



UEFA Referees' Fitness Programme: The Road to Excellence



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WEEK 34 from Monday 21st to Sunday 27th of August Macrocycle II, week 6 (Training week 12)

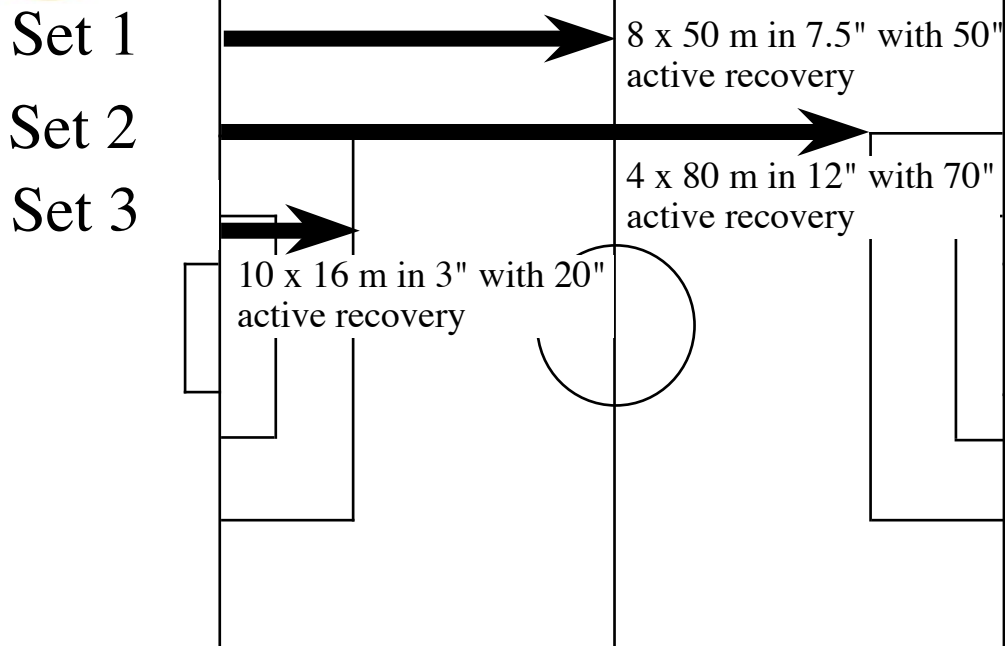
- Mon. 21st: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 42 - 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70% HR_{max}), such as:
- 10-12' cycling (80-90 cycles/min)
- 8-12' rowing (25-30 cycles/min)
- 10-12' gliding / stepping (60-70 cycles/min)
- 10' extensive stretching
- sauna, jacuzzi, massage
- Total duration: 50'
- Tue. 22nd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 43
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 6)
- * Ext. Speed - Set 1:
> 8 maximal sprints to the midline ($\pm 7.5''$)
with 50'' active recovery in between each and every sprint
> Jogging 1 lap of the pitch, drinking & stretching ($\pm 2'30''$)
> Duration: $\pm 10'$
- Set 2:
> 4 sprints to the opposite penalty box ($\pm 12''$)
with 70'' active recovery in between each and every sprint
> Jogging 1 lap of the pitch, drinking & stretching ($\pm 2'30''$)
> Duration: $\pm 7.5'$
- Set 3:
> 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: 76'

Wed. 23rd:

REST or PASSIVE RECOVERY

Thu. 24th:

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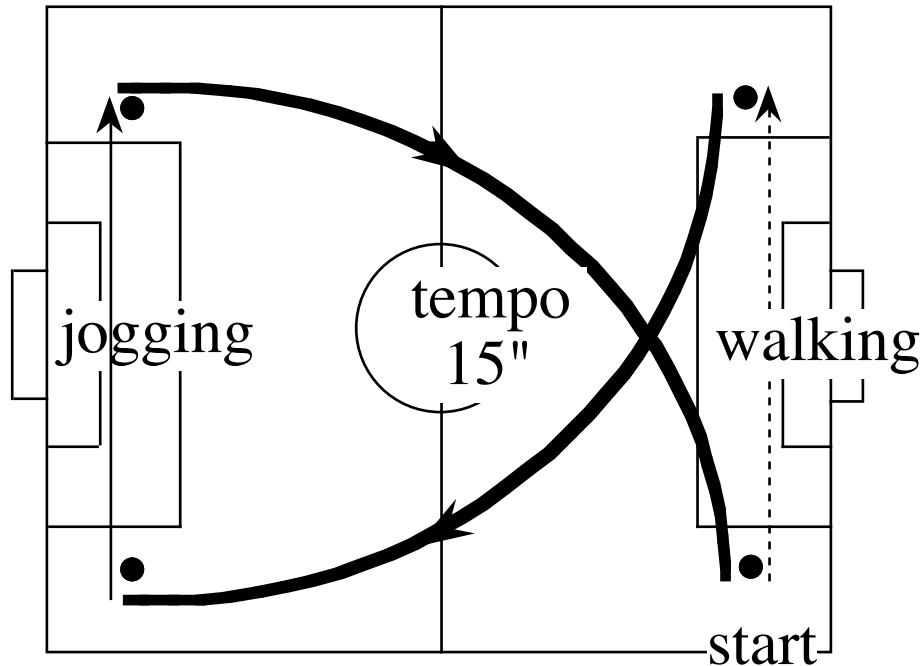
- * Low Int. - 5' jogging slowly building up to 80% HR_{max} (± 1 km)
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 6)
- * Speed End. - Referees start by walking to the other side of the penalty box, then they accelerate along the diagonal, jog to the other side of the penalty box, and finally accelerate to the starting position.
 - 6 laps of ± 90'' each
 - 4' passive recovery (until bpm < 65% HR_{max})



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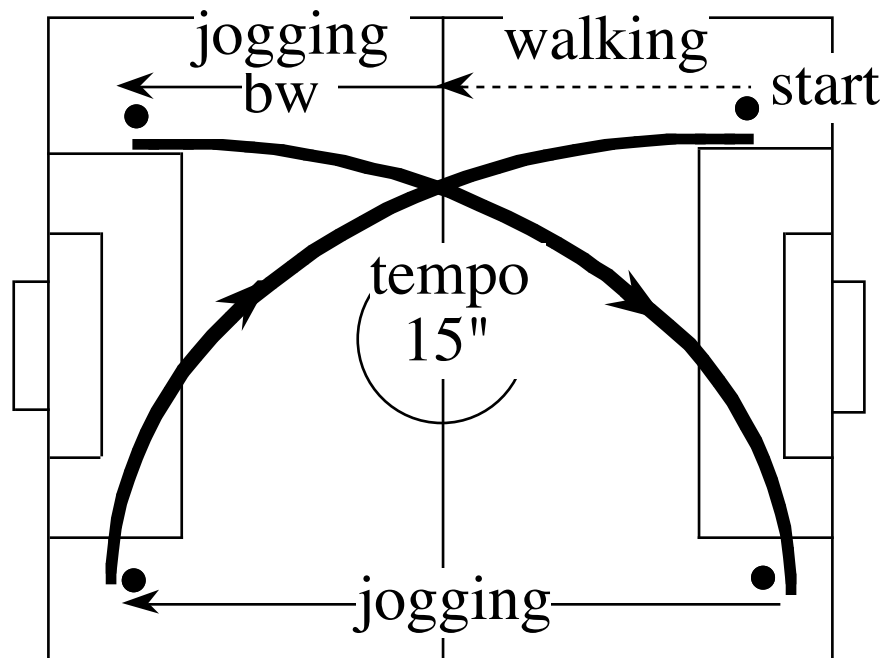


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- Referees start the second set by walking to the midline, then jog backwards to the other end of the field, accelerate along the diagonal, jog in the length of the pitch and finally accelerate along the diagonal to the starting position.

- 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 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. 25th:

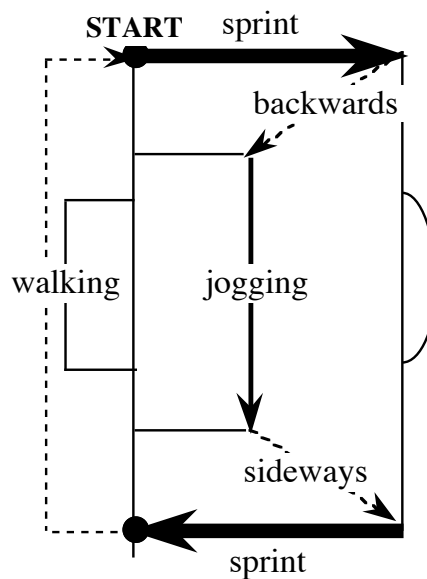
REST or PASSIVE RECOVERY

Sat. 26th:

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

Tr. 45

- * 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. 27th:

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.



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WEEK 12 Macrocycle II, week 6 Training Objective	Session 1 Monday	Session 2 Tuesday Ext. SP	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	26.3%
High Int.	0	0	0	0	0	0.0%
Low Int.	0	10	10	0	20	7.5%
Med. Int. / Ext. Sp.	0	16	0	0	16	6.0%
Speed End.	0	0	21	0	21	7.9%
Speed/Agility	0	0	0	10	10	3.8%
Match practice	0	0	10	0	10	3.8%
Act. Rec.	30	0	0	0	35	13.2%
Strength	0	10	10	0	20	7.5%
Pass. Recovery	0	5	4	5	9	3.4%
Cool down & Str.	10	15	15	15	55	20.7%
TOTAL	50	76	90	50	266	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