



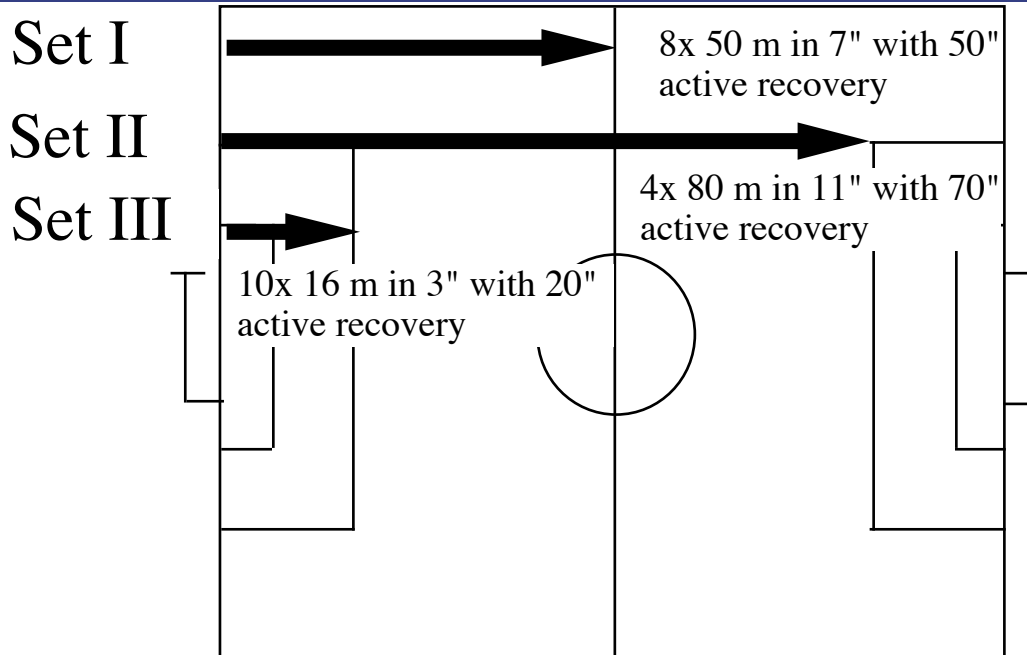
Performance Training in Football Refereeing Weekly Training Plan

WEEK 40 from Monday 2nd to Sunday 8th of October Macrocycle III, week 6 (Training week 18)

<u>Mon. 2nd.</u> Tr. 66	* Act. Rec.	- 50' recovery session in a fitness centre, including <ul style="list-style-type: none">- 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)- 30' non-weight bearing exercises (70% HR_{max}), such as:<ul style="list-style-type: none">- 10-12' cycling (80-90 cycles/min)- 8-12' rowing (25-30 cycles/min)- 10-12' gliding / stepping (60-70 cycles/min)- 10' stretching followed by sauna, jacuzzi, massage	<u>Total duration: 50'</u>
<u>Tue. 3rd.</u> Tr. 67	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)	
	* Warm up	- 20' extensive warming up, mobilisation and stretching	
	* Strength	- 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises	
	* Ext. Speed	- <u>Set 1:</u> <ul style="list-style-type: none">> 8 maximal sprints to the midline (\pm 7")with 50" active recovery in between each and every sprint > Jogging 1 lap of the pitch, drinking & stretching (\pm 2'30")> Duration: \pm 10'	
		- <u>Set 2:</u> <ul style="list-style-type: none">> 4 sprints to the opposite penalty box (\pm 11")with 70" active recovery in between each and every sprint> Jogging 1 lap of the pitch, drinking & stretching (\pm 2'30")> Duration: \pm 7.5'	
		- <u>Set 3:</u> <ul style="list-style-type: none">> 10 sprints to the penalty box (\pm 3")with 20" active recovery in between each and every sprint> Duration: \pm 3.5'	
		- All together, this extended speed session takes \pm 21' including 5' active recovery.	



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

Total duration: 71'

Wed. 4th.

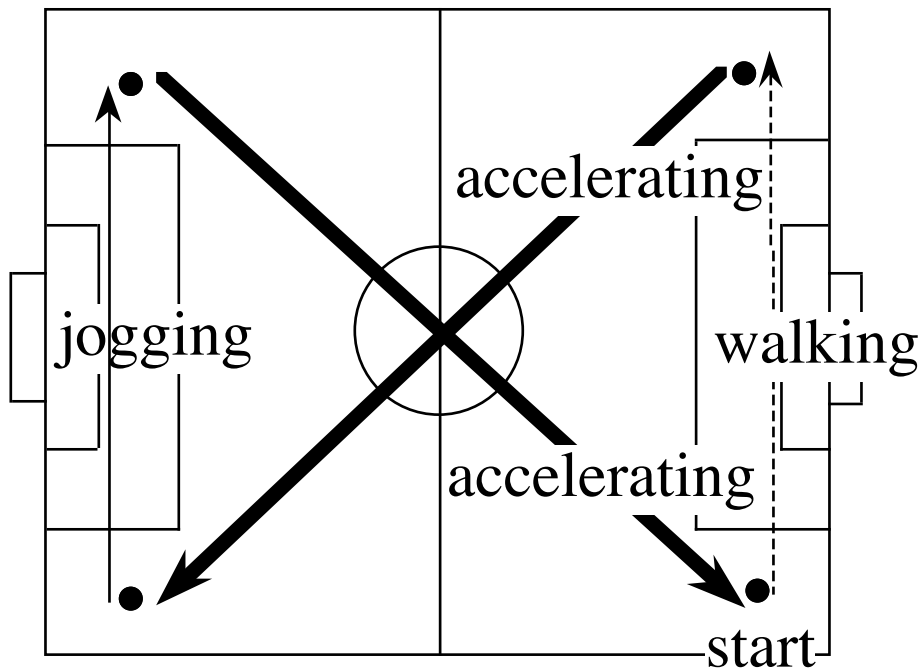
REST or PASSIVE RECOVERY

Thu. 5th.
Tr. 68

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End. - Referees start by walking to the other side of the penalty box, then they accelerate along the diagonal, jog to the other side of the penalty box, and finally accelerate to the starting position.
 - 6 laps of \pm 90" each
 - 4' passive recovery (until bpm < 65% HR_{max})

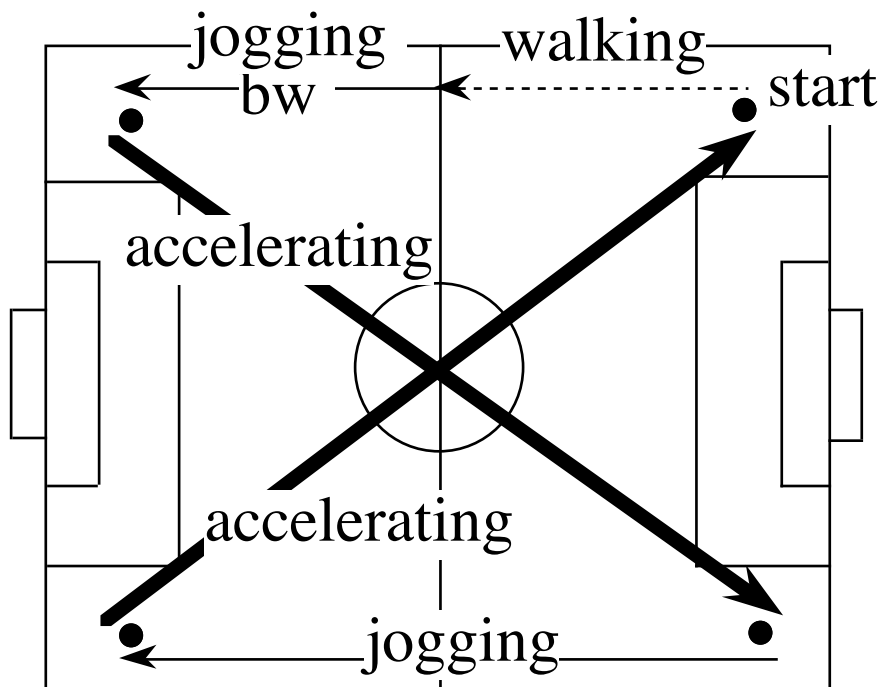


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- Referees start the second set by walking to the midline, then jog backwards to the other end of the field, accelerate along the diagonal, jog in the length of the pitch and finally accelerate along the diagonal to the starting position.

- 6 laps of $\pm 2'$ each



- In total this exercise takes 25' (9' Set 1 + 4' recovery + 12' Set 2).



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- * Match
 - If referees have a training session in group, then a 10' match can be played (2-touch or '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: 85'

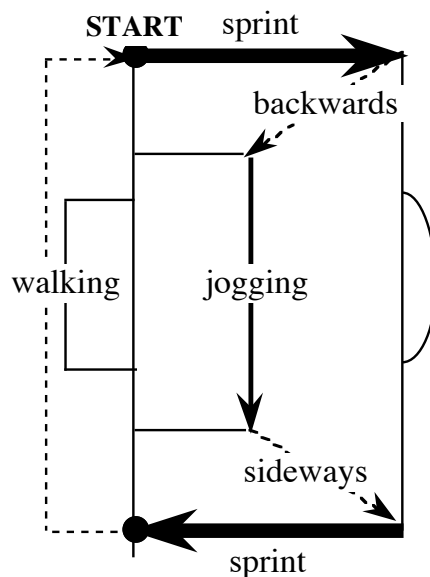
Fri. 6th:

REST or PASSIVE RECOVERY

Sat. 7th:

Tr. 69

- * Warm up
 - 20' extensive warming up, mobilisation and stretching
- * Speed
 - Set 1: short sprints in the penalty box, 5 laps



- 5' passive recovery and stretching before Set 2, 5 laps.
- The total exercise time is 15'.
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 8th:

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.