



Performance Training in Football Refereeing Weekly Training Plan

WEEK 44 from Monday 30th of October to Sunday 6th of November Macrocycle IV, week 4 (Training week 22)

Mon. 30th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 82 - 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. 31st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 83

* 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. - This exercise is similar to, but also different from the ones presented the previous weeks. As you will notice, the recovery time is progressively decreased in relation to the exercise time.

As for most of the exercises on Tuesday, it can be performed on every surface. As shown below, it can easily be done on a regular field of play using changes in direction. Alternatively, the exercise can also be done on an athletic track or in the forest. Indoor, it can also be done on a treadmill (using a speed that elicits 88-92% HR_{max}).

- Set 1 takes 12' (8' HI running & 4' recovery jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)

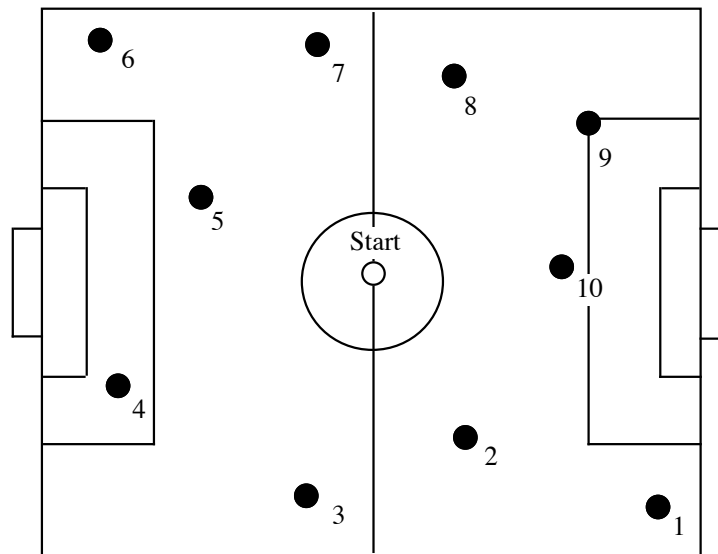
- 3' passive recovery (until bpm < 65% HR_{max})



Performance Training in Football Refereeing Weekly Training Plan

- Set 2 takes again 12' (8' HI running & 4' recovery jogging)
- 20" at 90% HRmax, followed by 20" active recovery (jogging)
- 40" at 90% HRmax, followed by 20" active recovery (jogging)
- 60" at 90% HRmax, followed by 20" active recovery (jogging)
- 2' at 90% HRmax, followed by 1' active recovery (jogging)
- 2' at 90% HRmax, followed by 1' active recovery (jogging)
- 60" at 90% HRmax, followed by 20" active recovery (jogging)
- 40" at 90% HRmax, followed by 20" active recovery (jogging)
- 20" at 90% HRmax, followed by 20" active recovery (jogging)

- All together, this exercise takes 12' + 3' recovery + 12' = 27'



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

Total duration: 77'

Wed. 1st.

REST or PASSIVE RECOVERY

Thu. 2nd.
Tr. 84

- * 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. - This SE-run can easily be performed on every surface. To prevent injuries, however, I want to stress it is better to practice on a soft ground than on any surface that is too demanding for articulations and tendons.

- Each run is performed at 90-95% of maximum speed



Performance Training in Football Refereeing Weekly Training Plan

- Between each set, there is a 2' active recovery

Set 1: (from goal line to goal line)

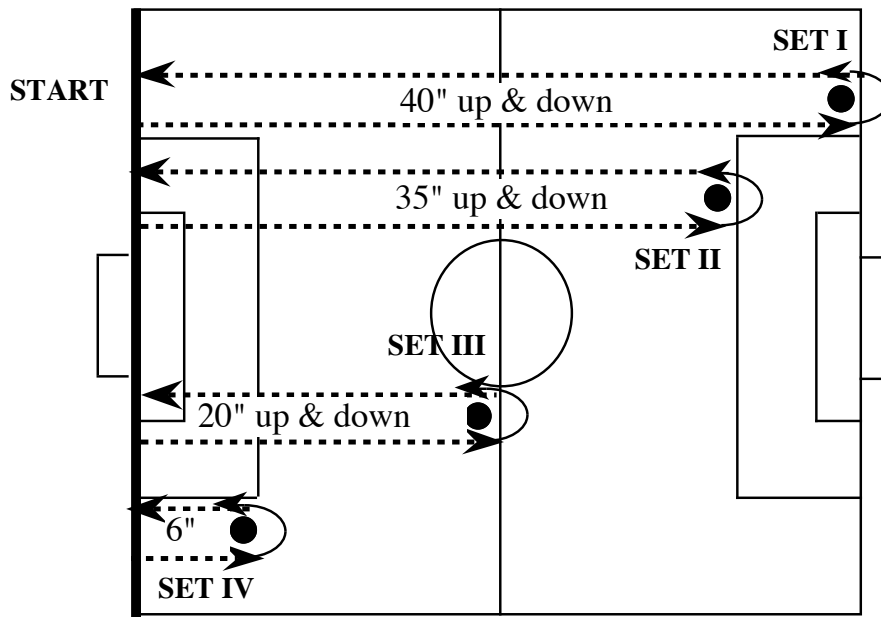
- 200 m run in 40", 1' recovery, 5 x

- Total duration is 8'30" (incl. recovery time)

Set 2: (from goal line to opposite penalty box)

- 170 m run in 35", 1' recovery, 5 x

- Total duration is 8' (incl. recovery time)



- Set 3: (from goal line to mid line)

- 100 m run in 20", 30" recovery, 5 x

- Total duration is 4'15" (incl. recovery time)

- Set 4: (from goal line to penalty box)

- 32 m run in 6", 10" recovery, 5 x

- Total duration is 1'30" (incl. recovery time)

- All together, this exercise consists of 20 runs that will take $\pm 28'30''$ including 3 x 2' active recovery between sets.

*Match play

- If referees have a group training session then a 10' regular 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' MI jogging (80% HR_{max}).

* Cool down

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

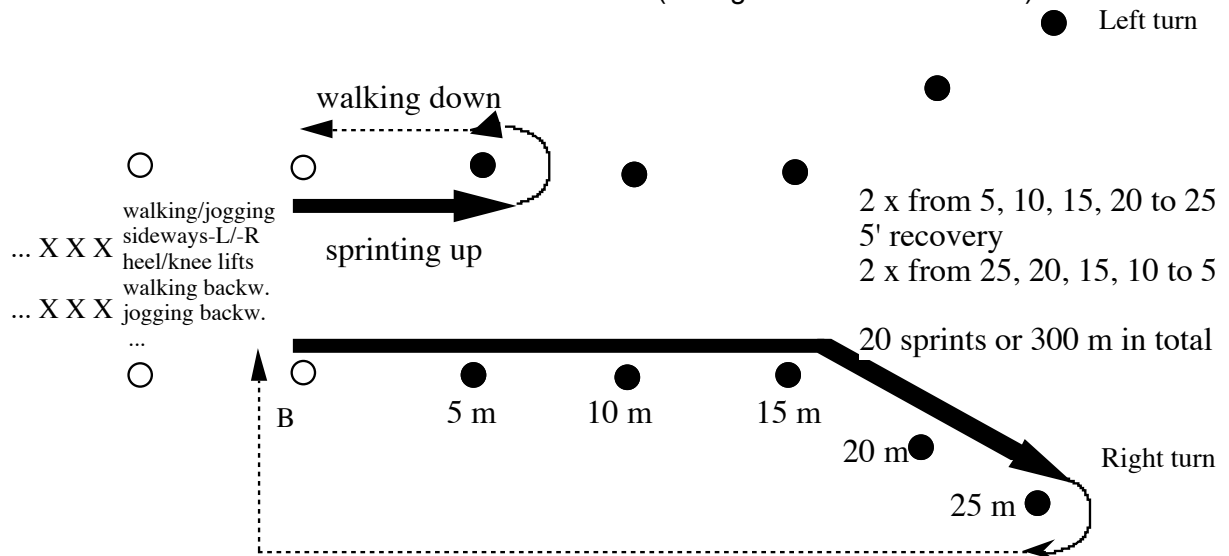
Total duration: 88'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 3rd. REST or PASSIVE RECOVERY

Sat. 4th. * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 85
* Speed - short sprints from a dynamic position (heel lifts, knee lifts,...)
- 2 x from 5 to 25 m (change in direction to the L)
- 5' recovery and stretching
- 2 x from 5 to 25 m (change in direction to the R)



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

Total duration: 50'

Sun.: 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.