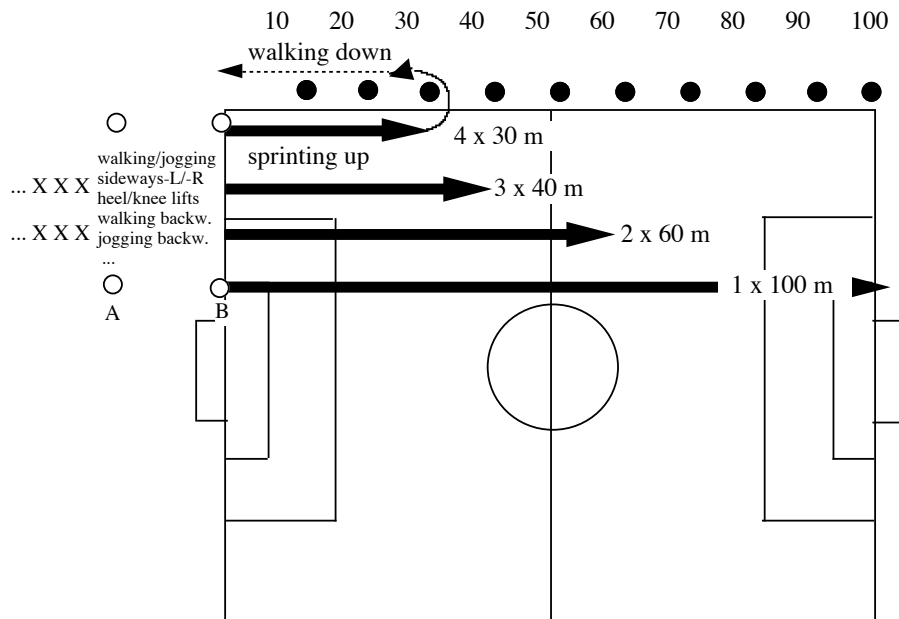




Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 73'

Wed. 25th.

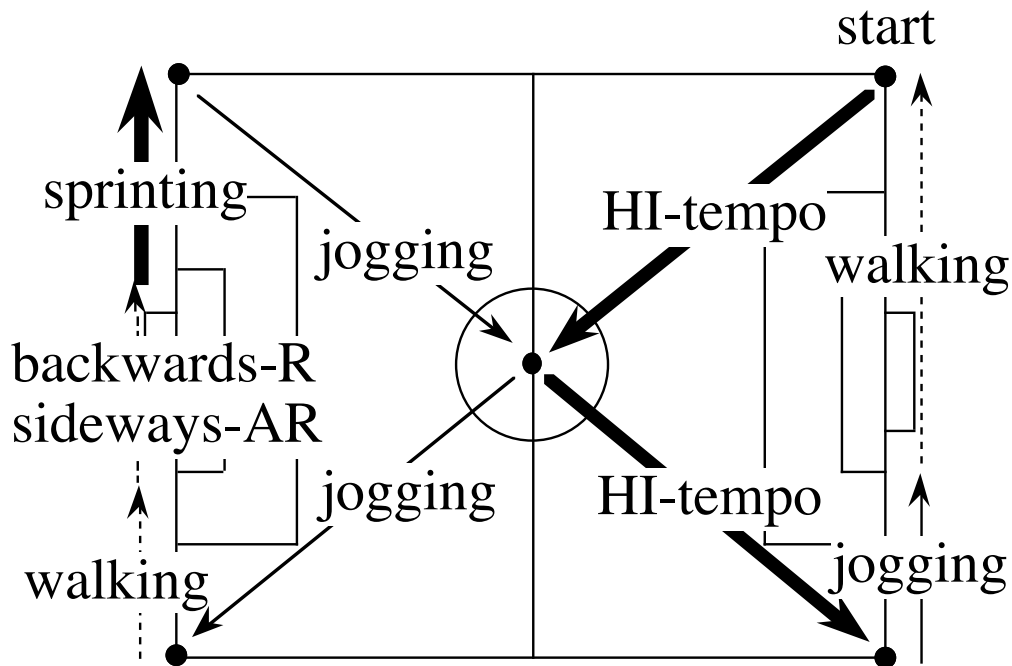
REST or PASSIVE RECOVERY

Thu. 26th.
Tr. 80

- * 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. - Set 1: Field exercise, 5 laps of \pm 2' each
- 4' passive recovery (until bpm < 65% HR_{max})
- Set 2: Field exercise, 5 laps of \pm 2' each
- All together, this exercise takes 24' (including recovery)



Performance Training in Football Refereeing Weekly Training Plan



- * 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').
 - 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: 84'

Fri. 27th.

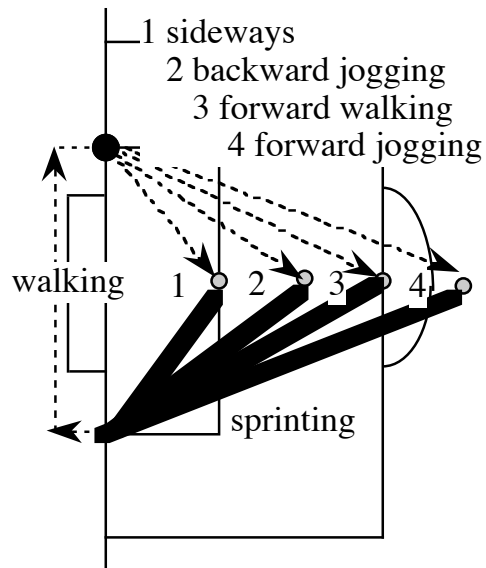
REST or PASSIVE RECOVERY

Sat. 28th.
Tr. 81

- * Warm up
 - 20' extensive warming up, mobilisation and stretching
- * Speed
 - Set 1: Sprint exercise in the penalty box, 3 sets of 4 sprints each
 - Always start from a dynamic position, as indicated: 1 sideways jogging, 2 backward jogging, 3 forward walking, forward jogging
 - 5' passive recovery, stretching, and drinking break.
 - Set 2: Sprint exercise in the penalty box, 3 sets of 4 sprints each



Performance Training in Football Refereeing Weekly Training Plan



- The total exercise time is 15'. The total sprint distance is 384 m.

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

Total duration: 50'

Sun. 29th: 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.