



Performance Training in Football Refereeing Weekly Training Plan

WEEK 6 from Monday 5th to Sunday 11th of February Macrocycle VI, week 6 (Training week 36)

Mon. 5th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 133 - 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. 6th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 134

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

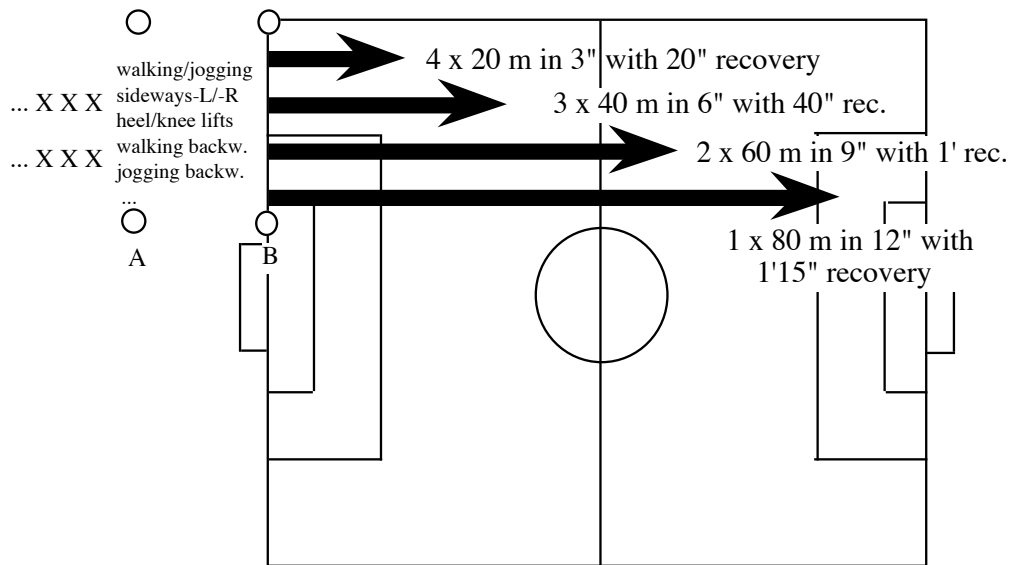
* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

* Ext. Speed - Set 1 (always use a dynamic start):
> 4 maximal sprints over 20 m (\pm 3")
with 20" active recovery (walking back)
> 3 maximal sprints over 40 m (\pm 6")
with 40" active recovery (walking back)
> 2 maximal sprints over 60 m (\pm 9")
with 1' active recovery (walking back)
> 1 maximal sprint over 80 m (\pm 12")
with 1'20" active recovery (walking back)
> Jogging 1 lap, drinking & stretching (\pm 2'30")
> Duration Set 1: \pm 11'30"

- Set 2: (always use a dynamic start):
> 1 maximal sprint over 80 m (\pm 12")
with 1'20" active recovery (walking back)
> 2 maximal sprints over 60 m (\pm 9")
with 1' active recovery (walking back)
> 3 maximal sprints over 40 m (\pm 6")
with 40" active recovery (walking back)
> 4 maximal sprints over 20 m (\pm 3")
with 20" active recovery (walking back)
> Jogging 1 lap, drinking & stretching (\pm 2'30")
> Duration Set 2: \pm 11'30"



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- The total duration of this extended speed session is \pm 23' including 5' active recovery.

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

Total duration: 73'

Wed. 7th: REST or PASSIVE RECOVERY

Thu. 8th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 135

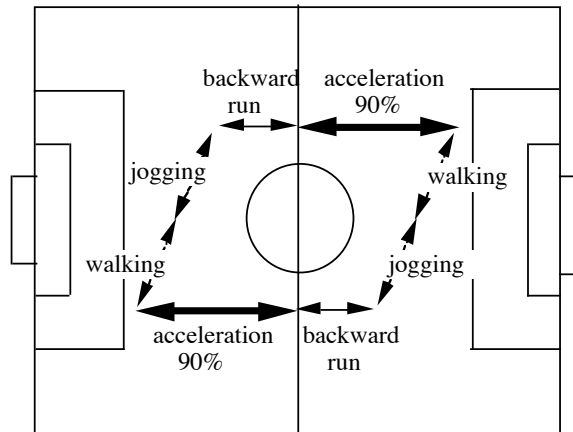
* Warm up - 20' extensive warm up, mobilisation and stretching

* 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

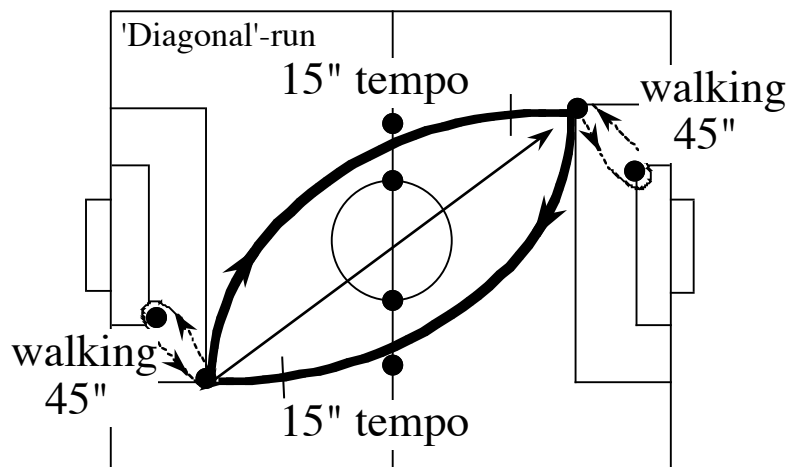
* Speed End. - Field exercise 1 along the wide diagonal line, 8'
- 4' passive recovery (until bpm < 65% HR_{max})



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- Set 2: - Field exercise 2 along the wide diagonal line, 10' or 10 accelerations in total.



- All together, these exercises take $8' + 4' \text{ recovery} + 10' = \pm 22'$

* 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 and walking, followed by 10' extensive stretching

Total duration: 82'

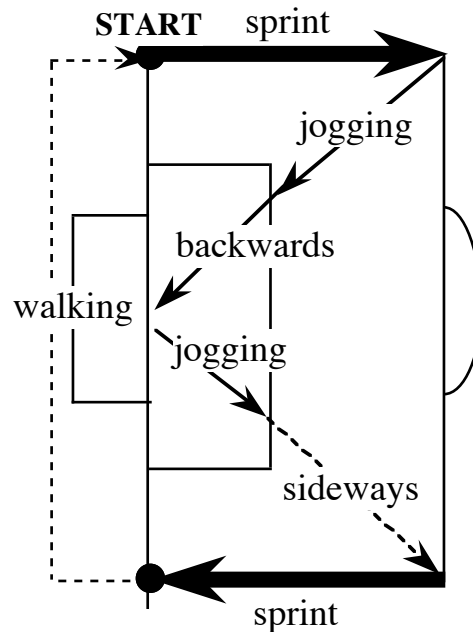
Fri. 9th:

REST or PASSIVE RECOVERY



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- Sat. 10th: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 136
- * Speed
- Set 1: Sprint exercise in the penalty box, 5 laps in total
 - 5' passive recovery (until bpm < 65% HR_{max})
 - Set 2: Sprint exercise in the penalty box, again 5 laps in total



- The total exercise time is 15'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 11th: 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.