



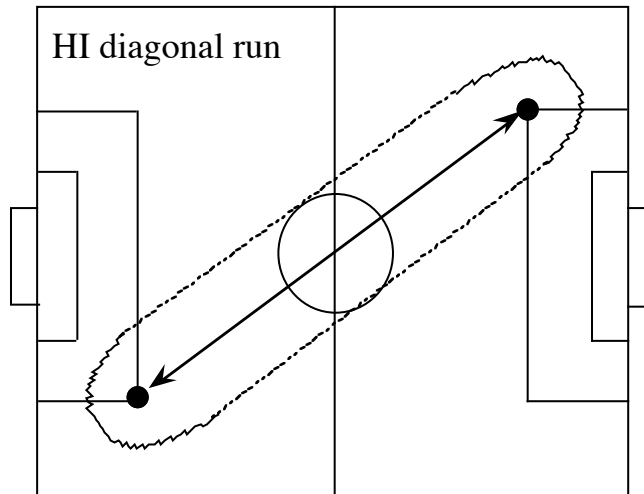
## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 3 from Monday 15<sup>th</sup> to Sunday 21<sup>st</sup> of January Macrocycle VI, week 3 (Training week 33)

As you will notice, the training distances covered in High Intensity (on Monday) will further decrease this week and become more intermittent as the preparation becomes more match-specific.

<u>Mon. 15<sup>th</sup></u> Tr. 122	* Low Int.	- 5' jogging slowly building up to 70% HR <sub>max</sub> ( $\pm$ 1 km)
	* 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
	* High Int.	- 2' run at 90% HR <sub>max</sub> , 1' jogging, 8 repetitions

By preference, this exercise should be carried out on a regular field of play along the diagonal line between the two penalty boxes (see below). Alternatively, referees who don't have the opportunity to practice on a football field, can also do it in the forest, on an athletic track, or using any other facility. Obviously, it is better to run on a soft ground such as natural grass or in the forest rather than on the hard surface of an athletic track or a street.



- All together, this exercise takes  $(2' + 1') \times 8 = \pm 24'$

Compared to the previous 2 weeks, the same amount of time has to be covered at 90% HR<sub>max</sub>, but quite a bit more in an intermittent way, i.e. 8 reps of 2' in stead of 4 reps of 4' last week. Next week, this ratio changes again!

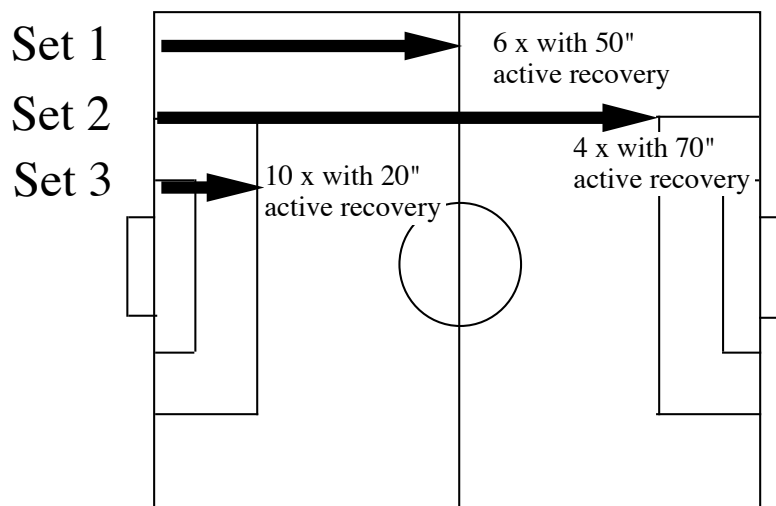
* Cool down	- 5' jogging and walking, followed by 10' extensive stretching
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Total duration: 74'



## Performance Training in Football Refereeing Weekly Training Plan

- Tue. 16<sup>th</sup>: REST or PASSIVE RECOVERY
- Wed. 17<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 123
- \* 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
- \* Extended Sp. - Set 1:  
> 6 sprints to the midline ( $\pm$  7")  
with 50" active recovery in between each and every sprint  
> Jogging 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  8'
- 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 ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  7.5'
- Set 3:  
> 10 sprints to the penalty box ( $\pm$  3")  
with 20" active recovery in between each and every sprint  
> Jogging 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  6'
- The total duration of this extended speed session is  $\pm$  20'



- \* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

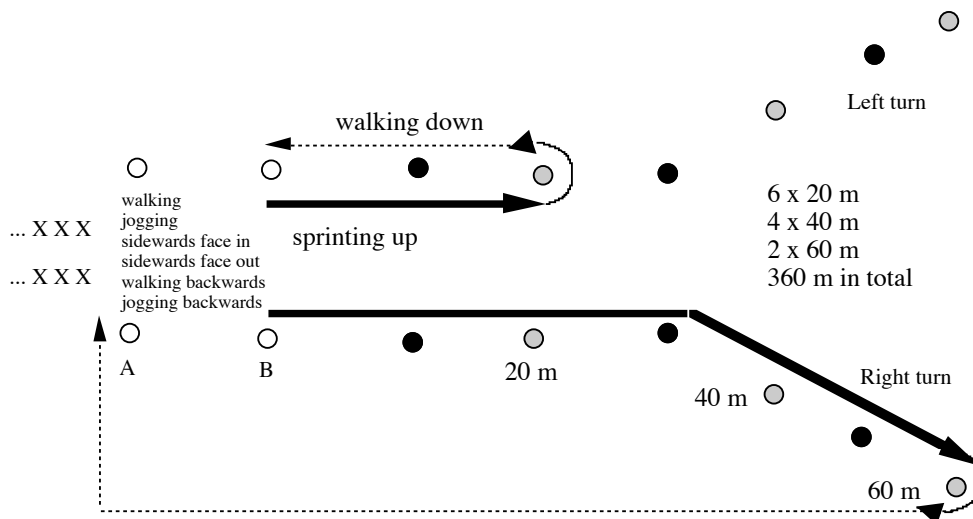
Total duration: 70'



## Performance Training in Football Refereeing Weekly Training Plan

Thu. 18<sup>th</sup>: REST or PASSIVE RECOVERY

- Fri. 19<sup>th</sup>: \* Warm up - 20' extensive warming up, mobilisation and stretching  
Tr. 124
- \* Speed
- Variations on the 60 m distance (see below)
  - 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total  
- 1 to 2' recovery and stretching
  - 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total  
(2 x with a change in direction to the left, 2 x to the right)  
- 1 to 2' recovery and stretching
  - 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total  
(1 x with a change in direction to the left, 1 x to the right)
  - The total exercise time is 15'.



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

Total duration: 50'

Sat. 20<sup>th</sup>: REST or PASSIVE RECOVERY

Sun. 21<sup>st</sup>: REST or ACTIVE LEISURE

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.