



Performance Training in Football Refereeing Weekly Training Plan

WEEK 4 from Monday 22nd to Sunday 28th of January Macrocycle VI, week 4 (Training week 34)

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.

- Mon. 22nd: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 125
- 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. 23rd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 126
- * 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. - 1' run at 90% HR_{max}, 30" jogging, 16 repetitions

As mentioned before, this exercise should be carried out on a field of play along the diagonal line between the two penalty boxes.

Alternatively, referees who don't have the opportunity to practice on a football pitch, 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.

Compared to the previous weeks, the same amount of time has to be covered at 90% HR_{max}, but quite a bit more in an intermittent way, i.e. 16 reps of 1' in stead of 8 reps of 2' last week. Next week, this ratio changes again!

- All together, this exercise takes (1' + 30") x 16 = \pm 24'

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

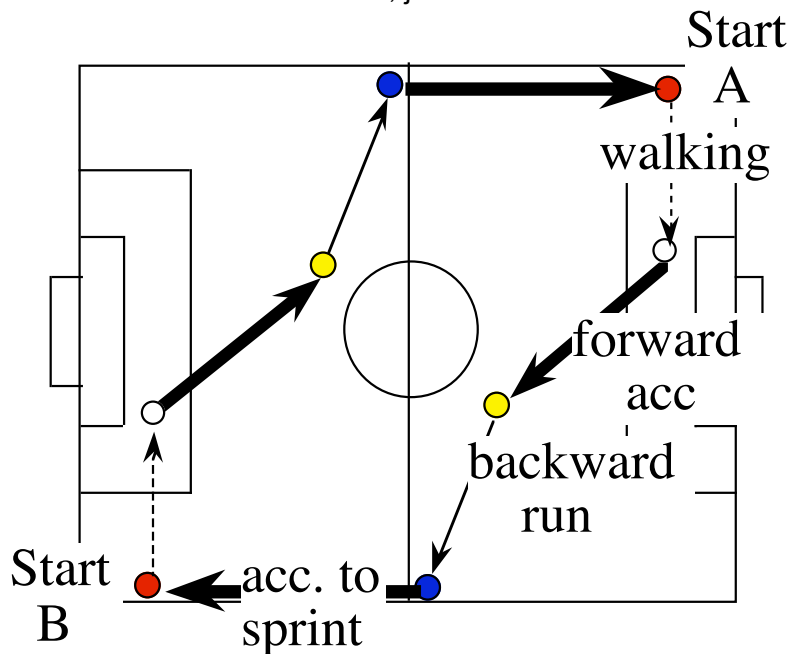
Total duration: 74'

Wed. 24th: REST or PASSIVE RECOVERY



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 25th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 127
- * 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. One 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
- 4' passive recovery (until bpm < 65% HR_{max})
- * Speed End. Field exercise 8', just 1 set



- All together, this exercise takes 8' + 4' recovery + 8' = \pm 20'
- * Match play - If referees have a group training session then a 10' regular football 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' medium intensity jogging (80% HR_{max}).
- * Cool down - 5' jogging at 80% HR_{max}, followed by 10' extensive stretching

Total duration: 80'



Performance Training in Football Refereeing Weekly Training Plan

Fri. 26th:

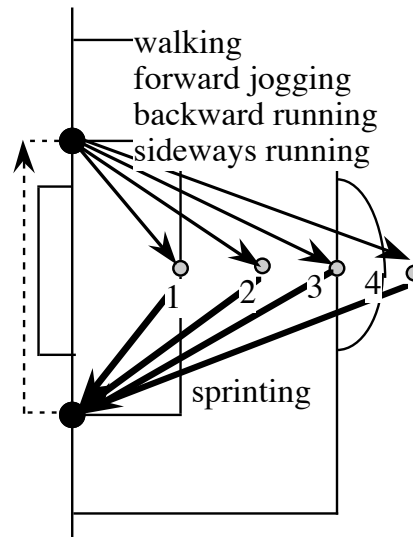
REST or PASSIVE RECOVERY

Sat. 27th: * Warm up
Tr. 128

- 20' extensive warming up, mobilisation and stretching

* Speed

- Sprint exercise in the penalty box, 4 sets of 4 sprints, with 2' passive recovery, stretching, and drinking break in between sets



- The total exercise time is 15'.

* Cool down

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

Total duration: 50'

Sun. 28th: 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.