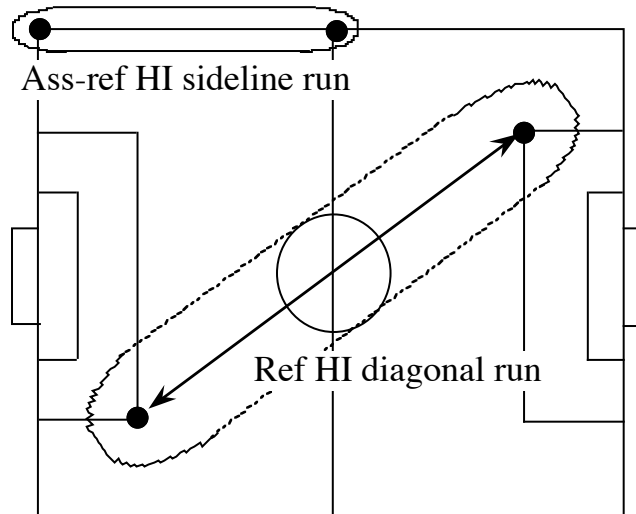




Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 75'

Wed. 31^{st.}:

REST or PASSIVE RECOVERY

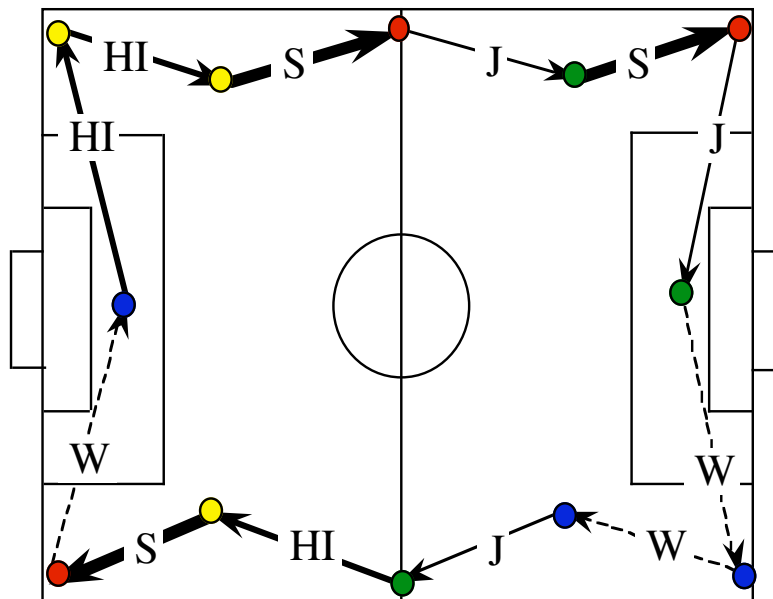
Thu. 1^{st.}:

Tr. 131

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\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
- * Speed End. - Set 1: Field exercise, 6 laps of 2' each
During each lap, there are 12 different activities. The colour of the next cone determines the intensity of the next activity as follows:
 - walking to the blue cones
 - jogging to the green cones
 - high intensity run to the yellow cones
 - sprinting to the red cones
- 4' passive recovery (until bpm < 65% HR_{max})
- Set 2: Field exercise, again 6 laps of 2' each
- All together, this exercise takes 12' + 4' recovery + 12' = \pm 28'



Performance Training in Football Refereeing Weekly Training Plan



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

* 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}).

Total duration: 88'

Fri. 2nd:

REST or PASSIVE RECOVERY

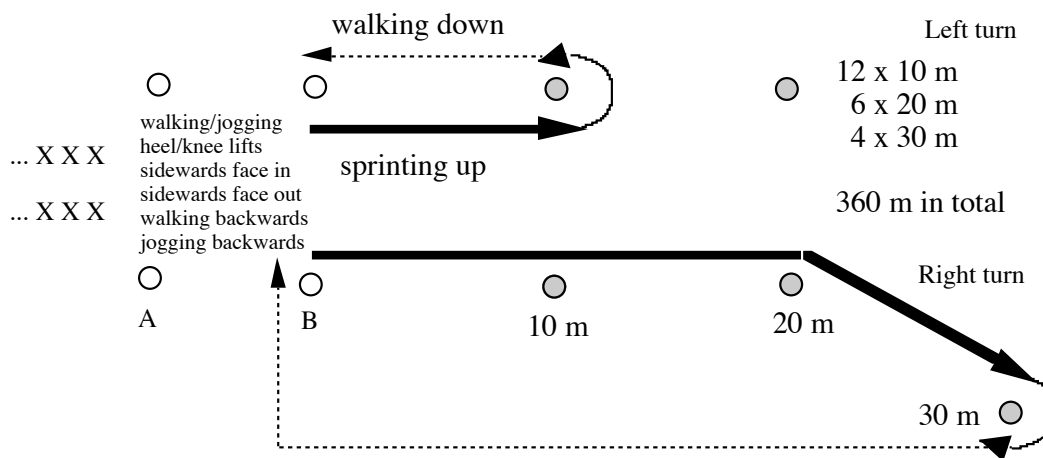
Sat. 3rd:

Tr. 132

- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Speed
 - Variations on the 30 m distance:
 - 10 m sprint up, 10 m walk down, 12 x or 120 m in total
 - 2' recovery and stretching
 - 20 m sprint up, 20 m walk down, 6 x or 120 m in total
 - 2' recovery and stretching
 - 30 m sprint up, 30 m walk down, 4 x or 120 m in total (2 x with a change in direction to the left, 2 x to the right)



Performance Training in Football Refereeing Weekly Training Plan



- The total exercise time is 15'.

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

Total duration: 50'

Sun. 4th: 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.