



2006-2007 UEFA Top-Referees' Fitness Programme

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WEEK 32 from Monday 7th to Sunday 13th of August Macrocycle II, week 4 (Training week 10)

- Mon. 7th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 34 - 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:
- 10-12' cycling (80-90 cycles/min)
- 8-12' rowing (25-30 cycles/min)
- 10-12' gliding / stepping (60-70 cycles/min)
- 10' extensive stretching
- sauna, jacuzzi, massage
- Total duration: 50'
- Tue. 8th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 35
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 4)
- * High Int. - 1' run at 90% HR_{max}, 30" jogging, 16 repetitions
- As before, this training can be performed on a regular field of play around the perimeter or along the wide diagonal. Alternatively, the exercise can also be done on an athletic track, in the forest or any other surface.
- In total, this exercise takes (1' + 30") x 16 = $\pm 24'$, the same duration as before, but again quite a bit more intermittent!
Next week, this ratio changes again!
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 74'
- Wed. 9th: REST or PASSIVE RECOVERY
- Thu. 10th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 36
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 4)
- * Speed End. - Set 1 of the diagonal run, 10 reps of 1' each

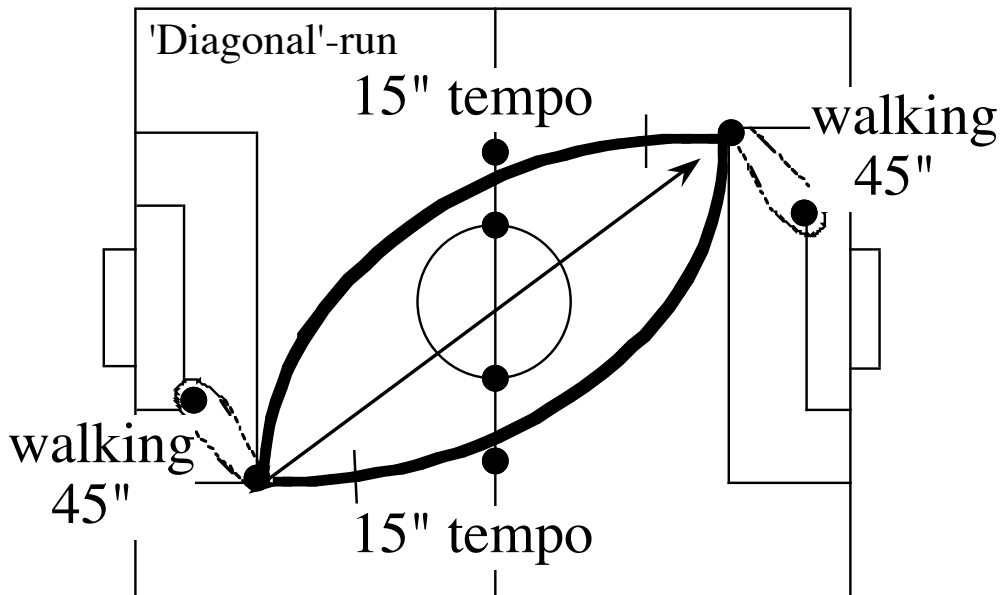


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Starting at the edge of the penalty box, referees progressively accelerate to 90-95% SP_{max} (15'') along the diagonal line as indicated below. As from the mark near the opposite penalty box on, they decelerate while keeping the attentional focus inside the penalty box. Between consecutive runs, there is a 45'' recovery period (walking).



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

- Set 2 of the diagonal run, again 10 reps of 1' each

- The total duration of this speed endurance session is $\pm 24'$ including 4' active recovery.

* 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: 84'

Fri. 11th: REST or PASSIVE RECOVERY

Sat. 12th: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 37

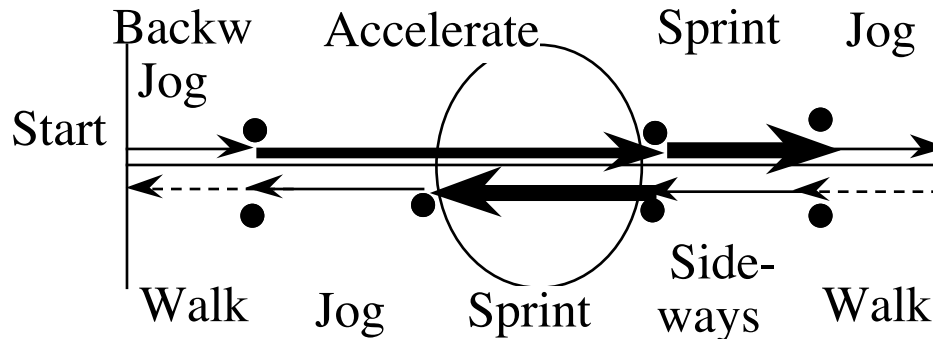


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* Speed - Set 1: speed exercise around the midline, 5 x up and down



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

- Set 2: same exercise, again 5 x up and down

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

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

Total duration: 50'

Sun. 13th: 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.

WEEK 10 Macrocycle II, week 4 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	27.1%
High Int.	0	24	0	0	24	9.3%
Low Int.	0	5	5	0	10	3.9%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	20	0	20	7.8%
Speed/Agility	0	0	0	10	10	3.9%
Match practice	0	0	10	0	10	3.9%
Act. Rec.	30	0	0	0	30	11.6%
Strength	0	10	10	0	20	7.8%
Pass. Recovery	0	0	4	5	9	3.5%
Cool down & Str.	10	15	15	15	55	21.3%
TOTAL	50	74	84	50	258	100.0%



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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