



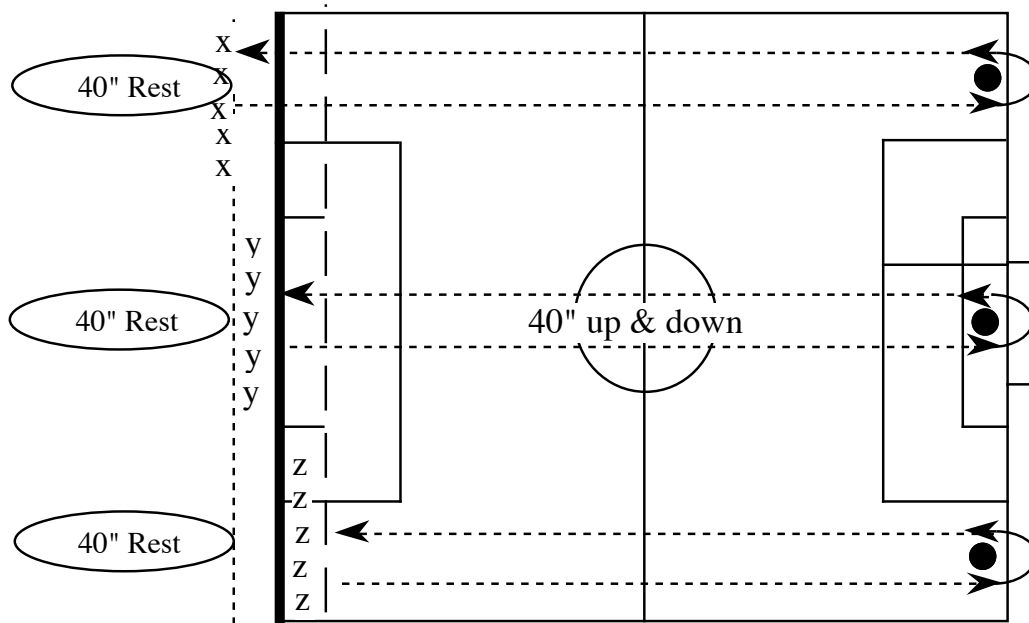
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 41 from Monday 9<sup>th</sup> to Sunday 15<sup>th</sup> of October Macrocycle IV, week 1 (Training week 19)

- Mon. 9<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
Tr. 70
- 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. 10<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 71
- \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Strength - 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
  - \* High Int. - Set 1 Two lines are marked approximately 5 meters away from each side of one of the goal lines. The referees are divided into 3 groups based on their fitness level. The referees in the group with the best fitness (x) have to run the longest distance ( $\pm$  210 m), while the group with the weakest runners (z) covers a shorter distance (about 190 m), and the intermediate referees (y) start on the goal line and cover an intermediate distance (about 200 m).
- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediate back to the starting position (45" max). After a given rest that equals the running time (45" max), they start the second run. A signal may be used to indicate when the referees have to reach the opposite line and the home position.
  - Referees do this first exercise 10 x (15' max).
  - 3' passive recovery (until bpm < 65% HR<sub>max</sub>)

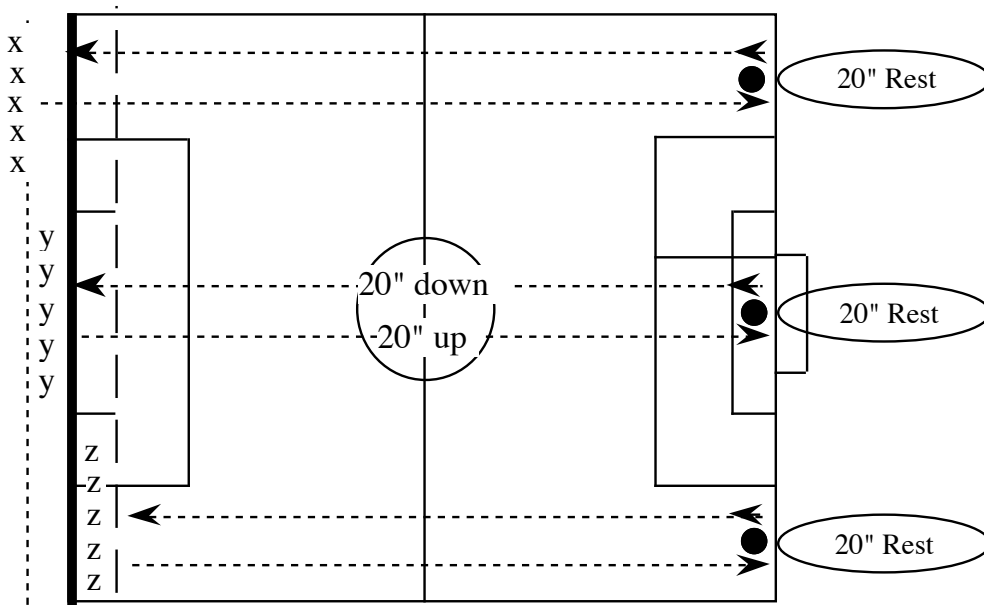


# Performance Training in Football Refereeing Weekly Training Plan



- **Set 2:** All referees start again at the end with the 3 lines and run at a given speed to the opposite goal-line (20"). After a given rest that equals the running time (20"), they run back to the starting position (trial 2).

Referees do this second exercise 10 x (7').



- All together, this high intensity exercise takes  $\pm 25'$   
(15' Set 1 + 3' recovery + 7' Set 2).



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\* Tip - Differentiating the whole group into 3 teams should guarantee that the relative exercise intensity for each referee does not vary too much. If there is an extreme difference in fitness level between referees, the distances between the goal line and the 2 other lines can even be further extended (e.g. 10 meters). Another possibility is to divide the referees in even more groups (and use even more than just 3 starting positions).

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

Total duration: 75'

Wed. 11<sup>th</sup>.

REST or PASSIVE RECOVERY

Thu. 12<sup>th</sup>.  
Tr. 72

\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)

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

\* Strength - 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

\* Speed End. - Set 1: Field exercise  
Referees start running at 65% to cover the length of the field of play, then accelerate to 85% over the width of the field, and finally accelerate to the other side of the field at 95% of their running speed. In the width of the field, referees continue 'jogging'.

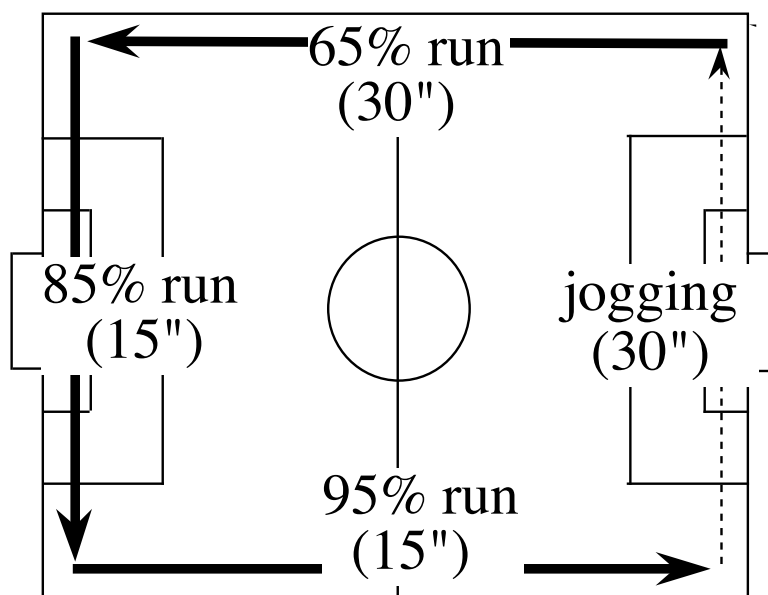
- 6 laps of ± 90" each

- 4' passive recovery (until bpm < 65% HR<sub>max</sub>)



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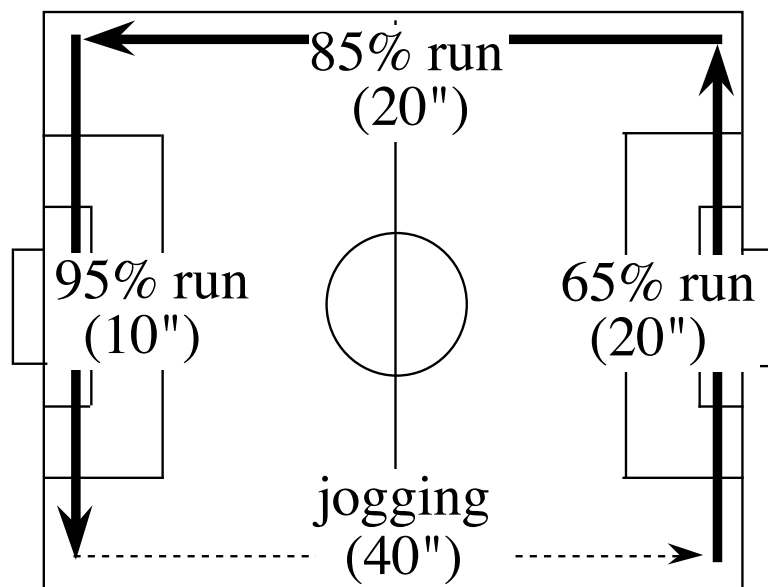
### Start Set 1



- Set 2: Field exercise

Referees start running at 65% to cover the width of the field, then accelerate to 85% over the length of the field, and finally accelerate to the other side of the field at 95% of their running speed. Finally, referees continue 'jogging' the length of the field.

- 6 laps of  $\pm 90^\circ$  each



### Start Set 2



## Performance Training in Football Refereeing Weekly Training Plan

- All together this exercise takes  $\pm 22'$   
(9' Set 1 + 4' recovery + 9' Set 2).

- \* 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

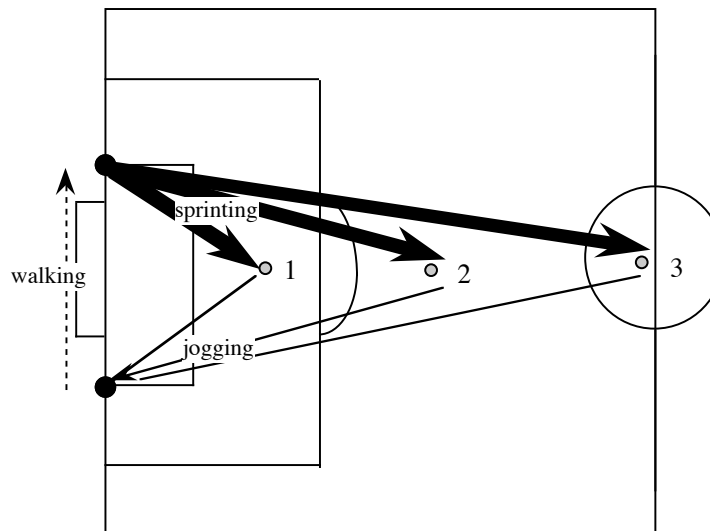
Total duration: 82'

Fri. 13<sup>th</sup>: REST or PASSIVE RECOVERY

Sat. 14<sup>th</sup>: \* Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 73

- \* Speed
  - Set 1:
  - 1) 11 m sprint, 11 m jogging, walking to the start, 4 reps
  - 2) 25 m sprint, 25 m jogging, walking to the start, 2 reps
  - 3) 50 m sprint, 50 m jogging, walking to the start, 1 rep
  - 5' recovery and stretching, followed by Set 2 of 7 sprints



- The total exercise time is 15'. The total sprint distance is 288 m.

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

Total duration: 50'

Sun. 15<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.