thursday	Jog/Stretching/Sprints/Jog	Low	1-2 miles max, 6-12 sprints
Friday	Endurance	High	6-8 miles. 36-60 minutes
Saturday	Light Heart Rate	Low	5-10 Intervals. 90% Max HR

# Personal Diet Advice

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## DON'T DO THIS ALONE

- If you are serious, work with a nutritionist or weight loss program
- Going solo can make it difficult to:
  - Stick to your plan
  - Build diets that promote match day fitness
  - Avoid eating disorder habits

# Diet – Notes from 2018 PRO CAMP



## Nutrition Guidelines from Tom Beckvermit

### Overall concepts

- What goes in our body should be used to positively impact athletic performance
- Nutrition needs to be goal oriented
  - Big picture (want to lose/maintain weight)
  - Small picture (eating for a specific workout /recovery)

### Food has changed since civilization was formed

- We eat too much
- We have too many choices – we make the wrong ones
- Food is a for-profit industry

### Pre-workout nutrition

- Meal is MUCH better than supplement
  - Digesting time is 30min-2hrs
  - Plan around workout times
- Pick foods that maximize performance
  - Meat and nuts do wonders
  - Sugar will spike you and then crash (coffee vs. latte)

# Diet – Notes from 2018 PRO Dev CAMP

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## Cellular hydration

- Water is not enough
- Need electrolytes and salts
  - Lemon & lime w/ sea salt
  - First thing in the am

## Fruit choices that are good

- Berries are best
- Grapefruit / apricot / cherries / cantaloupe
- Apples / plum / pears/ nectarines / orange family
- Whole fruit is better than smoothies – don't help your body break down the food. The delayed break down will lengthen performance

# Diet – Notes from 2018 PRO Dev CAMP



## Post-work nutrition

- Shouldn't be random "I am hungry – I need to eat" – NO. Have a plan
- Need to restore muscle glycogen
  - Have approx. 90 minutes to accomplish this
  - Add protein
- Post work out carbs
  - Low fructose
  - High Glucose
  - High Insulin Index
  - Good Examples
    - Apricots
    - Kiwi
    - Pineapples
    - White rice + maple syrup
    - Rice Cake; Jam
  - Bad Examples
    - Banana
    - Avocado
    - Grapes

# Diet – Notes from 2018 PRO Dev CAMP



## Fruit/carb + protein is best

- Protein is the muscle fuel
- Carbs/fruit will help the get the right stuff transported to the cells

## Current society is extremely carb heavy

- Flour, wheat, sugar – these aren't bad.
- Must be earned though. Body output must justify intake of carbs
- Carbs should be at the end of the day; early carbs will make you hungry all day
- Carbs with fiber are better
  - Veggies
  - Fruits
- Bad carbs
  - Sugar
  - Flour
  - Milk (white males will likely become lactose intolerant as they get older)
- Primary energy source used during reffing is fat
- Nuts are good

# Diet – Notes from 2018 PRO Dev CAMP

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## Cheat meals

- Planning a cheat meal can help combat the mental aspect of adjusting the diet
- Cheat meal strategy – sit down and eat whatever you want. When you get up;
- Cheat meal plan
  - One meal/week

## Get feedback on your progress

- Scale
- Body fat comp
- Mirror
- Make adjustments accordingly



# AR Training



## Training to Increase Top Speed

- MUST hit the gym
  - Squats
  - Jump rope
  - Box Jumps
- Repeat Sprints
- Ankle Weights

## Increase Endurance

- Week-long events are BRUTAL on ARs
  - Hamstrings, Gluts, Quads
  - Have to be able to do AR movements (Sprint/Side-Step/Walk) for 6 hours a day.
  - Learn how to recover
    - Ice baths
    - Muscle Flexibility

# Questions?

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