



2006-2007 UEFA Top-Referees' Fitness Programme



p. 1 / 5

WEEK 38 from Monday 18th to Sunday 24th of September Macrocycle III, week 4 (Training week 16)

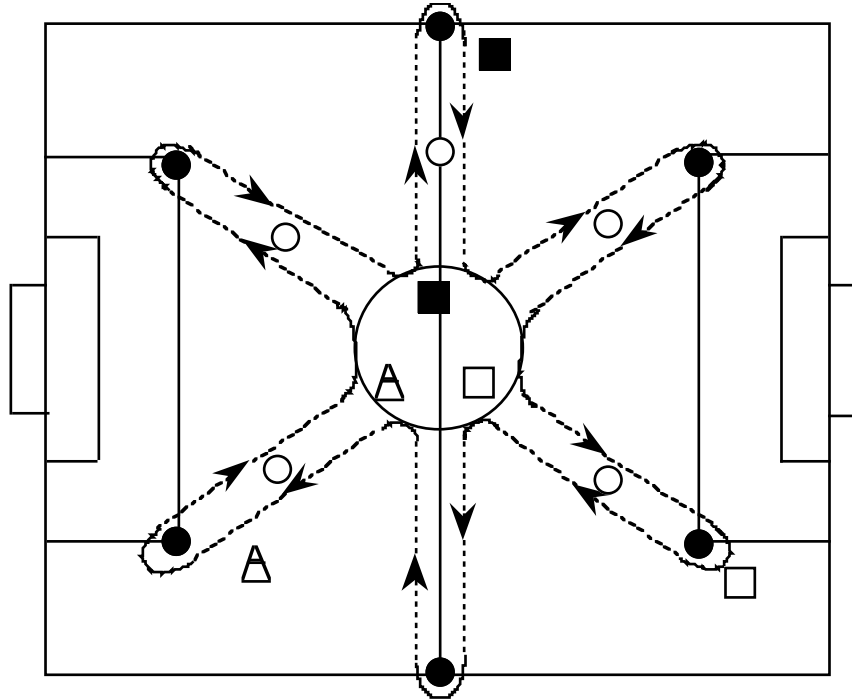
- Mon. 18th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 58
- 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)
 - 30' non-weight bearing exercises (70% HR_{max}), such as:
 - 10-12' cycling (80-90 cycles/min)
 - 8-12' rowing (25-30 cycles/min)
 - 10-12' gliding / stepping (60-70 cycles/min)
 - 10' stretching followed by sauna, jacuzzi, massage
- Total duration: 50'
- Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 59
- * Warm up - 20' extensive warming up, mobilisation and stretching
 - * Strength - Advanced set of strength and injury prevention exercises (10')
 - * High Int. - This HI exercise is an extension of the 'star run' we did before. Again, referees run 2 x 2. Each referee runs with a bib (a coloured vest). On a given signal, referee A runs from the edge of the centre-circle to a cone and back to the centre circle (up & down). The bib is then given to the partner (referee B) who covers the same trajectory. Once he is back in the centre circle, he gives the bib back to referee A, who now runs clockwise to the next cone, back to the centre-circle, and continues to the next cone in row (2 x up & down). When referee A again enters the centre circle, he now gives the bib to the partner (referee B) who performs on his turn the same course (2 x up & down). On his way back to the centre circle, he gives the bib back to the referee A, who now runs clockwise to the next cone, back to the centre circle, again to the next cone in row, back to the centre circle, and continues to the final cone in row of the first full lap (3 x up & down). When referee A again enters the centre circle, he gives the bib to the partner (referee B) who performs on his turn the same course turning around 3 cones. This particular exercise consists of 3 full laps of 6 cones (1-2-3-1-2-3-1-2-3 or 18 turns all together). Set 1 takes 10'.
 - 5' passive recovery (until bpm < 65% HR_{max})



2006-2007 UEFA Top-Referees' Fitness Programme



p. 2 / 5



- Set 2: The star run is now performed again over 3 full laps, but in reversed order, i.e. referee A turns around 3 cones before referee B comes into play, then referee A runs around 2 cones, before referee B comes into play, finally referee A runs around one cone before referee B performs the same. The HI running is now done counter-clockwise so that the referees turn over the L shoulder. Set 2 also consists of 3 full laps of 6 cones (3-2-1-3-2-1-3-2-1 or 18 turns all together). Set 2 also takes 10'.

- All together, this HI exercise takes $\pm 25'$
(10' Set 1 + 5' recovery + 10' Set 2).

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

Total duration: 75'

Wed. 20th:

REST or PASSIVE RECOVERY

Thu. 21st:
Tr. 60

* 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')

* Agility - Set 1: 'Referee Sprint' of 60 m, 1' rest, 5 repetitions
The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50 m.

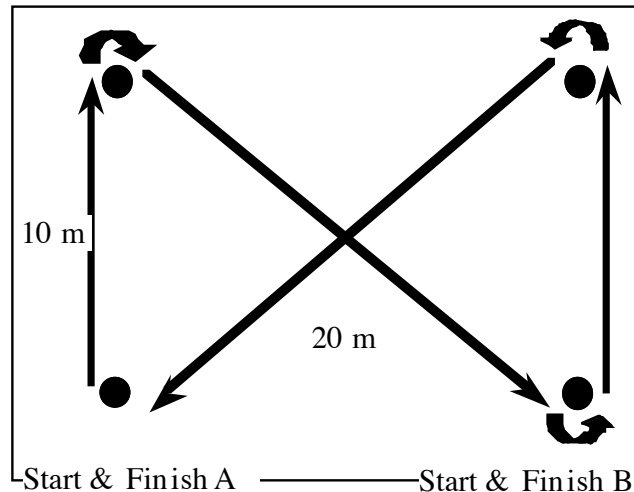


2006-2007 UEFA Top-Referees' Fitness Programme



p. 3 / 5

- 2' recovery, stretching and drinking break (until bpm < 120)
- 'Referee Sprint' of 60 m, 1' rest, 5 repetitions (SET 1I)



X	X
X	X
X	X
X	X
X	X

- 2' recovery, stretching and drinking break (until bpm < 120)

* Speed End. - Field exercise 8', just 1 set (see below)

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

- All together these agility and speed endurance exercises take 26' (6' Set 1, 2' recovery, 6' Set 2, 2' recovery, 8' Field, 2' recovery).

* Match

- If referees have a training session in group, then a 10' match can be played (2-touch or 'control & pass').

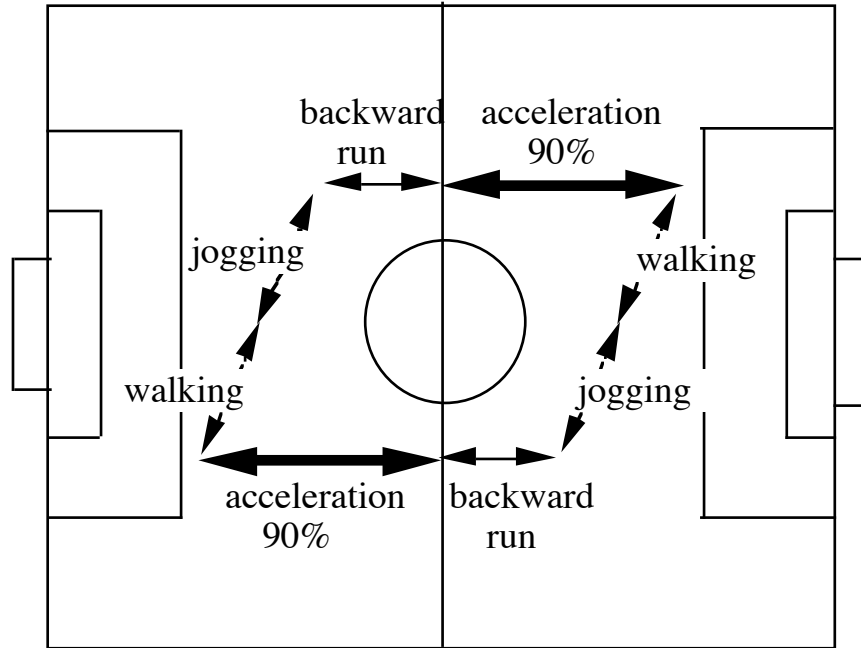
- Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).



2006-2007 UEFA Top-Referees' Fitness Programme



p. 4 / 5



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

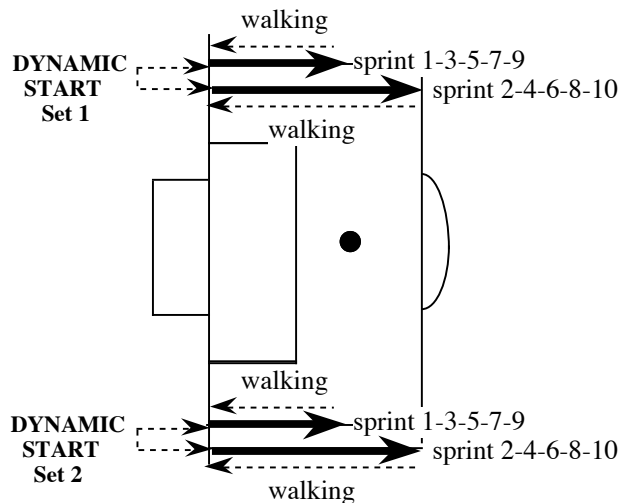
Total duration: 86'

Fri. 22nd: REST or PASSIVE RECOVERY

Sat. 23rd: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 61

* Speed - Set 1: 5 sprints to the penalty mark alternated with 5 sprints to 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 for another sprint.





2006-2007 UEFA Top-Referees' Fitness Programme



p. 5 / 5

- Once the 10 sprints have been completed take a 5' recovery, stretching and drinking break.
 - Set 2: again 5 sprints to the penalty mark and 5 to the penalty box
 - The total sprint distance is 270 m. The total exercise time is 15'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 24th: 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 16 Macrocycle III, 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	26.8%
High Int.	0	20	0	0	20	7.7%
Low Int.	0	5	5	0	10	3.8%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	20	0	20	7.7%
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	11.5%
Strength	0	10	10	0	20	7.7%
Pass. Recovery	0	5	6	5	16	6.1%
Cool down & Str.	10	15	15	15	55	21.1%
TOTAL	50	75	86	50	261	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