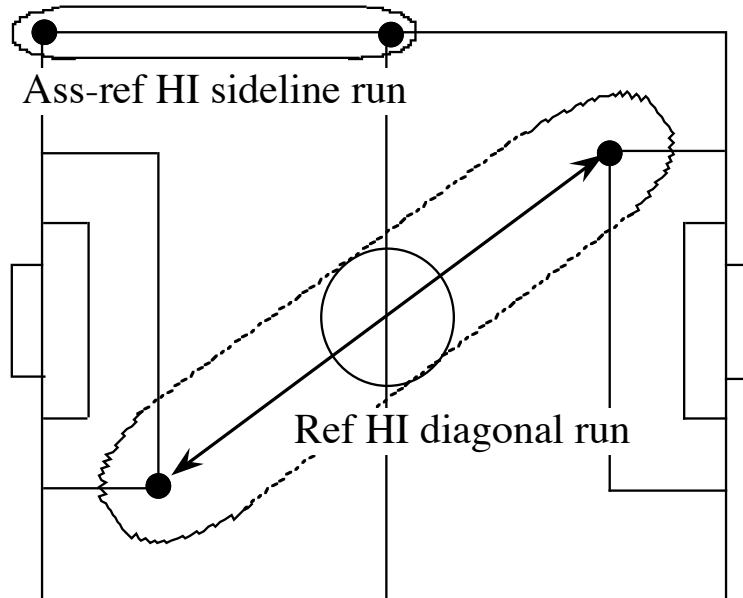




UEFA Referees' Fitness Programme: The Road to Excellence

p. 2 / 6



* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 72'

Wed. 16th:

REST or PASSIVE RECOVERY

Thu. 17th:
Tr. 40

- * Low Int. - 5' jogging slowly building up to 80% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 5)
- * Speed End.
 - 50 m acceleration, followed by 270 m jogging (Set 1)
 - 100 m acceleration, followed by 220 m jogging
 - 160 m acceleration, followed by 160 m jogging
 - 210 m acceleration, followed by 110 m jogging
 - 260 m acceleration, followed by 60 m jogging

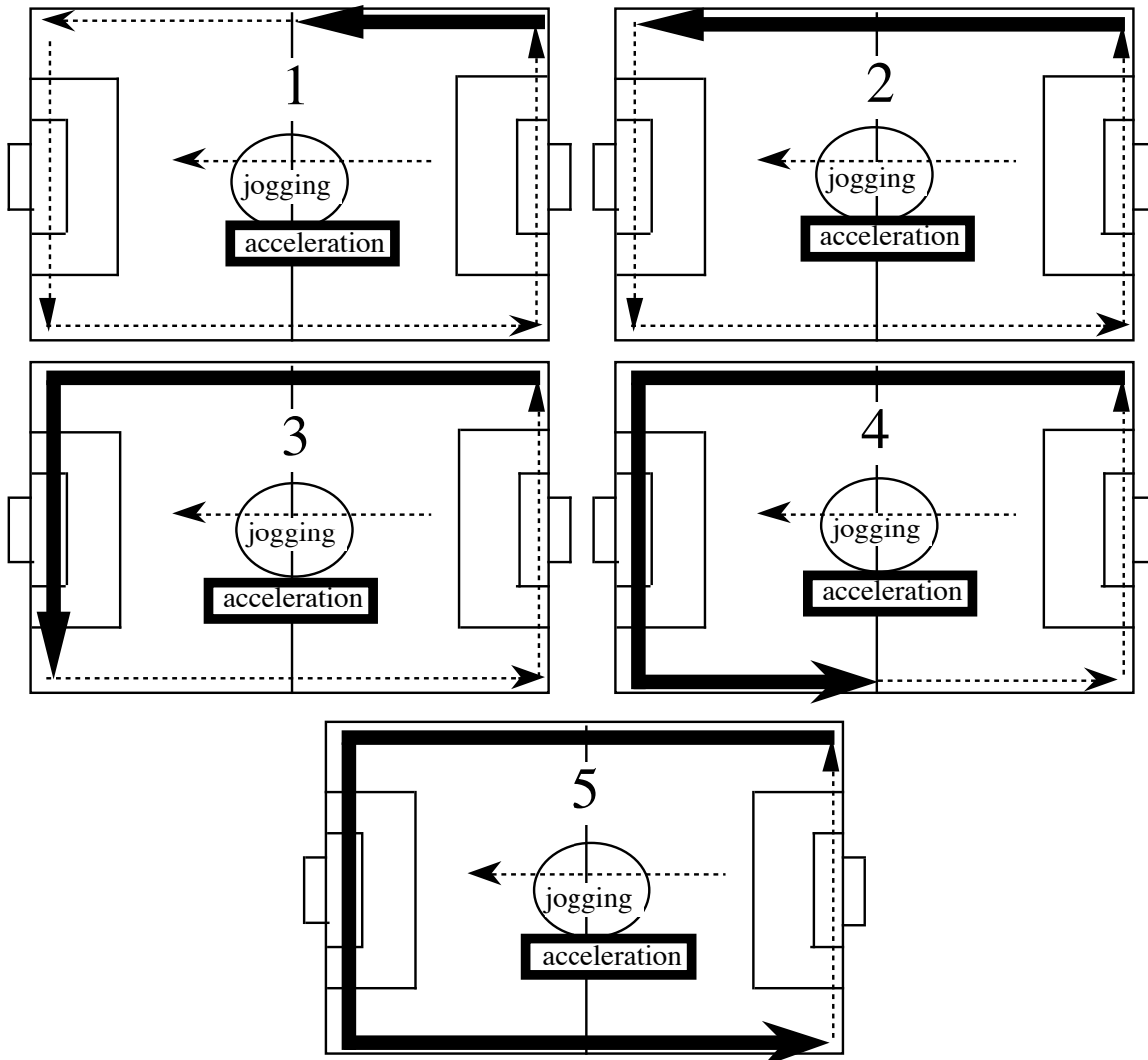
 - 260 m acceleration, followed by 60 m jogging (Set 2)
 - 210 m acceleration, followed by 110 m jogging
 - 160 m acceleration, followed by 160 m jogging
 - 100 m acceleration, followed by 220 m jogging
 - 50 m acceleration, followed by 270 m jogging

 - It takes \pm 13' to run Set 1 and 2



UEFA Referees' Fitness Programme: The Road to Excellence

p. 3 / 6



- 4' passive recovery (until bpm < 65% HR_{max})

* Speed End.

- 260 m acceleration, followed by 60 m jogging (Set 3)

- 210 m acceleration, followed by 110 m jogging

- 160 m acceleration, followed by 160 m jogging

- 100 m acceleration, followed by 220 m jogging

- 50 m acceleration, followed by 270 m jogging

- 50 m acceleration, followed by 270 m jogging (Set 4)

- 100 m acceleration, followed by 220 m jogging

- 160 m acceleration, followed by 160 m jogging

- 210 m acceleration, followed by 110 m jogging

- 260 m acceleration, followed by 60 m jogging

- It takes ± 13' to run set 3 and 4

- All together this exercise takes ± 30'

(13' Set 1 & 2, 4' recovery, 13' set 3 & 4)



UEFA Referees' Fitness Programme: The Road to Excellence

p. 4 / 6



- * Match play
 - If referees have a group training session then a 10' regular football match can be played with the restriction that the ball can only be touched twice ('control & pass').
 - Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 90'

Fri. 18th:

REST or PASSIVE RECOVERY

Sat. 19th:

- * Warm up
 - 20' extensive warming up, mobilisation and stretching

Tr. 41

- * Speed

- Set 1:

- 10 m sprint up, 10 m walk down, 3 x

- 20 m sprint up, 20 m walk down, 3 x

- 30 m sprint up, 30 m walk down, 3 x

(with a change in direction to the left or to the right)

- Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you commence each sprint.

- Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.

- Set 2:

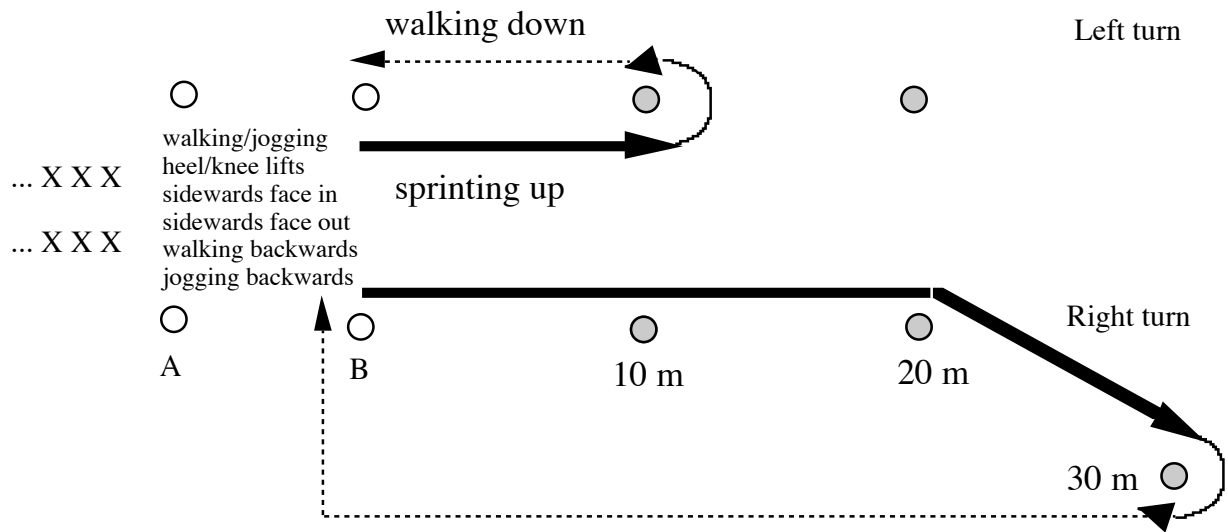
- but now in reversed order, i.e. from 30 m to 10 m, each distance 3 x for another total of 9 sprints.

- The total sprint distance is 360 m. The total exercise time is 15'.



UEFA Referees' Fitness Programme: The Road to Excellence

p. 5 / 6



* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 20th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.



UEFA Referees' Fitness Programme: The Road to Excellence



p. 6 / 6

WEEK 11 Macrocycle II, week 5 Training Objective	Session 1 Monday AR	Session 2 Tuesday HI	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	26.7%
High Int.	0	18	0	0	18	6.9%
Low Int.	0	5	5	0	10	3.8%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	26	0	26	9.9%
Speed/Agility	0	0	0	10	10	3.8%
Match practice	0	0	10	0	10	3.8%
Act. Recovery	30	0	0	0	30	11.5%
Strength	0	10	10	0	20	7.6%
Pass. Recovery	0	4	4	5	13	5.0%
Cool down & Str.	10	15	15	15	55	21.0%
TOTAL	50	72	90	50	262	100.0%

P.S. All the training sessions are based upon percentages of the maximal heart rate $\% HR_{max}$. Therefore, for those who do not possess a heart rate monitor, the following exercise intensity classifications should be used:

% HR_{max}	Type of training	Perceived exertion
< 65% HR_{max}	Passive Recovery (PR)	Very easy
65-75% HR_{max}	Low Intensity (LI)	Easy to comfortable
76-85% HR_{max}	Medium Intensity (MI)	Uncomfortable to stressful
86-95% HR_{max}	High Intensity (HI)	Hard to very hard
> 95% HR_{max}	Maximal Effort (ME)	Maximal