



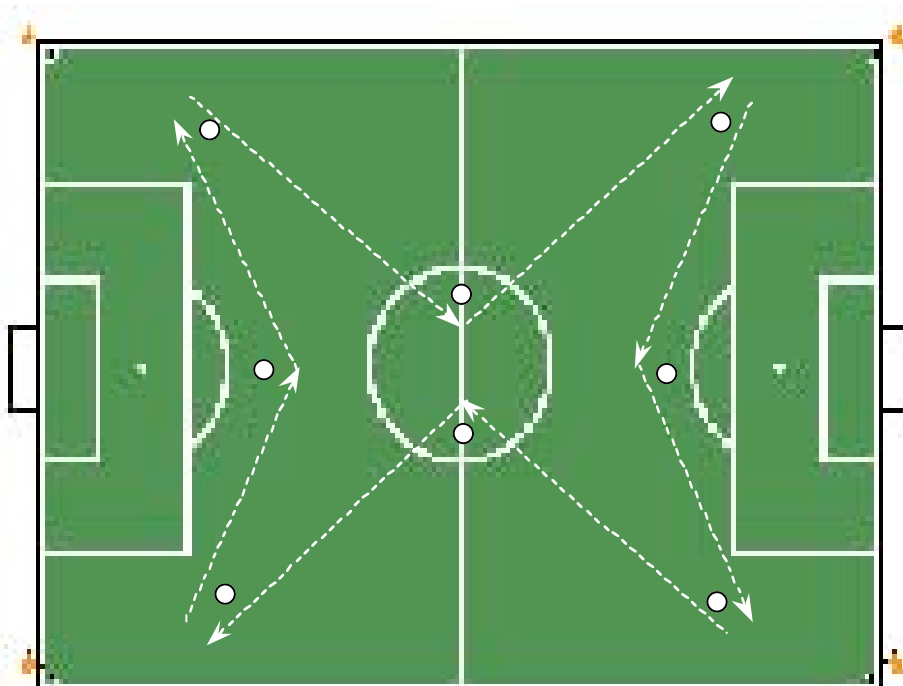
Performance Training in Football Refereeing Weekly Training Plan

WEEK 50 from Monday 11th to Sunday 17th of December Macrocycle V, week 4 (Training week 28)

- Mon. 11th: * Act. Rec. - 50' recovery session in a fitness centre, including
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- 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. 12th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
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- * 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, the HI-run can be done on a regular treadmill. Outside, it can be performed everywhere. 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 below, it can also be done on a regular field of play.





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- 20" HI-run at 90% HR_{max}, 20" jogging (Set 1),
- 40" HI-run at 90% HR_{max}, 20" jogging,
- 60" HI-run at 90% HR_{max}, 20" jogging,
- 2' HI-run at 90% HR_{max}, 1' jogging,
- 2' HI-run at 90% HR_{max}, 1' jogging,
- 60" HI-run at 90% HR_{max}, 20" jogging,
- 40" HI-run at 90% HR_{max}, 20" jogging,
- 20" HI-run at 90% HR_{max}, 20" jogging,

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

- 20" HI-run at 90% HR_{max}, 20" jogging (Set 2),
- 40" HI-run at 90% HR_{max}, 20" jogging,
- 60" HI-run at 90% HR_{max}, 20" jogging,
- 2' HI-run at 90% HR_{max}, 1' jogging,
- 2' HI-run at 90% HR_{max}, 1' jogging,
- 60" HI-run at 90% HR_{max}, 20" jogging,
- 40" HI-run at 90% HR_{max}, 20" jogging,
- 20" HI-run at 90% HR_{max}, 20" jogging,

- All together, this exercise takes 12' + 4' rec + 12' = 28'

- From a coaching point of view, the easiest way to do this intermittent exercise, is to give a clear signal each time the referees have to change from activity. For Set 1 and 2, the time line is:

0 (20" HI tempo) - 20" (J) - 40" (T) - 1'20" (J) - 1'40" (T) -
2'40" (J) - 3' (T) - 5' (J) - 6' (T) - 8' (J) - 9' (T) - 10' (J) -
10'20" (T) - 11' (J) - 11'20" (T) - 11'40" (J) - 12' (Stop)

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

Total duration: 78'

Wed. 13th:

REST or PASSIVE RECOVERY

Thu. 14th: * Low Int.

- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)

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* Warm up

- 20' extensive warming up, mobilisation and stretching

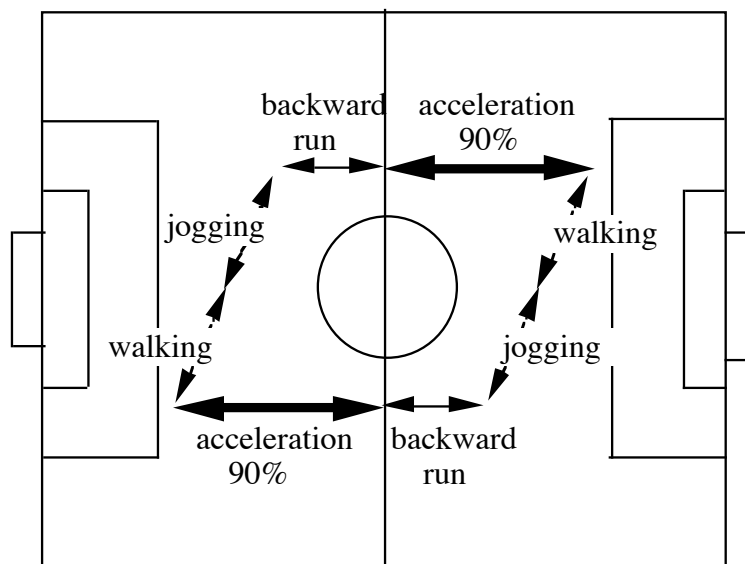
* Strength

- 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises



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- * Speed End. - 1 set of the following exercise that takes $\pm 8'$.
 - 50 m sprint 10", walking back 30" 5 x 1' rest
 - 25 m sprint 5", walking back 15" 5 x 1' rest
 - 16 m sprint 3", walking back 9" 5 x
- 3' passive recovery (until bpm < 65% HR_{max})
- * Speed End. - Field exercise 10', just 1 set (see below)
- 3' passive recovery (until bpm < 65% HR_{max})
- All together these agility and speed endurance exercises take 24' (8' exercise 1, 3' recovery, 10' exercise 2, 3' recovery).



- * 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: 84'

Fri. 15th. REST or PASSIVE RECOVERY

Sat. 16th. * Warm up - 20' extensive warming up, mobilisation and stretching

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Performance Training in Football Refereeing Weekly Training Plan

* Speed

- Set 1:

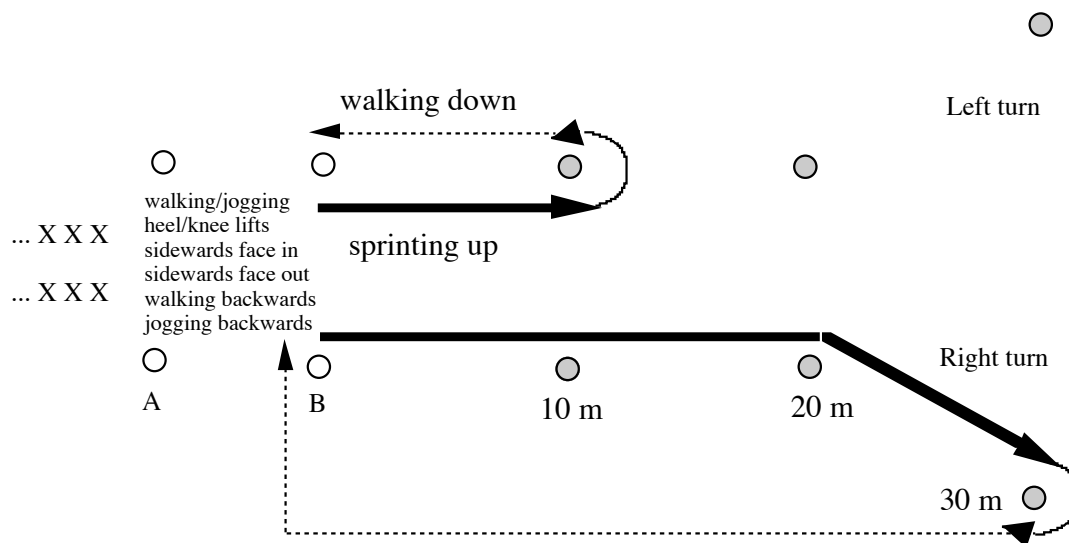
- 10 m sprint up, 10 m walk down, 3 x
- 20 m sprint up, 20 m walk down, 3 x
- 30 m sprint up, 30 m walk down, 3 x

(with a change in direction to the left or to the right)

- Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.

- Set 2:

- the same exercise but in reversed order, i.e. from 30 m to 10 m, each distance 3 x for another total of 9 sprints.



- The total sprint distance is 360 m. The total exercise time is 15'.

* Cool down

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

Total duration: 50'

Sun. 17th: 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.