



Performance Training in Football Refereeing Weekly Training Plan

WEEK 52 from Monday 25th to Sunday 31st of December Macrocycle V, week 6 (Training week 30)

Between Christmas and New Year, there will be a winter break in most European countries. Therefore, I will not provide you with a training programme. Just listen to your own body. If you are up for a few days of rest, just take a break. If you are willing to practice, then the goal is to practice this last week of the year at 80% HR_{max}, i.e. on Tuesday (Tr. 113), and Saturday \pm 40 min (Tr. 115).

The medium intensity training session on Thursday is more intermittent. For every 5' of running, 2 tempo runs have to be done: in the middle a 50 m tempo run, and towards the end of the 5' period a 100 m tempo run has to be covered. Over the total 50' run, 20 accelerations have to be done, i.e. 10 of 50 m and 10 of 100 m.

From the first week of January on, the training sessions will be designed over the next 6 weeks in such a way that there will be a clear peak in fitness performance around mid-February. The reason for this is that there will be quite a few decisive games in February 1) for the national championships in most European leagues, and 2) for the different UEFA international competitions. As is the case for the players, referees too will have to be top-fit to control these decisive games to the very end.

I wish you and your family a merry and a peaceful Christmas and a healthy, happy, and prosperous New Year...

WEEK 30 Macrocycle V, week 6 Training Objective	Session 1 Monday LI	Session 2 Wednesday MI	Session 3 Friday LI	Weekly Total (mins)	% Activity Breakdown
Warm up	0	0	0	0	0.0%
High Int.	0	0	0	0	0.0%
Low Int.	40	0	40	80	61.5%
Med. Int. / Ext. Sp.	0	50	0	50	38.5%
Speed End.	0	0	0	0	0.0%
Speed/Agility	0	0	0	0	0.0%
Match practice	0	0	0	0	0.0%
Act. Rec.	0	0	0	0	0.0%
Strength	0	0	0	0	0.0%
Pass. Recovery	0	0	0	0	0.0%
Cool down & Str.	0	0	0	0	0.0%
TOTAL	40	50	40	130	100.0%