



Performance Training in Football Refereeing Weekly Training Plan

WEEK 42 from Monday 16th to Sunday 22nd of October Macrocycle IV, week 2 (Training week 20)

Mon. 16th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 74

- 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. 17th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 75

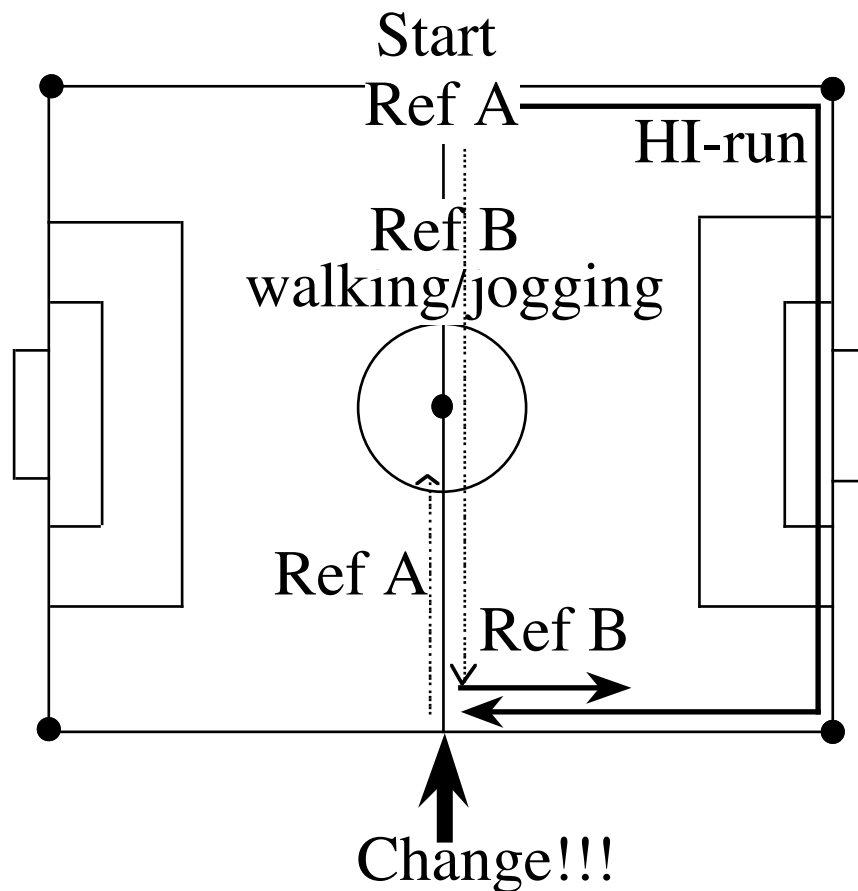
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1: Referee A starts accelerating clockwise from the midline to the corner flag, then to the other corner flag, and finally to the other side of the midline. In the meantime, Referee B has to cross the midline by walking or jogging. He has to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B accelerates counter-clockwise the same trajectory, while Referee A can recover walking or jogging back to the starting position. The second HI-run of referee A is done on the other side of the field so that he has to take the turns on his L-shoulder. All together this exercise is done 5 full laps (or 10 HI-runs for each of the referees).

All together, this first run takes \pm 10' (1600 m acceleration alternated with 600 m recovery for each referee).

- 3' passive recovery (until bpm < 65% HR_{max})
- Set 2: again 5 full laps (or 10 HI-runs for each of the referees).
- All together this exercise takes \pm 22'
(10' Set 1 + 2' recovery + 10' Set 2)



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

Total duration: 73'

Wed. 18th.

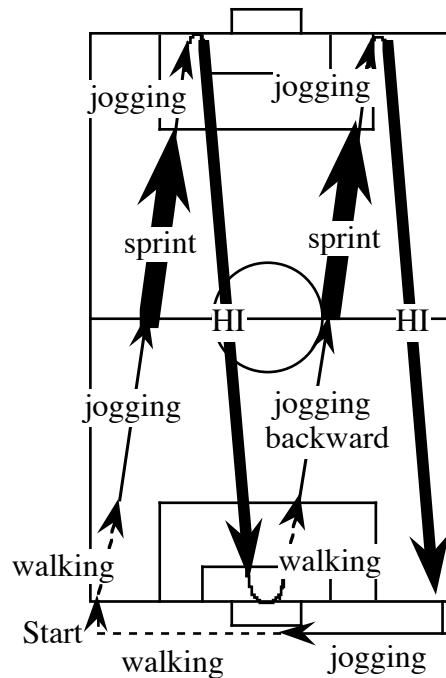
REST or PASSIVE RECOVERY

Thu. 19th.
Tr. 76

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 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. - Field exercise: Set 1: 4 laps of \pm 3' each
- 4' passive recovery (until bpm < 65% HR_{max})



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- Field exercise: Set 2: again 4 laps of $\pm 3'$ each

- All together this exercise takes $\pm 28'$
(12' Set 1 + 4' recovery + 12' Set 2)

* Match

- If referees have a training session in group, then a 10' match can be played (2-touch or 'control & pass'). If the game is not played fast enough, another restriction can be implemented, i.e. a goal can only be scored if all referees are over the midline. This discrete modification will speed up the game quite a bit!

- 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: 88'

Fri. 20th:

REST or PASSIVE RECOVERY

Sat. 21st:
Tr. 77

* Warm up

- 20' extensive warming up, mobilisation and stretching

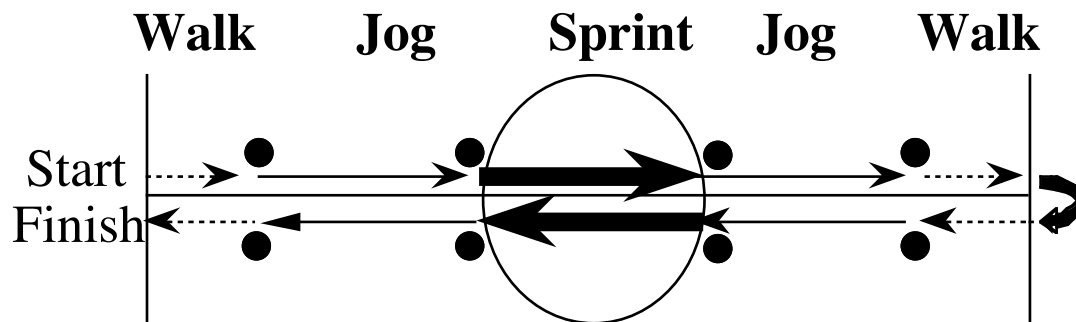
* Speed

- Set 1: Centre circle sprint, 5'

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



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- Set 2: Centre circle sprint, 5'

- The total exercise time is 15'. The total sprint distance is 360 m.

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

Total duration: 50'

Sun. 22nd: 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.