



Performance Training in Football Refereeing Weekly Training Plan

WEEK 48 from Monday 27th of November to Sunday 3rd of December Macrocycle V, week 2 (Training week 26)

Mon. 27th. * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 98 - 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. 28th. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 99

* 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

* High Int. - In a fitness centre, this HI-run can be done a regular treadmill. Outside, it can be performed anywhere. To prevent injuries, however, it is better to practice on a soft ground than on any surface that is too demanding for articulations and tendons. As shown before, it can also be done on a regular field of play.

- Set 1:
- 30" at 90% HR_{max}, followed by 30" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 30" active recovery (jogging)
- 90" at 90% HR_{max}, followed by 30" active recovery (jogging)
- 120" at 90% HR_{max}, followed by 60" active recovery (jogging)
- 90" at 90% HR_{max}, followed by 30" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 30" active recovery (jogging)
- 30" at 90% HR_{max}, followed by 30" active recovery (jogging)

- All together, this first set takes 12'.

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

- Set 2: again, the same exercise is performed (12').

- All together this HI exercise takes \pm 28', including 4' recovery

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

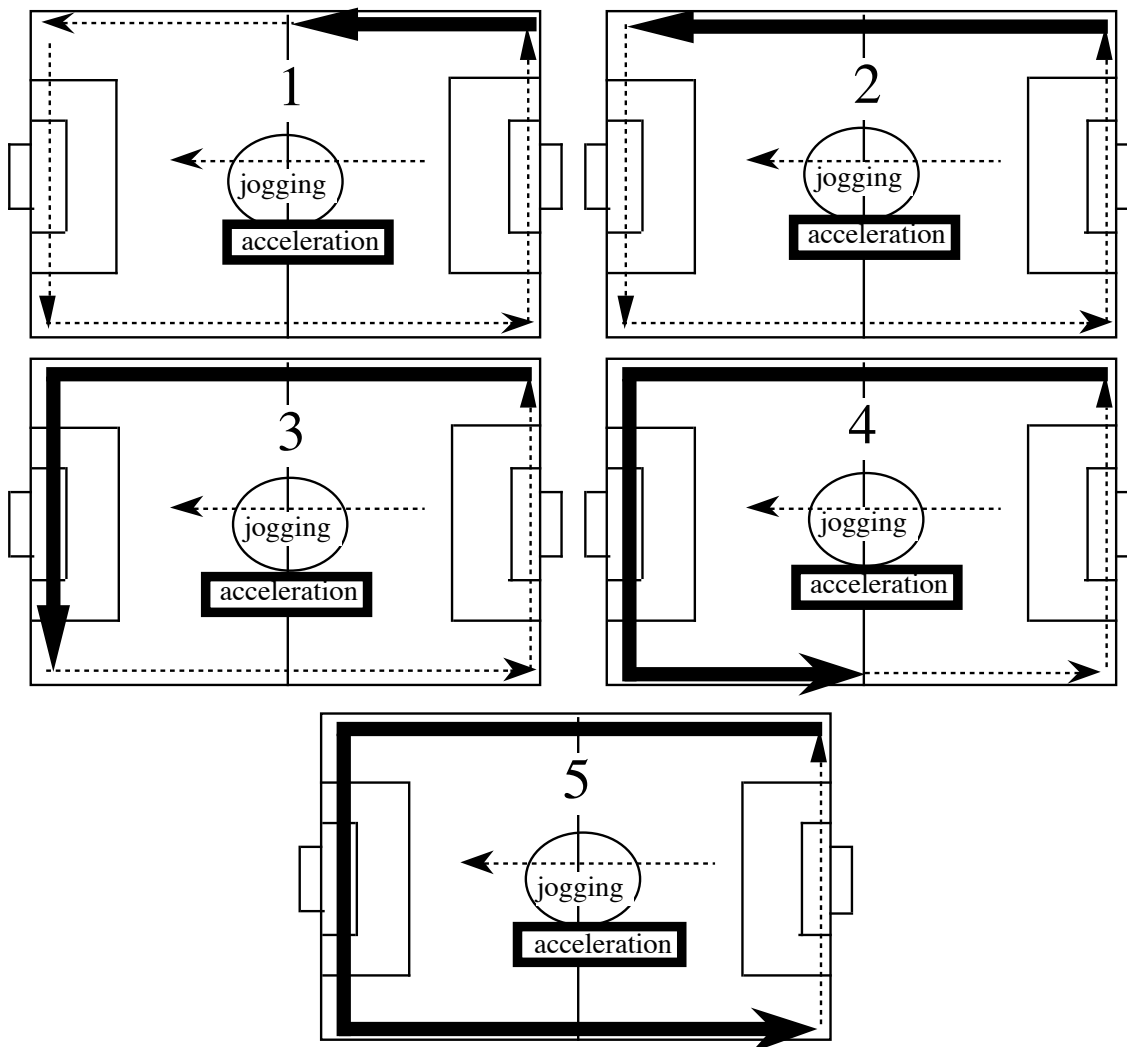
Total duration: 78'

Wed. 29th. REST or PASSIVE RECOVERY



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- Thu. 30th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 100 (!)
- * 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. - 50 m acceleration, followed by 270 m jogging (Set 1)
- 100 m acceleration, followed by 220 m jogging
- 160 m acceleration, followed by 160 m jogging
- 210 m acceleration, followed by 110 m jogging
- 260 m acceleration, followed by 60 m jogging



- 260 m acceleration, followed by 60 m jogging (Set 2)
- 210 m acceleration, followed by 110 m jogging
- 160 m acceleration, followed by 160 m jogging
- 100 m acceleration, followed by 220 m jogging
- 50 m acceleration, followed by 270 m jogging



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- It takes $\pm 13'$ to run Set 1 and Set 2.
- 4' passive recovery (until bpm < 65% HR_{max})
- * Speed End. - 260 m acceleration, followed by 60 m jogging (Set 3)
 - 210 m acceleration, followed by 110 m jogging
 - 160 m acceleration, followed by 160 m jogging
 - 100 m acceleration, followed by 220 m jogging
 - 50 m acceleration, followed by 270 m jogging
- 50 m acceleration, followed by 270 m jogging (Set 4)
 - 100 m acceleration, followed by 220 m jogging
 - 160 m acceleration, followed by 160 m jogging
 - 210 m acceleration, followed by 110 m jogging
 - 260 m acceleration, followed by 60 m jogging
- All together this exercise takes $\pm 30'$
(13' Set 1 & 2, 4' recovery, 13' set 3 & 4)
- * 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: 90'

Fri. 1st.

REST or PASSIVE RECOVERY

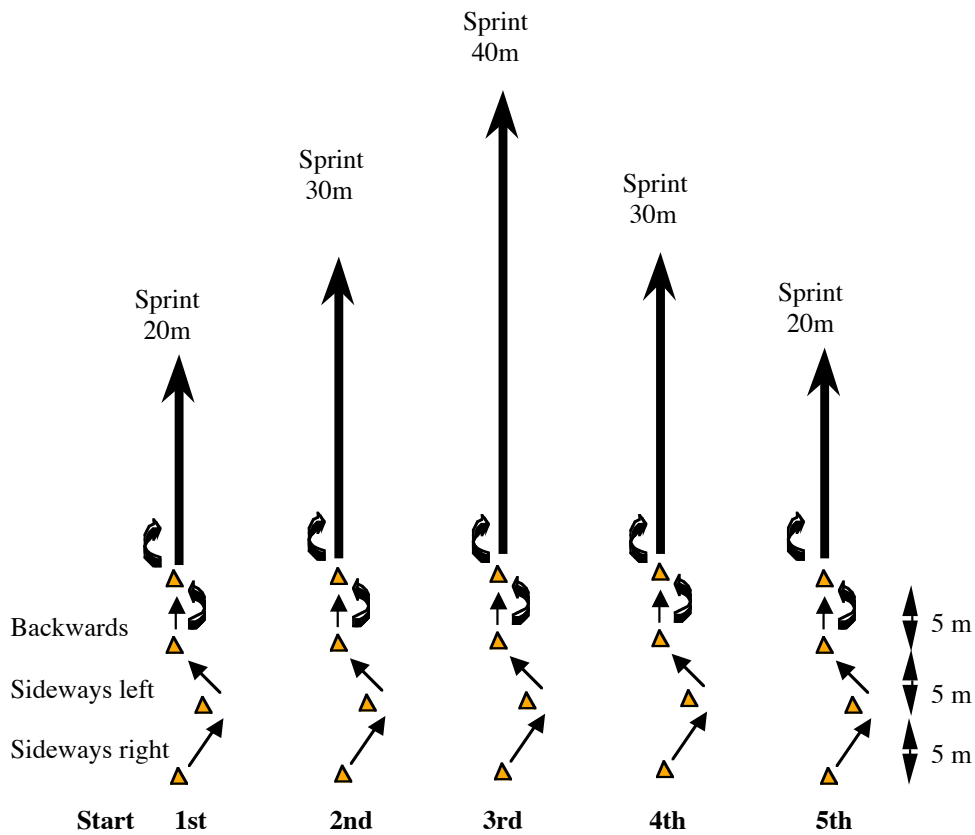
Sat. 2nd.

Tr. 101

- * Warm up
 - 20' extensive warming up, mobilisation and stretching
- * Speed
 - Set 1: Straight forward sprints from dynamic starting position over 20, 30, 40, 30, and 20 m respectively:
 - 5' passive recovery (until bpm < 65% HR_{max})
 - Set 2: Again the same set of straight forward sprints



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- 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. 3rd: 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.