



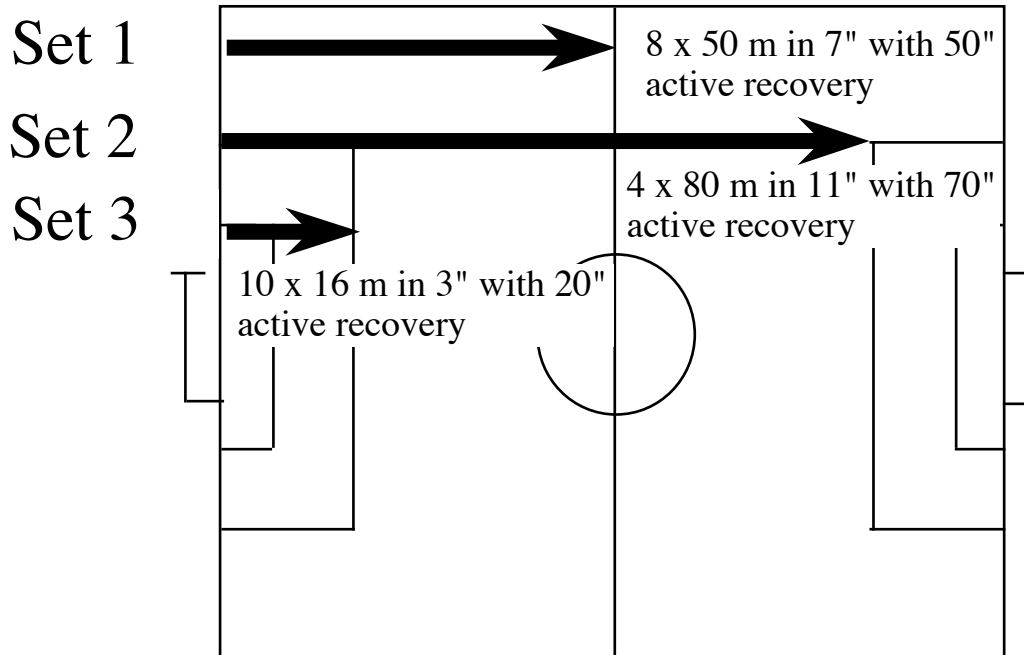
Performance Training in Football Refereeing Weekly Training Plan

WEEK 49 from Monday 4th to Sunday 10th of December Macrocycle V, week 3 (Training week 27)

- Mon. 4th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 102
- 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. 5th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 103
- * 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
 - * Ext. Speed - Set 1:
 - > 8 sprints to the midline (\pm 7")
 - with 50" active recovery in between each and every sprint
 - > Jogging 1 lap of the pitch, drinking & stretching (\pm 2'30")
 - > Duration: \pm 10'
 - Set 2:
 - > 4 sprints to the opposite penalty box (\pm 11")
 - with 70" active recovery in between each and every sprint
 - > Jogging 1 lap of the pitch, drinking & stretching (\pm 2'30")
 - > Duration: \pm 7.5'
 - Set 3:
 - > 10 sprints to the penalty box (\pm 3")
 - with 20" active recovery in between each and every sprint
 - > Duration: \pm 3.5'
- All together, this extended speed session takes \pm 21' including 5' active recovery.



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

Total duration: 71'

Wed. 6th.

REST or PASSIVE RECOVERY

Thu. 7th.

Tr. 104

- * 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

This first run will take \pm 12'30"

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

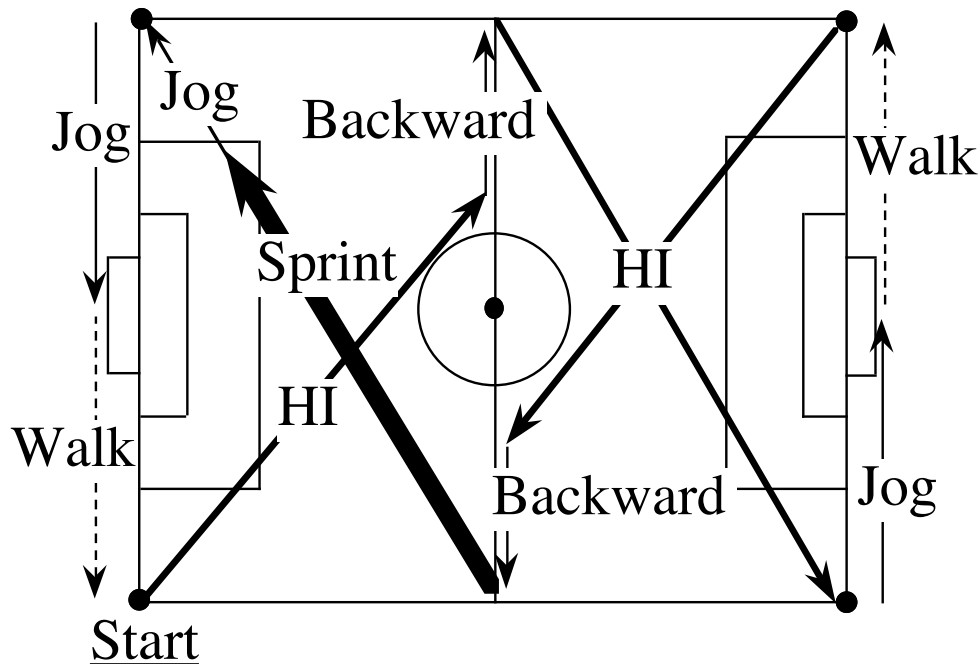
- Set 2 'Referee Run': again 5 laps

Again, this second run will take \pm 12'30"

- All together, this exercise takes 12'30" + 4' rec + 12'30" = 29'



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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: 89'

Fri. 8th:

REST or PASSIVE RECOVERY

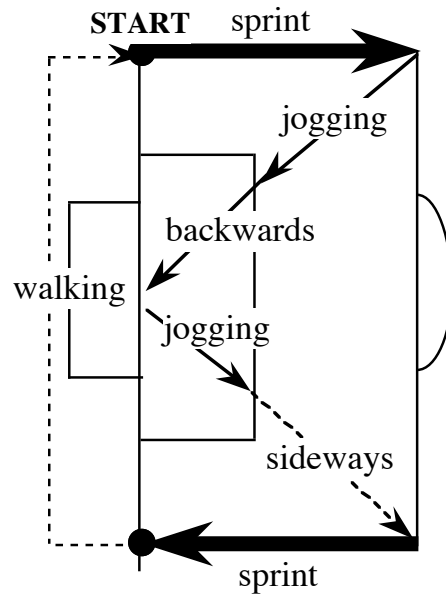
Sat. 9th:

Tr. 105

- * Warm up
 - 20' extensive warming up, mobilisation and stretching
- * Speed
 - Set 1: 5 laps of the following exercise in the penalty box
 - 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.



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- Once the 5 laps or 10 sprints of 16.5 m (165 m total sprinting distance) have been completed take a 4' passive recovery break (until bpm < 65% HR_{max})

- Then perform the second set, again 5 laps or 10 sprints in total.

- The total exercise time is 15', the total sprint distance is 330 m.

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

Total duration: 50'

Sun. 10th: 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.