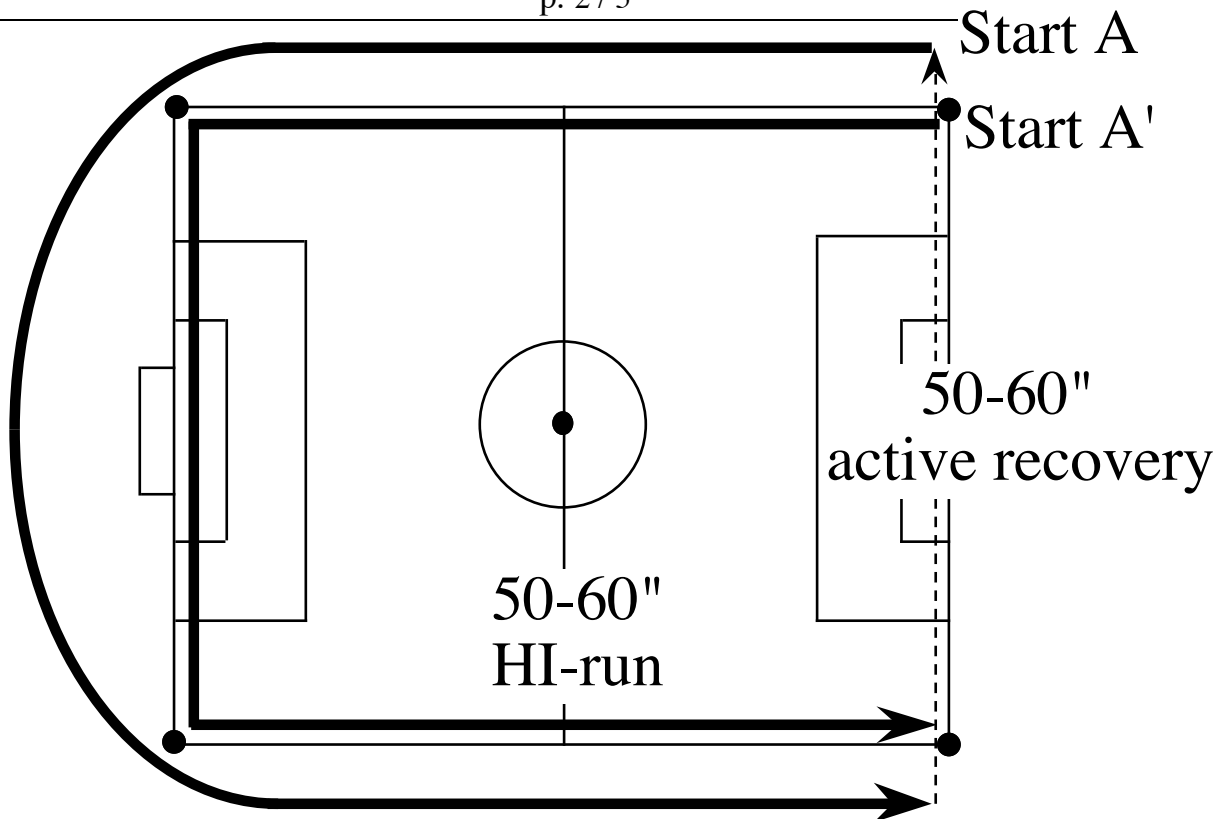




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- All together, this exercise consists of 14 HI runs that will take appr. 33' (14' Set 1 + 5' recovery + 14' Set 2).

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

Total duration: 83'

Wed. 13th:

REST or PASSIVE RECOVERY

Thu. 14th:
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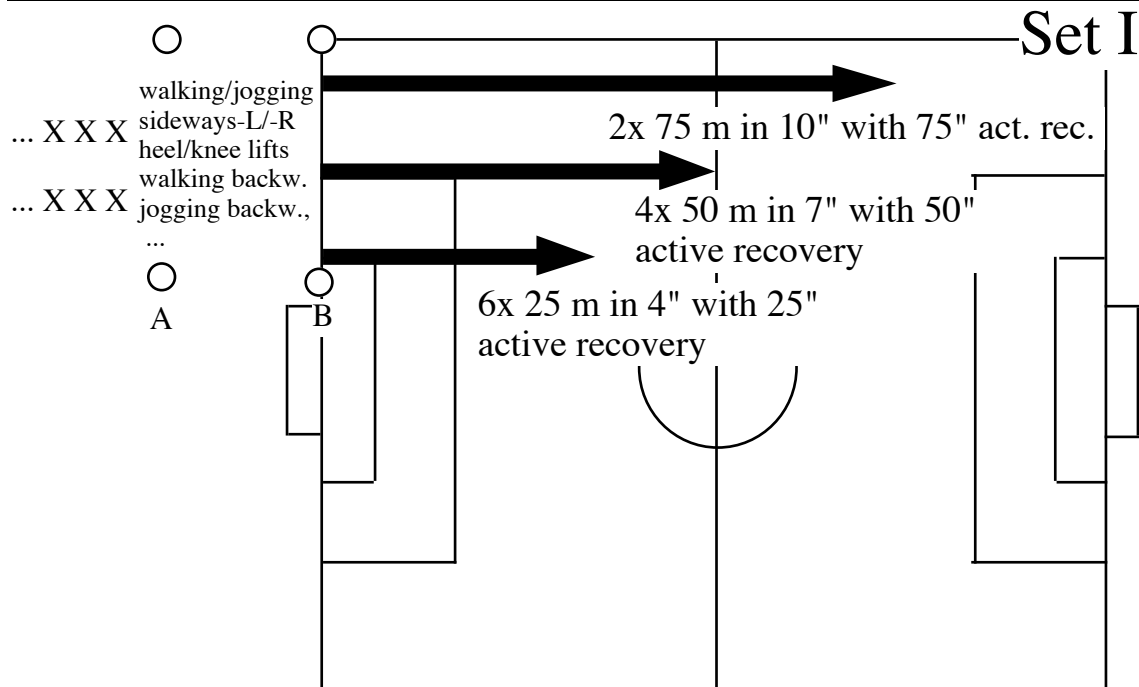
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (10')
- * Ext. Speed - Set 1:
 - > 2 maximal sprints over 75 m (± 10'')
 - with 75'' active recovery in between each sprint
 - > 4 maximal sprints over 50 m (± 7'')
 - with 50'' active recovery in between each sprint
 - > 6 maximal sprints over 25 m (± 4'')
 - with 25'' active recovery in between each sprint
 - > Jogging 1 lap, drinking & stretching (± 2'30'')
 - > Duration Set 1: ± 12'



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- Set 2:

- > 6 maximal sprints over 25 m ($\pm 4''$) with 25" active recovery in between each sprint
- > 4 maximal sprints over 50 m ($\pm 7''$) with 50" active recovery in between each sprint
- > 2 maximal sprints over 75 m ($\pm 10''$) with 75" active recovery in between each sprint
- > Jogging 1 lap, drinking & stretching ($\pm 2'30''$)
- > Duration Set 2: $\pm 12'$

- The total duration of this extended speed session is $\pm 24'$ including 5' active recovery.

* 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: 89'

Fri. 15th:

REST or PASSIVE RECOVERY

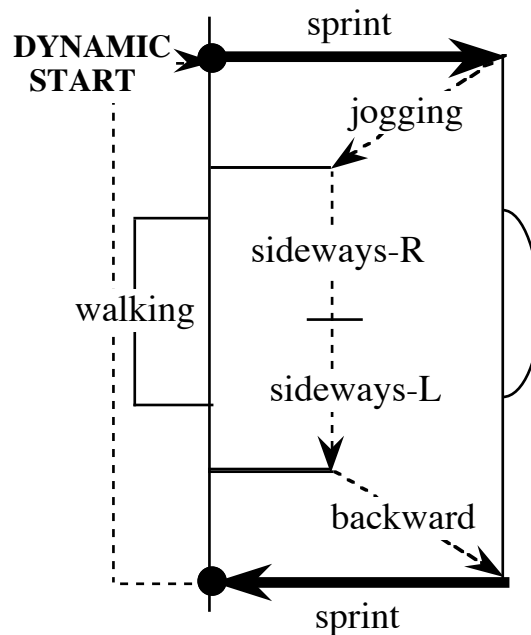


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- Sat. 16th: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 57
- * Speed - Set 1: 5 laps of the following exercise in the penalty box
- Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you start each sprint.



- Once the 5 laps or 10 sprints of 16 m (160 m total sprinting distance) have been completed take a 5' recovery, stretching and drinking break.
- Set 2: again 5 laps or 10 sprints in total.
- The total exercise time is 15'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 17th: 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 15 Macrocycle III, week 3 Training Objective	Session 1 Monday AR	Session 2 Tuesday HI	Session 3 Thursday Ext. SP	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	25.7%
High Int.	0	28	0	0	28	10.3%
Low Int.	0	5	5	0	10	3.7%
Med. Int. / Ext. Sp.	0	0	24	0	24	8.8%
Speed End.	0	0	0	0	0	0.0%
Speed/Agility	0	0	0	10	10	3.7%
Match practice	0	0	10	0	10	3.7%
Act. Recovery	30	0	0	0	30	11.0%
Strength	0	10	10	0	20	7.4%
Pass. Recovery	0	5	5	5	15	5.5%
Cool down & Str.	10	15	15	15	55	20.2%
TOTAL	50	83	89	50	272	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

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