



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 46 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of November Macrocycle IV, week 6 (Training week 24)

Mon. 13<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
Tr. 90 - 10' warm up (walking & jogging on a treadmill between  
6 & 13 km/hr, followed by mobilisation exercises)  
- 30' non-weight bearing exercises (70% HR<sub>max</sub>), 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. 14<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 91

\* Warm up - 20' extensive warming up, mobilisation and stretching

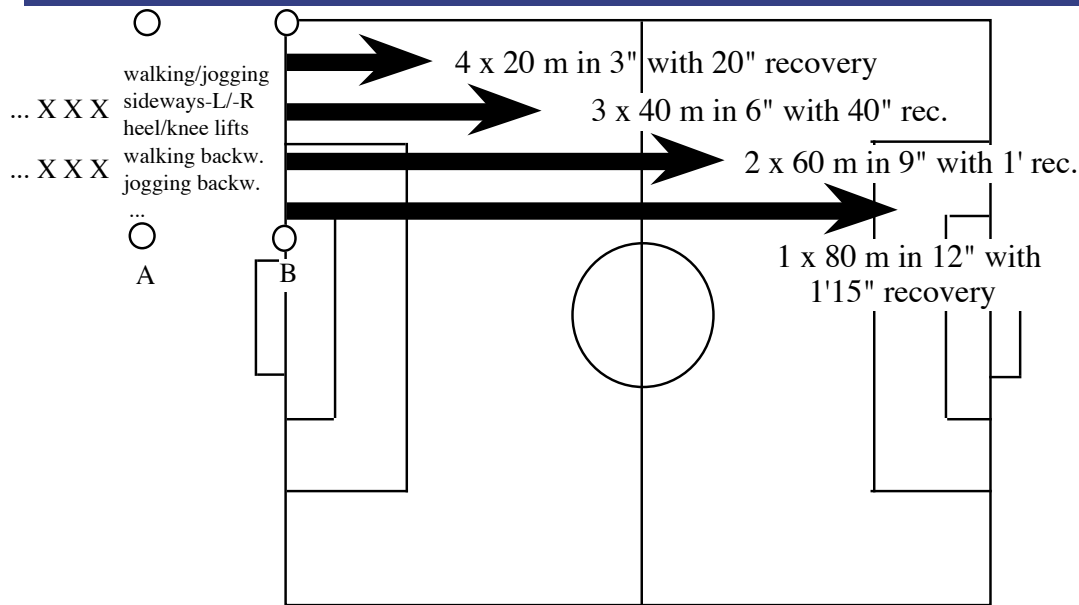
\* Strength - 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

\* Ext. Speed - Set 1 (always use a dynamic start):  
> 4 maximal sprints over 20 m ( $\pm$  3")  
with 20" active recovery (walking back)  
> 3 maximal sprints over 40 m ( $\pm$  6")  
with 40" active recovery (walking back)  
> 2 maximal sprints over 60 m ( $\pm$  9")  
with 1' active recovery (walking back)  
> 1 maximal sprint over 80 m ( $\pm$  12")  
with 1'20" 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 maximal sprint over 80 m ( $\pm$  12")  
with 1'20" active recovery (walking back)  
> 2 maximal sprints over 60 m ( $\pm$  9")  
with 1' active recovery (walking back)  
> 3 maximal sprints over 40 m ( $\pm$  6")  
with 40" active recovery (walking back)  
> 4 maximal sprints over 20 m ( $\pm$  3")  
with 20" active recovery (walking back)  
> Jogging 1 lap, drinking & stretching ( $\pm$  2'30")  
> Duration Set 2:  $\pm$  11'30"



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

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

Total duration: 73'

Wed. 15<sup>th</sup>:

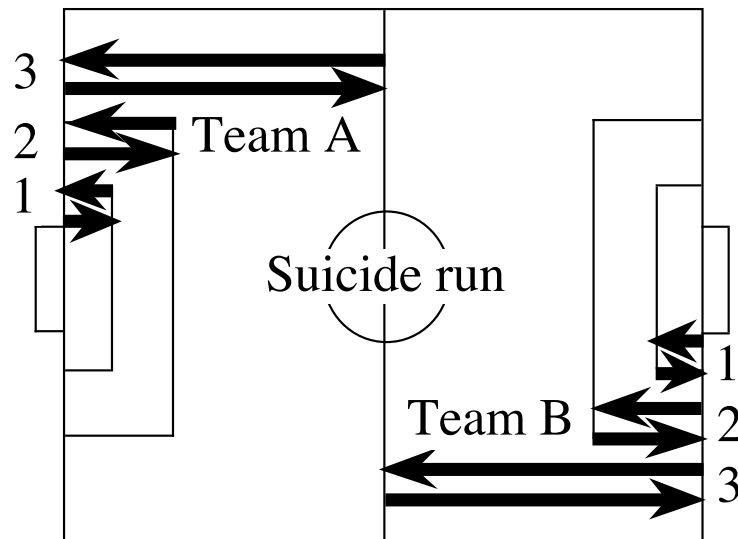
REST or PASSIVE RECOVERY

Thu. 16<sup>th</sup>:  
Tr. 92

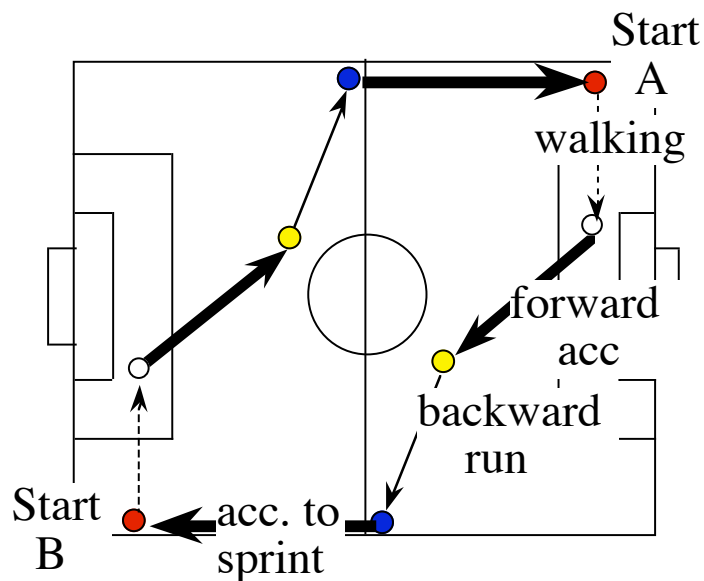
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - Set 1: 'Suicide run'  
- Referees sprint from the goal line to goal area line and back, then immediately sprint from the goal line to the edge of the penalty area and back, then immediately sprint to the halfway line and back, 1' rest, 6 reps  
- For 1 run, reference time is < 25'' (top), < 30'' (subtop)  
- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)



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\* Speed End. - Set 2: 'Referee run': 9'



- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)

- All together, this exercise takes 9' + 3' rec + 9' + 3' rec = 24'.

\*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<sub>max</sub>).

\* Cool down

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

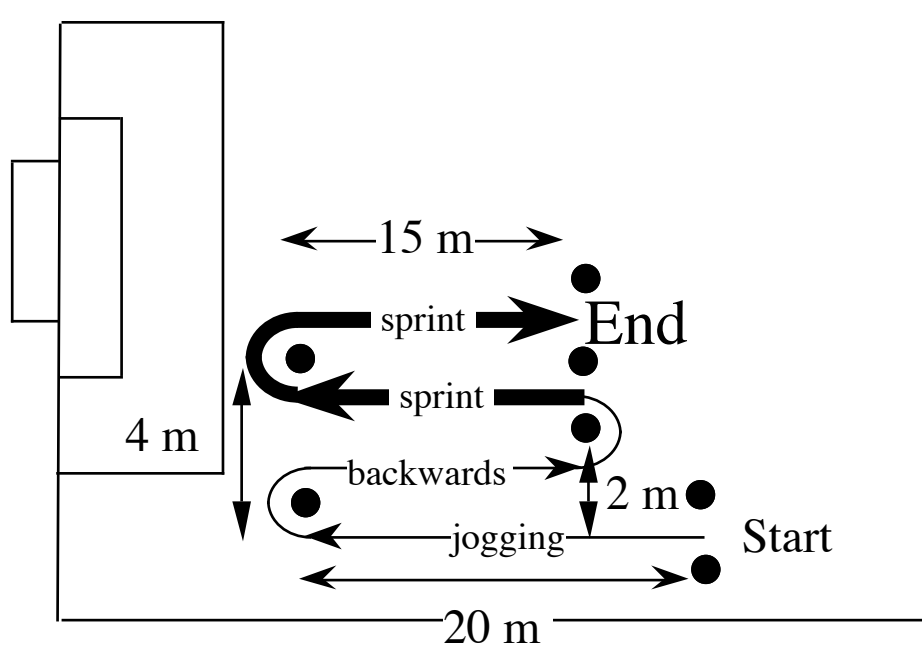
Total duration: 84'



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Fri. 17<sup>th</sup>: REST or PASSIVE RECOVERY

Sat. 18<sup>th</sup>: \* Warm up - 20' extensive warming up, mobilisation and stretching  
Tr. 93 \* Speed - Set 1: 5 x a sprint of 30 m with a turn in between (2 x 15 m)  
- Restart for a new run every 60"  
- 5' recovery and stretching



- Set 2: 5 x a sprint of 30 m with a turn in between (2 x 15 m)  
- Restart again for a new run every 60"  
- The total exercise time is 15', the total sprint distance is 300 m.  
\* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 19<sup>th</sup>: 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.