



2006-2007 UEFA Top-Referees' Fitness Programme

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WEEK 31 from Monday 31st of July to Sunday 6th of August Macrocycle II, week 3 (Training week 9)

- Mon. 31st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 30
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Low Int. - 30' run at 70% HR_{max} (± 5 to 6 km)
At the end of each 5' period, a 30" tempo run has to be performed (± 150 m), or 6 all together resulting in a total distance of 900 m.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 70'
- Tue. 1st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 31
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 3)
- * High Int. - 2' run at 90% HR_{max}, 1' jogging, 8 sets
- As before, this training can be performed on a regular field of play around the perimeter or along the wide diagonal. Alternatively, the exercise can also be done on an athletic track, in the forest or any other surface.
- In total, it takes ± 24', the same duration as last week, but again quite a bit more intermittent! Next week, this ratio changes again!
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 74'
- Wed. 2nd: REST or PASSIVE RECOVERY
- Thu. 3rd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 32
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (week 3)
- * Ext. Speed - Set 1: always use a dynamic start!
> 4 sprints over 30 m (± 4.5")
with 30" active recovery (walking back)
> 3 sprints over 40 m (± 6")
with 40" active recovery (walking back)



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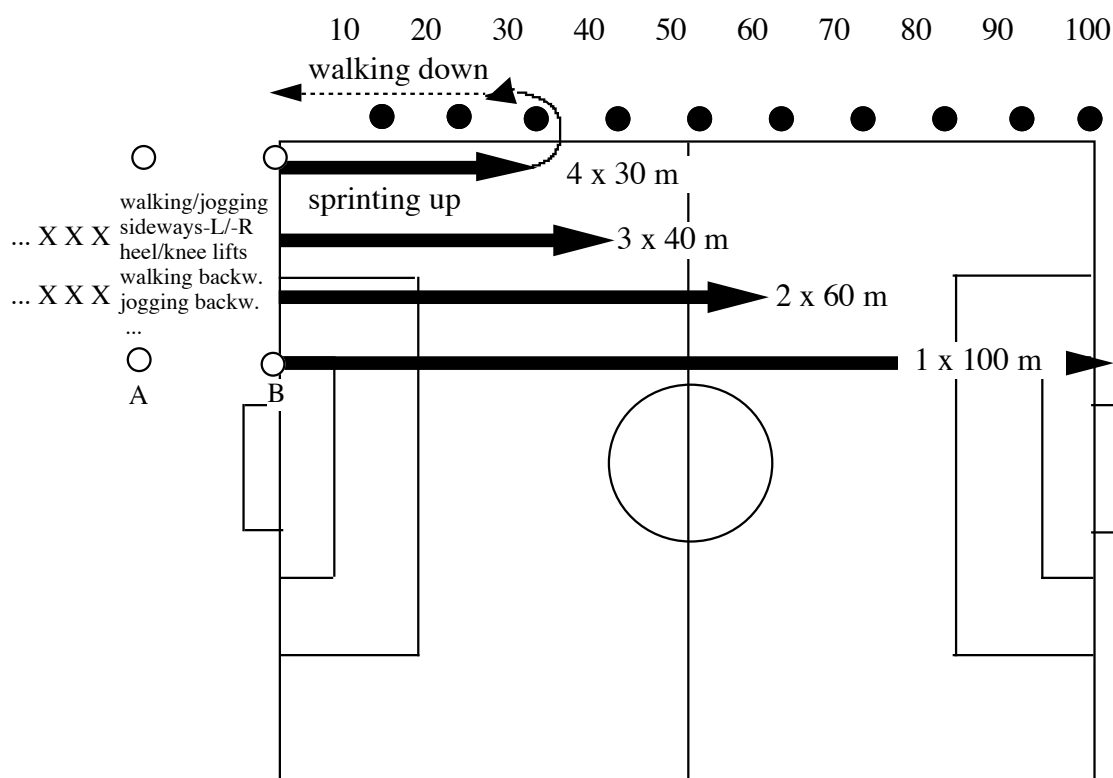


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- > 2 sprints over 60 m ($\pm 9''$)
with 1' active recovery (walking back)
- > 1 sprint over 100 m ($\pm 15''$)
with 1'30'' active recovery (walking back)
- > Jogging 1 lap, drinking & stretching ($\pm 2'30''$)
- > Duration Set 1: $\pm 11'30''$

- Set 2: always use a dynamic start!

- > 1 sprint over 100 m ($\pm 15''$)
with 1'30'' active recovery (walking back)
- > 2 sprints over 60 m ($\pm 9''$)
with 1' active recovery (walking back)
- > 3 sprints over 40 m ($\pm 6''$)
with 40'' active recovery (walking back)
- > 4 sprints over 30 m ($\pm 4.5''$)
with 30'' active recovery (walking back)
- > Jogging 1 lap, drinking & stretching ($\pm 2'30''$)
- > Duration Set 2: $\pm 11'30''$



- The total duration of this extended speed session is $\pm 23'$ including 5' active recovery.

* 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').



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- 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

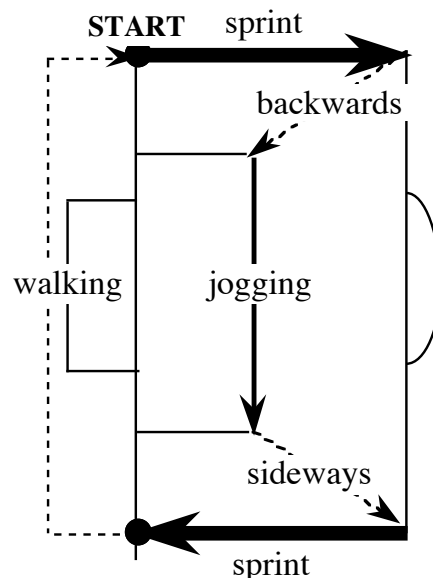
Total duration: 83'

Fri. 4th: REST or PASSIVE RECOVERY

Sat. 5th: * Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 33

* Speed - Set 1: 5 laps of the following exercise in the penalty box



- Walk back to the start after every lap. Use heart rate watch to determine your own individual recovery; it should be down to $\pm 60 - 65\%$ before you start a new lap.

- Once the 5 laps or 10 sprints of 16 m have been completed, take a 5' recovery, stretching and drinking break.

- Then perform Set 2, again 5 laps or 10 sprints in total.

- The total exercise time is 15'. The total sprint distance is 320 m.

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

Total duration: 50'

Sun. 6th: 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 9 Macrocycle II, week 3 Training Objective	Session 1 Monday LI	Session 2 Tuesday HI	Session 3 Thursday Ext. SP	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	20	20	20	20	80	28.9%
High Int.	0	0	0	0	0	0.0%
Low Int.	35	5	5	0	45	16.2%
Med. Int. / Ext. Sp.	0	0	18	0	18	6.5%
Speed End.	0	20	0	0	20	7.2%
Speed/Agility	0	0	0	10	10	3.6%
Match practice	0	0	10	0	10	3.6%
Act. Recovery	0	0	0	0	0	0.0%
Strength	0	10	10	0	20	7.2%
Pass. Recovery	0	4	5	5	14	5.1%
Cool down & Str.	15	15	15	15	60	21.7%
TOTAL	70	74	83	50	277	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