



## Performance Training in Football Refereeing Weekly Training Plan

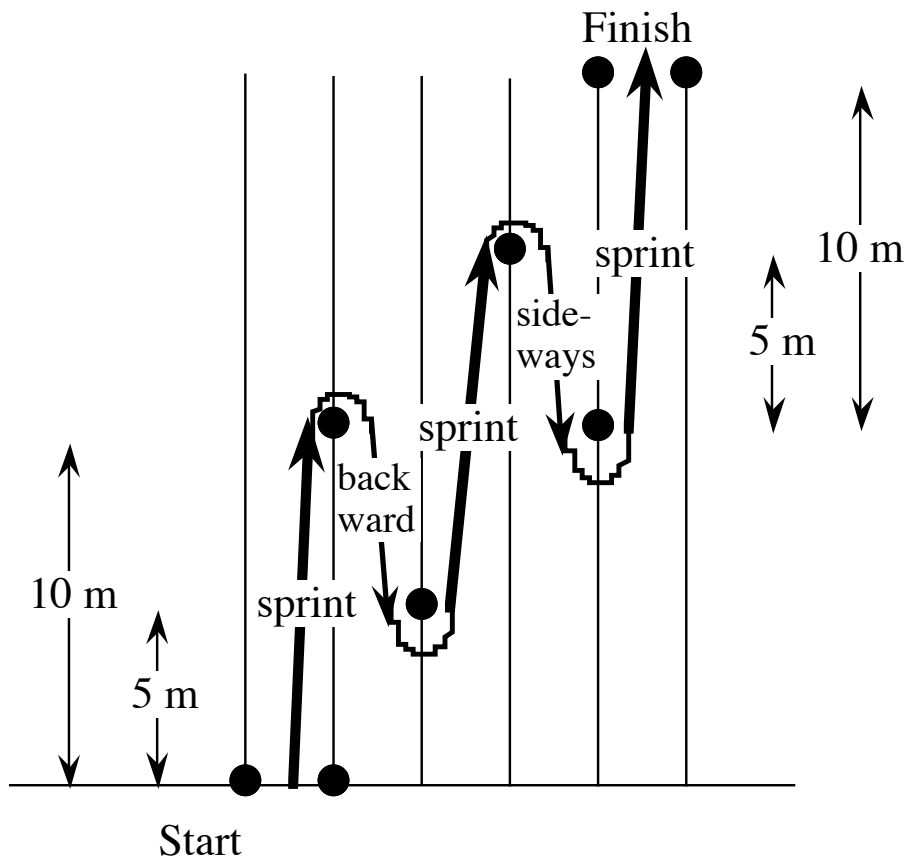
### WEEK 51 from Monday 18<sup>th</sup> to Sunday 24<sup>th</sup> of December Macrocycle V, week 5 (Training week 29)

<u>Mon. 18<sup>th</sup>.</u> Tr. 110	* Act. Rec.	- 50' recovery session in a fitness centre, including <ul style="list-style-type: none"><li>- 10' warm up (walking &amp; jogging on a treadmill between 6 &amp; 13 km/hr, followed by mobilisation exercises)</li><li>- 30' non-weight bearing exercises (70% HR<sub>max</sub>), such as:<ul style="list-style-type: none"><li>- 10-12' cycling (80-90 cycles/min)</li><li>- 8-12' rowing (25-30 cycles/min)</li><li>- 10-12' gliding / stepping (60-70 cycles/min)</li></ul></li><li>- 10' stretching followed by sauna, jacuzzi, massage</li></ul>	<u>Total duration: 50'</u>
<u>Tue. 19<sup>th</sup>.</u> Tr. 111	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> (± 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	
	* 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.  - <u>Set 1:</u> <ul style="list-style-type: none"><li>- 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)</li><li>- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)</li><li>- 3' at 90% HR<sub>max</sub>, followed by 1'30" active recovery (jogging)</li><li>- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)</li><li>- 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)</li></ul> - All together, this first set takes 13'30".  - 3' passive recovery (until bpm < 65% HR <sub>max</sub> )  - <u>Set 2:</u> again, the same exercise is performed (13'30").  - All together this HI exercise takes ± 30', including 3' passive recovery	
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching	<u>Total duration: 80'</u>
<u>Wed. 20<sup>th</sup>.</u>		REST or PASSIVE RECOVERY	



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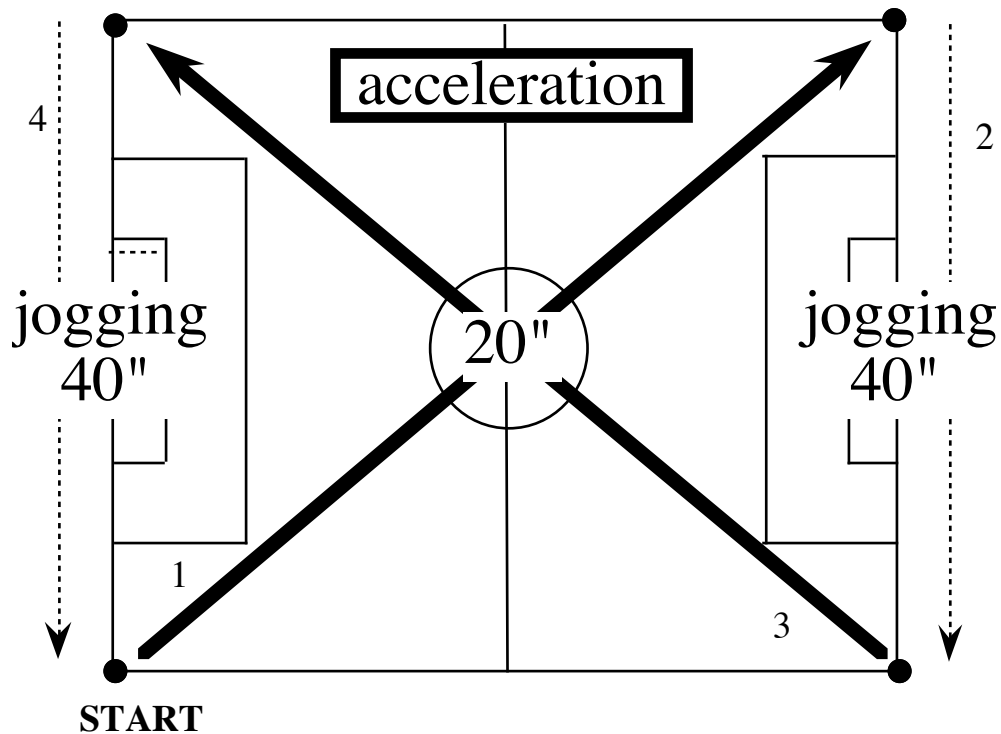
- Thu. 21<sup>st</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 112
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Agility - 6 reps of the following exercise that can be done on a regular track, on the field of play or on any other surface.
- 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 ( $\pm$  after 1').



- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)
- \* Speed End. - 'Diagonal Run' exercise, 5 laps of 2' or 10 accelerations each.



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

- All together these agility and speed endurance exercises take 22'  
(6' 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<sub>max</sub>).

\* Cool down

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

Total duration: 82'

Fri. 22<sup>nd</sup>:

REST or PASSIVE RECOVERY

Sat. 23<sup>rd</sup>-Sun24<sup>th</sup>: A MERRY AND A PEACEFUL CHRISTMAS FOR YOU AND YOUR FAMILY