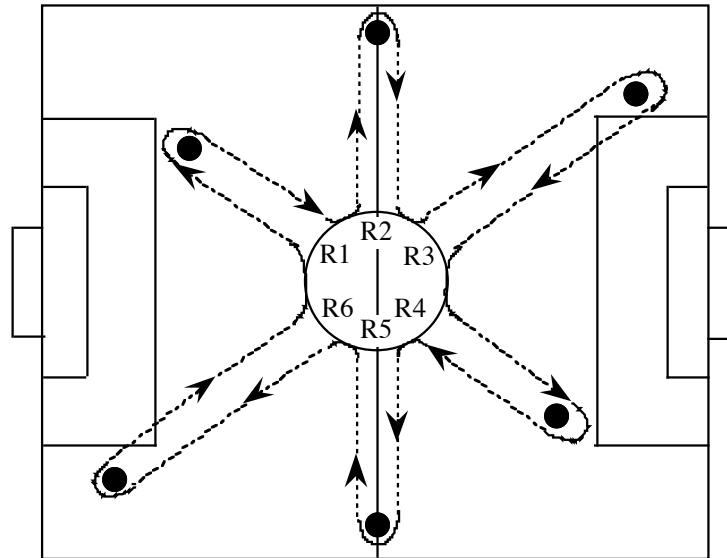




Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 75'

Wed. 22nd.

REST or PASSIVE RECOVERY

Thu. 23rd.
Tr. 96

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End.
 - Set 1: Referees perform 5 laps of \pm 2' per lap
 - LAP 1
 - 50 m acceleration, followed by 50 m jogging along the side line
 - 70 m run at 90% SP_{max} around cone 1 up until to corner flag,
 - 50 m jogging, followed by 50 m run at 90% SP_{max} along the side line
 - 60 m walking along the goal line
 - LAP 2 to 5
 - same trajectory, but now referees take each lap the corresponding cone (for LAP 2 they take cone 2, for LAP 3 they take cone 3, for LAP 4 they take cone 4, for LAP 5 they turn around cone 5)
 - As referees progress from cone 1 to cone 5, they progressively increase the amount of 90% SP_{max} running
(36% lap 1; 38% lap 2; 40% lap 3; 42% lap 4; 43% lap 5)
(36% lap 1; 38% lap 2; 40% lap 3; 42% lap 4; 43% lap 5)

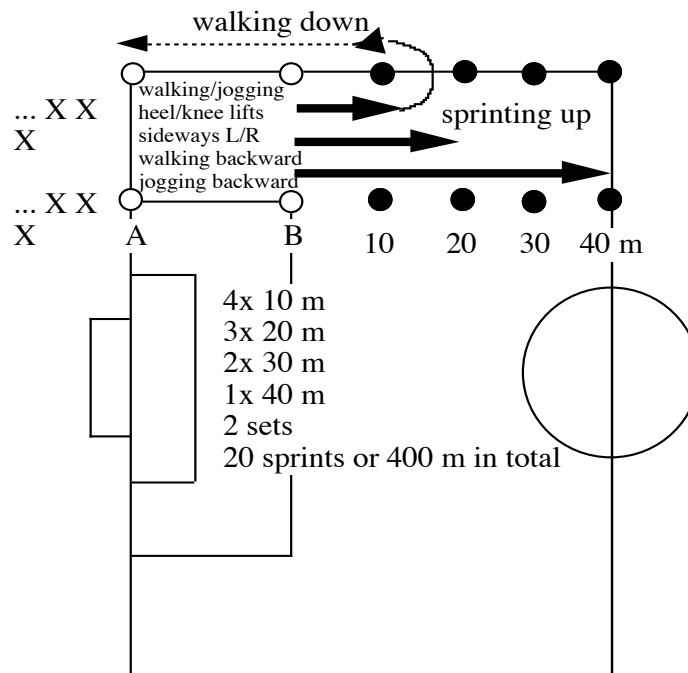


Performance Training in Football Refereeing Weekly Training Plan

Sat. 25th. * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 97

- * Speed
- 10 m sprint up, 10 m walk down, 4 x
 - 20 m sprint up, 20 m walk down, 3 x
 - 30 m sprint up, 30 m walk down, 2 x
 - 40 m sprint up, 40 m walk down, 1 x

- Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you start each sprint.



- Once the 10 sprints (200 m total sprinting distance) have been completed take a 5' recovery, stretching and drinking break.

- Then perform a second set of sprints but now in reversed order, i.e. from 40 m to 10 m, for another total of 10 sprints.

- The total exercise time is 15', the total sprint distance is 400 m.

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

Total duration: 50'

Sun. 26th. 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.