



Performance Training in Football Refereeing Weekly Training Plan

WEEK 6 from Monday 12th to Sunday 18th of February Macrocycle VII, week 1 (Training week 37)

<u>Mon. 12th</u> Tr. 137	* Act. Rec.	- 50' recovery session in a fitness centre, including <ul style="list-style-type: none">- 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:<ul style="list-style-type: none">- 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	<u>Total duration: 50'</u>
<u>Tue. 13th</u> Tr. 138	* 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	
	* High Int.	- 20" run at 90% HR _{max} (appr. 100 m), 10" jogging (Set 1) - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging - 20" run at 90% HR _{max} (appr. 100 m), 10" jogging (Set 2) - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging - After a 2' recovery and a stretching break, the pulsations should be reduced below 120 bpm - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging (set 3) - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 20" run at 90% HR _{max} (appr. 100 m), 10" jogging - 80" run at 90% HR _{max} (appr. 400 m), 40" jogging (set 4) - 60" run at 90% HR _{max} (appr. 300 m), 30" jogging - 40" run at 90% HR _{max} (appr. 200 m), 20" jogging - 20" run at 90% HR _{max} (appr. 100 m), 10" jogging - All together, this takes 10' + 2' rec + 10' = 22'	
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching	
			<u>Total duration: 72'</u>



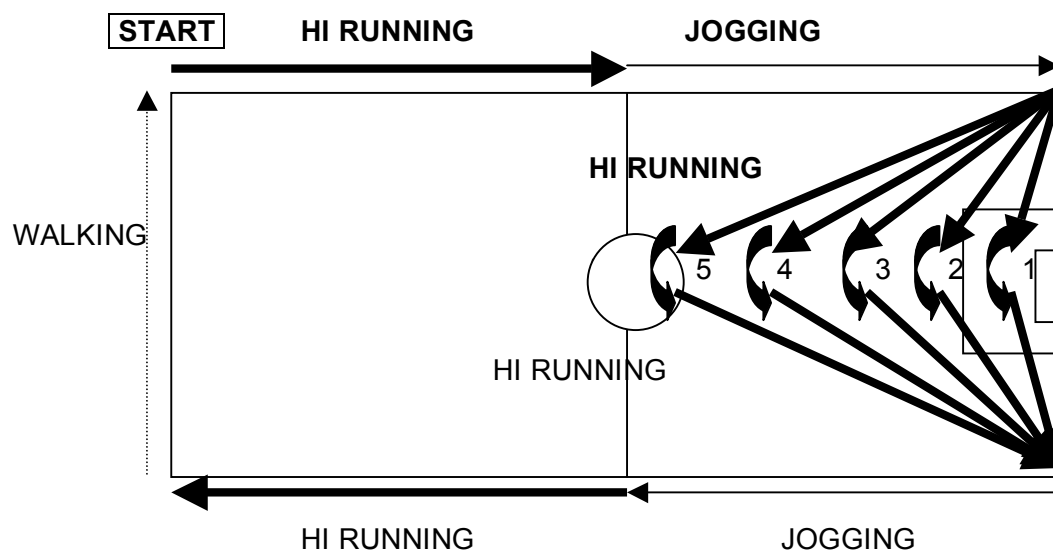
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Wed. 14th:

REST or PASSIVE RECOVERY

Thu. 15th:
Tr. 139

- * 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:
 - LAP 1
 - 50 m acceleration, followed by 50 m jogging along the side line
 - 70 m HI run around cone 1 up until to corner flag,
 - 50 m jogging, followed by 50 m HI run along the side line
 - 60 m walking along the goal line
 - LAP 2 to 5
 - same trajectory, but now referees take each lap the corresponding cone (for LAP 2 they take cone 2, for LAP 3 they take cone 3, for LAP 4 they take cone 4, for LAP 5 they turn around cone 5)
 - As referees progress from cone 1 to cone 5, they progressively increase the amount of HI running
(36% lap 1; 38% lap 2; 40% lap 3; 42% lap 4; 43% lap 5)
 - Referees perform 5 laps in \pm 2' per lap



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



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- * Speed End.
 - Set 2:
 - LAP 1
 - 50 m acceleration, followed by 50 m jogging along the side line
 - 70 m HI run around cone 5 up until to corner flag,
 - 50 m jogging, followed by 50 m HI run along the side line
 - 60 m walking along the goal line
 - LAP 2 to 5
 - same trajectory, but now referees take each lap the corresponding cone (for LAP 2 they take cone 4, for LAP 3 they take cone 3, for LAP 4 they take cone 2, for LAP 5 they turn around cone 1)
 - As referees progress from cone 5 to cone 1, they progressively decrease the amount of HI running
 - All together this exercise takes $\pm 24'$
(10' Set 1 + 4' recovery + 10' Set 2)
- * 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

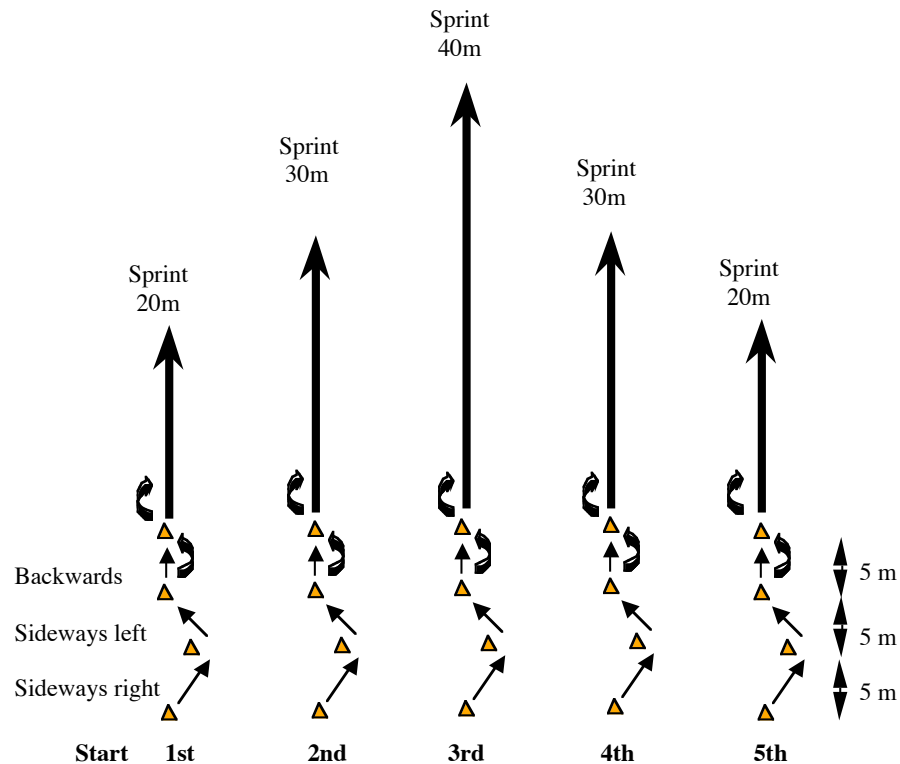
Total duration: 84'

Fri. 16th: REST or PASSIVE RECOVERY

- Sat. 17th: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 140
- * Speed
 - 5 maximal sprints in the order illustrated below
 - Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 – 65% before you start each sprint
 - Once the 5 sprints (140 m total sprinting distance) have been completed take a 5' stretching break



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- Then perform a second set of sprints for a session total of 10 sprints. Start the sprints this time sideways right, and turn on the opposite shoulder to the first set when turning from backwards jogging to sprinting

- The total exercise time is 15'

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

Total duration: 50'

Sun. 18th: 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.