



Performance Training in Football Refereeing Weekly Training Plan

WEEK 1 from Monday 1st to Sunday 7th of December Macrocycle VI, week 1 (Training week 31)

Because of the winter break in most European countries, there was a modified training programme for the last week that was mainly covering aerobic endurance. For the next macro-cycle, the focus will mainly be on high intensity training objectives.

The training sessions are designed over the next 6 weeks in such a way that there will be a clear peak in fitness performance from mid-February on. 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.

Mon. 1st: Best wishes for a healthy, happy, and prosperous New Year!

Tue. 2nd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 116

* Warm up - 20' extensive warming up, mobilisation and stretching

* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

* High Int. - 8' run at 90% HR_{max}, 4' jogging, 2 sets

- This training can be performed on a regular field of play around the perimeter or along the wide diagonal. Alternatively, the exercise can also be done on an athletic track, in the forest or any other surface.

- All together this exercise takes \pm 24'
(8' Set 1 + 4' jogging + 8' Set 2 + 4' jogging).

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

Total duration: 74'

Wed. 3rd: REST or PASSIVE RECOVERY

Thu. 4th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 117

* Warm up - 20' extensive warm up, mobilisation and stretching

* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

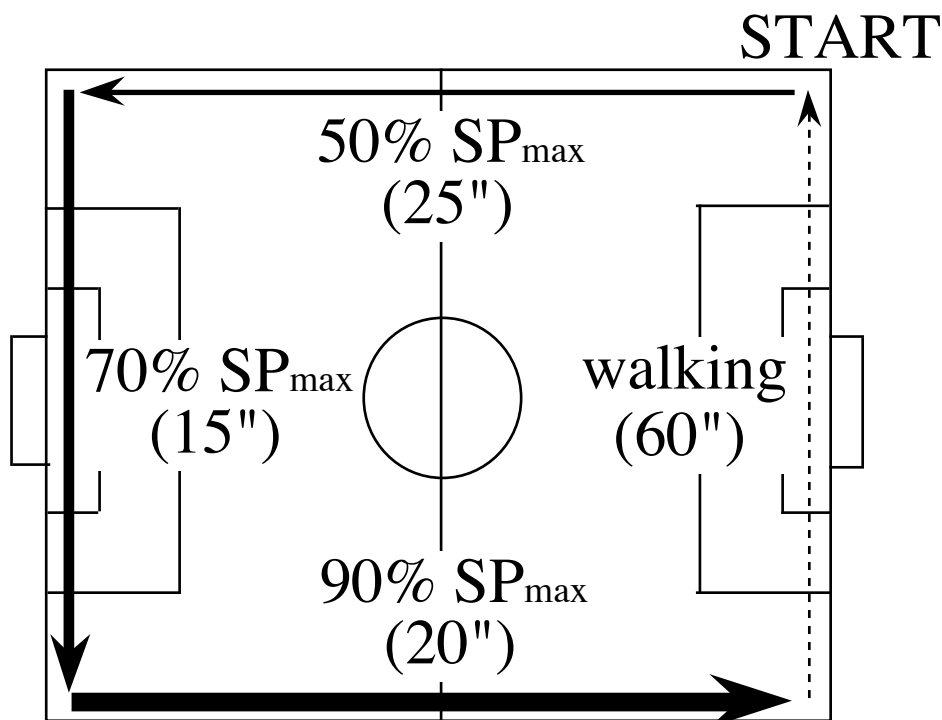
* Speed End. - Set 1: Field exercise, 6 x, almost max

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

- Set 2: Field exercise, 6 x



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

* Cool down - 5' jogging at 80% HR_{max}, followed by 10' extensive stretching

Total duration: 78'

Fri. 5th:

REST or PASSIVE RECOVERY

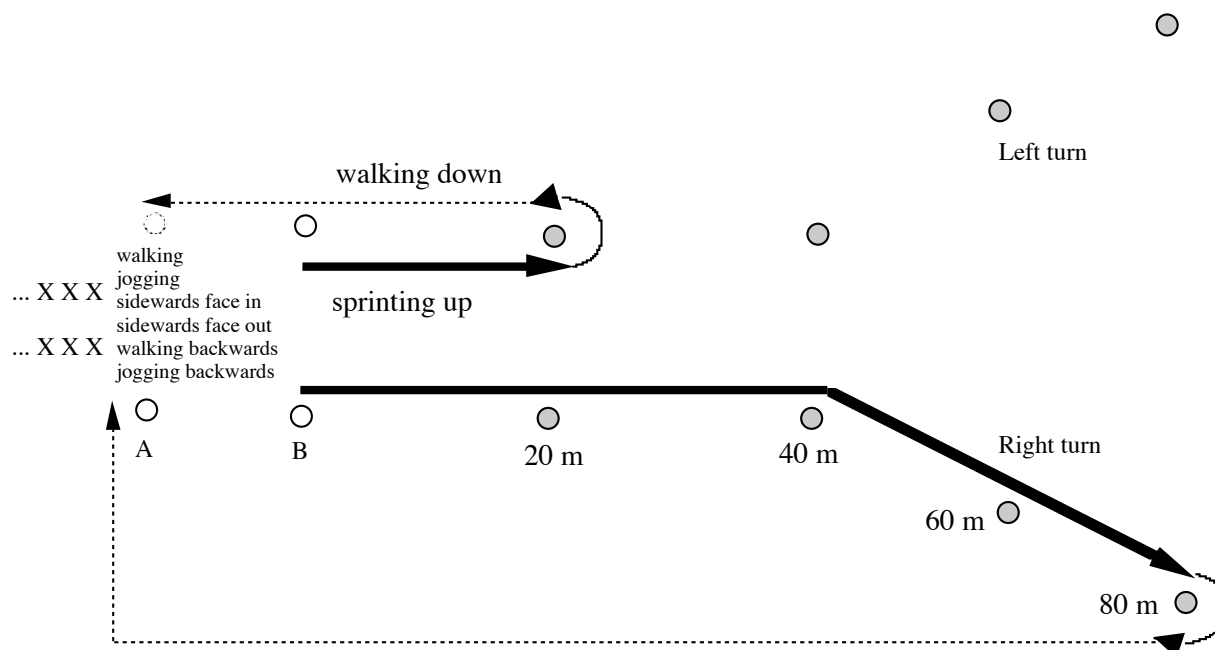
Sat. 6th:

Tr. 118

- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Speed - Variations on the 80 m distance (see below)
 - 20 m sprint up, 20 m walk down, 2 x
 - 1' recovery and stretching
 - 40 m sprint up, 40 m walk down, 2 x
 - 1' recovery and stretching
 - 60 m sprint up, 60 m walk down, 2 x
 - (1 x with a change in direction to the left, 1 x to the right)
 - 2' recovery and stretching
 - 80 m sprint up, 80 m walk down, 2 x
 - (1 x with a change in direction to the left, 1 x to the right)



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* Tip

- As these sprints by preference have to be done from a dynamic position (heel-lifts, knee-lifts,...) and upon a visual signal as in the game, the coach may take position at the finish and bring both his arms at shoulder height. Whenever he drops his left arm before his right arm, the referee who started on the left side, has to start first. The other referee tries to 'catch' him before he reaches the finish. If, however, the coach first drops his right arm, then the referee who started on the right side has to try to finish first and definitely before the other referee could 'catch' him.

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 7th.

REST or PASSIVE RECOVERY

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing or cross-country skiing may not only serve to better develop the general fitness level of referees but, evenly important, to mentally distract the referee from a potential 'addiction' to running and refereeing, especially during the mid-season break.