



Performance Training in Football Refereeing Weekly Training Plan

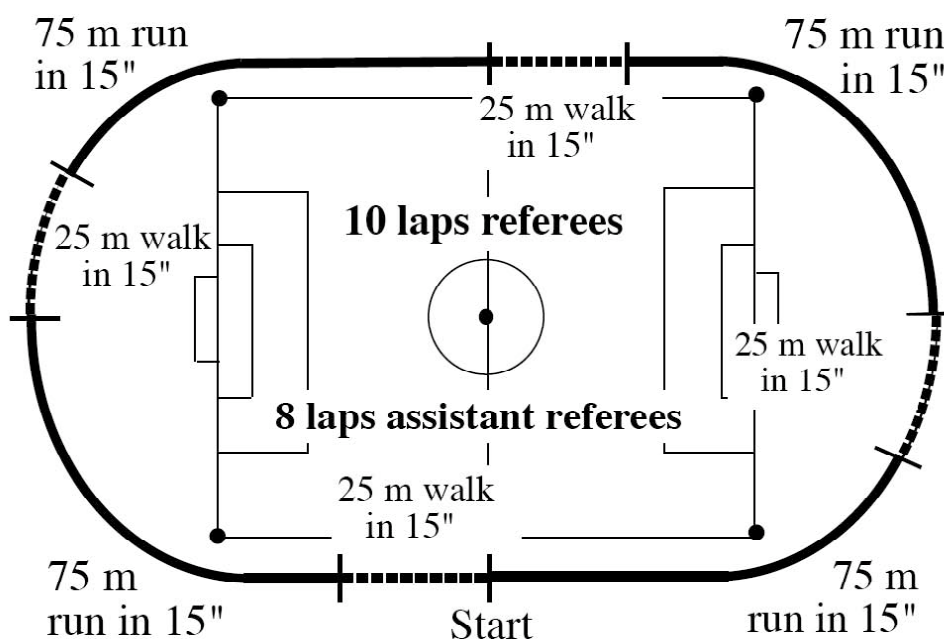
WEEK 45 from Monday 6th to Sunday 12th of November Macrocycle IV, week 5 (Training week 23)

Mon. 6th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 86 - 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. 7th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 87 * 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
* Maximal Aerobic Training (VO₂max Training)

The next intermittent recovery run is similar to, but also different from the VO₂max exercises presented before. It can be done either indoor on a treadmill or outdoor on a track, in a forest, or on a field of play. To prevent injuries, however, it is better to practice on a soft ground rather than on any surface that is too demanding for articulations and tendons.





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- on the first whistle, referees have to cover 75 m in 15" from the start position on (1). Then there is 15" to cover 25 m walking (2). On the next whistle, referees have to run again 75 m in 15" (3), followed by 25 m walking in 15" (4). One full lap on a track consists of 4 tempo runs followed by 4 recovery walks.

All together, the total exercise consists of 10 laps resulting in 40 tempo runs, each followed by a 15" walk.

- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this VO₂max exercise is 20'.

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

Total duration: 70'

Wed. 8th:

REST or PASSIVE RECOVERY

Thu. 9th.
Tr. 88

* 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 or 20 accelerations
This first run will take \pm 11'

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

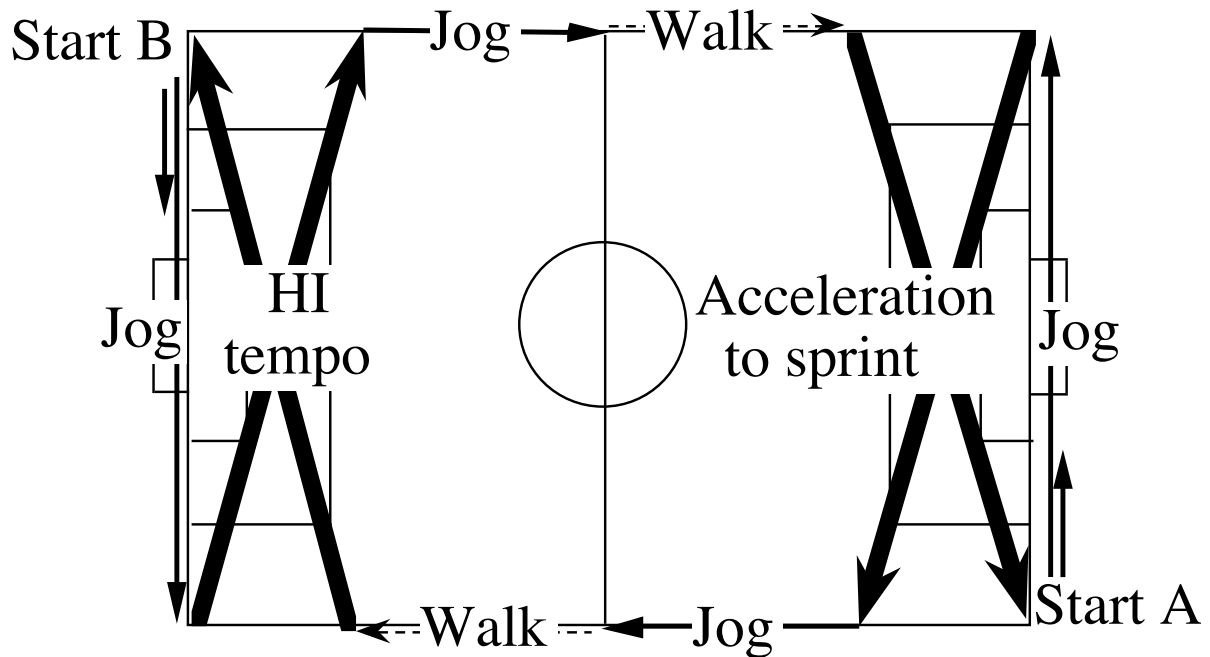
- Set 2: Field exercise, again 5 laps or 20 accelerations
Again, this second run will take \pm 11 minutes

- All together, this exercise takes 11' + 4' rec + 11' = 26'.

- The total distance covered in high speed is 2500 m.



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- * 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: 86'

Fri. 10th:

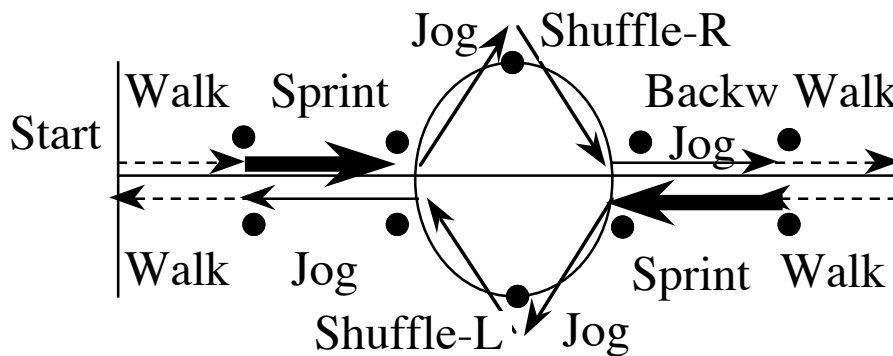
REST or PASSIVE RECOVERY

Sat. 11th:
Tr. 89

- * Warm up
 - 20' extensive warming up, mobilisation and stretching
- * Speed
 - Set 1: Centre circle sprint, 5'



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- 5' recovery and stretching

- Set 2: Centre circle sprint, 5'

- The total exercise time is 15'. The total sprint distance is 280 m.

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

Total duration: 50'

Sun. 12th: 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.