

Burhaein, E., Ndayisenga, J., Lourenço, C. C. V., Bangurambona, F. (2024).

Enhancing Untrained Football Referees' Strength, Speed, and Endurance through A Mix-training Programme.

*International Journal of Disabilities Sports and Health Sciences*, 7(6), 1282-1289.

<https://doi.org/10.33438/ijdsbs.1521395>