



# 2006-2007 UEFA Top-Referees' Fitness Programme



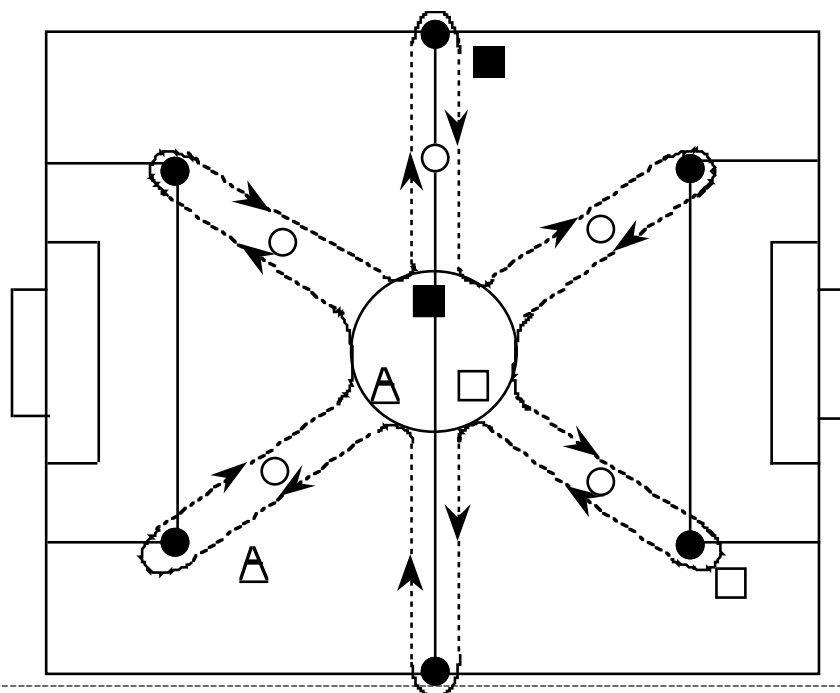
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## WEEK 36 from Monday 4<sup>th</sup> to Sunday 10<sup>th</sup> of September Macrocycle III, week 2 (Training week 14)

- Mon. 4<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
Tr. 50 - 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)  
- 30' non-weight bearing exercises (70% HR<sub>max</sub>), 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' stretching followed by sauna, jacuzzi, massage

Total duration: 50'

- Tue. 5<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)  
Tr. 51
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (10')
- \* High Int. - Set 1: For each pair of referees there is 1 bib (a coloured vest). On a given signal, three referees with a bib from each team start running from the edge of the centre-circle to different cones and back to the centre-circle. The bib is then given to the partner who performs the same course. On his way back to the centre-circle, he gives the bib back to the first referee who now runs clockwise to the next cone and back to the centre-circle. This continues until 3 full laps have been completed, or 18 runs in total. Set 1 takes  $\pm 9'$ .





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- 5' passive recovery (until bpm < 65% HR<sub>max</sub>)
- Set 2: The second Set 1s now done counter-clockwise to also practice the left turns around the cones.
- All together, this HI exercise takes  $\pm 23'$  with 5' passive recovery in between.
- \* Tips - Assistant referees can perform the same exercise but covering the second set the shorter distances marked by the 'white' cones.
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

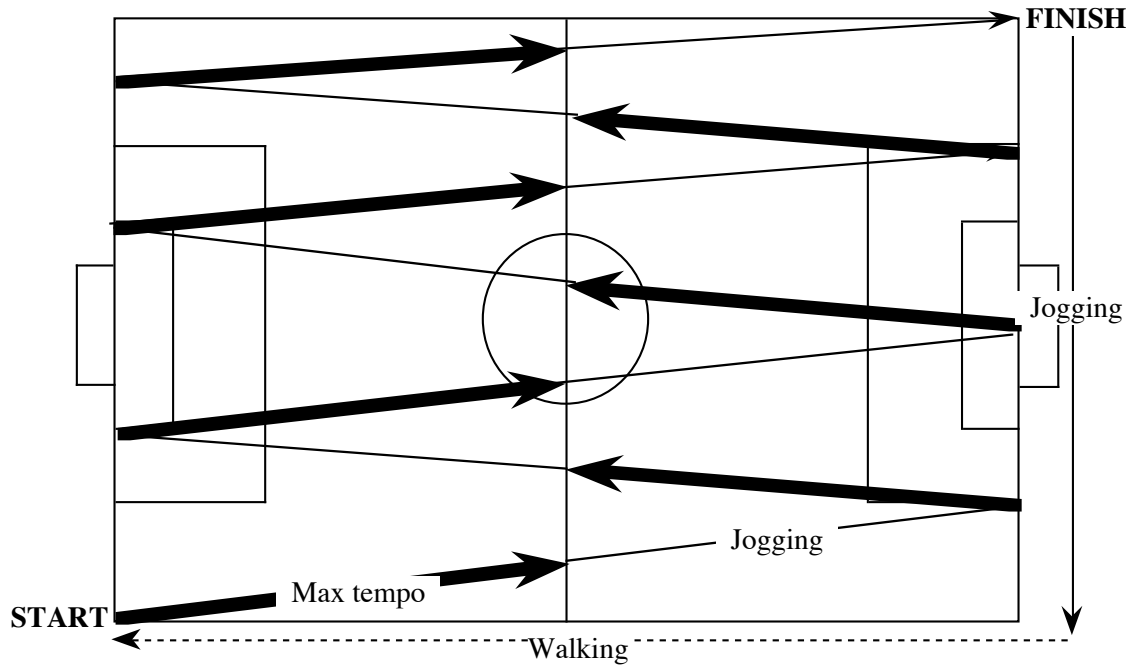
Total duration: 73'

Wed. 6<sup>th</sup>: REST or PASSIVE RECOVERY

- Thu. 7<sup>th</sup>:  
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- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)
  - \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Strength - Advanced set of strength and injury prevention exercises (10')
  - \* Speed End. - Field exercise Set 1, 2 laps  
One lap consists of 7 max. tempo runs followed by 7 recovery joggings. The maximum tempo should consist of 95% of maximal speed. The jogging should take  $\pm 3$  x longer than the duration of the tempo run. After reaching the finish, referees jog all along the goal line until the next corner and then walk back to the start position. It takes  $\pm 13'$  to do 2 full laps.
  - 4' passive recovery (until bpm < 65% HR<sub>max</sub>)
  - Field exercise Set 2, again 2 laps of 7 max. tempo runs each
  - In total, the exercise takes  $\pm 30'$  (13' Set 1 + 4' rec. + 13' 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<sub>max</sub>).

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

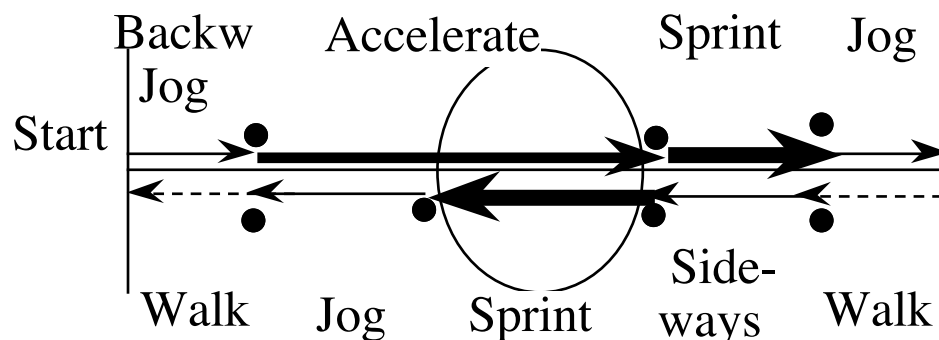
Total duration: 90'

Fri. 8<sup>th</sup>: REST or PASSIVE RECOVERY

Sat. 9<sup>th</sup>: \* Warm up - 20' extensive warming up, mobilisation and stretching

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\* Speed - Set 1: 4 reps of the following variation on the centre circle sprint:





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- 5' passive recovery and stretching break after Set 1.
- Set 2: again 4 reps of the variation on the centre circle sprint:
- The total exercise time is 15'.

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

Total duration: 50'

Sun. 10<sup>th</sup>: 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 14 Macrocycle III, week 2 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	26.6%
High Int.	0	18	0	0	18	6.8%
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	11.4%
Strength	0	10	10	0	20	7.6%
Pass. Recovery	0	5	4	5	14	5.3%
Cool down & Str.	10	15	15	15	55	20.9%
<b>TOTAL</b>	<b>50</b>	<b>73</b>	<b>90</b>	<b>50</b>	<b>263</b>	<b>100.0%</b>

P.S. All the training sessions are based upon percentages of the maximal heart rate % HR<sub>max</sub>. Therefore, for those who do not possess a heart rate monitor, the following exercise intensity classifications should be used:

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

Just mail me if something is not clear...Enjoy the training sessions...Your 'remote' coach...Werner