



Performance Training in Football Refereeing Weekly Training Plan

WEEK 10 from Monday 5th to Sunday 11th of March Macrocycle VII, week 4 (Training week 40)

Mon. 5th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 149 - 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. 150

* 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. - 30" HI-run, 30" jogging (Set 1),
- 45" HI-run, 30" jogging,
- 60" HI-run, 30" jogging,
- 75" HI-run, 30" jogging,
- 30" HI-run, 30" jogging,
- 45" HI-run, 30" jogging,
- 60" HI-run, 30" jogging,
- 75" HI-run, 30" jogging,

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

- 75" HI-run, 30" jogging (Set 2),
- 60" HI-run, 30" jogging,
- 45" HI-run, 30" jogging,
- 30" HI-run, 30" jogging,
- 75" HI-run, 30" jogging,
- 60" HI-run, 30" jogging,
- 45" HI-run, 30" jogging,
- 30" HI-run, 30" jogging,

- All together, this exercise takes 11' + 2' rec + 11' = 24'

- From a coaching point of view, the easiest way to do this
intermittent exercise, is to give a clear signal each time the
referees have to change from activity.



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- For Set 1, the time line for the use of the whistle is as follows:
0 (30" HI tempo) - 30" (J) - 1' (T) - 1'45" (J) - 2'15" (T) -
3'15" (J) - 3'45" (T) - 5' (J) - 5'30" (T) - 6' (J) - 6'30" (T) -
7'15" (J) - 7'45" (T) - 8'45" (J) - 9'15" (T) - 10'30" (J) - 11'
(Stop)

- For Set 2, the time line is:
0 (75" HI tempo) - 1'15" (J) - 1'45" (T) - 2'45" (J) - 3'15"
(T) - 4' (J) - 4'30" (T) - 5' (J) - 5'30" (T) - 6'45" (J) -
7'15" (T) - 8'15" (J) - 8'45" (T) - 9'30" (J) - 10' (T) -
10'30" (J) - 11' (Stop)

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

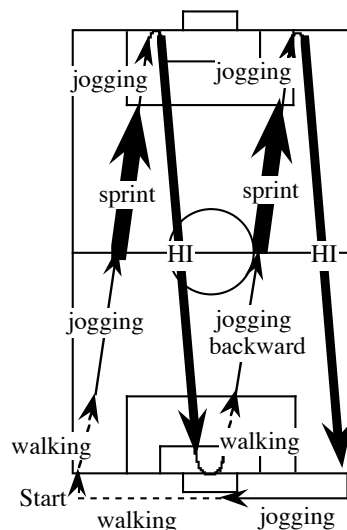
Total duration: 74'

Wed. 7th::

REST or PASSIVE RECOVERY

Thu. 8th:
Tr. 151

- * 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: 4 laps of approx. 3' each
- 4' passive recovery (until bpm < 65% HR_{max})





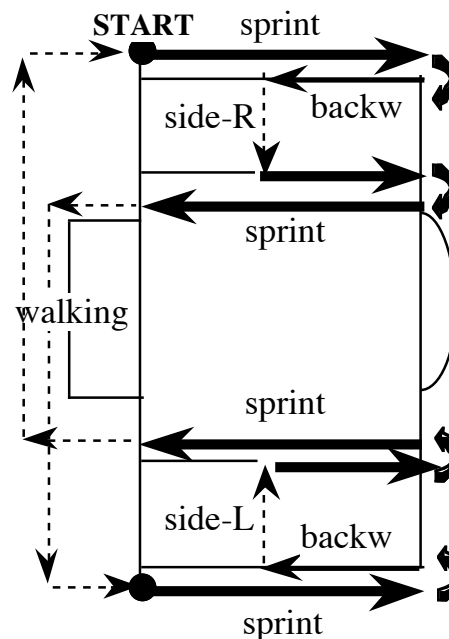
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- Set 2: 5 laps of approximately 3' each
- All together this exercise takes $\pm 28'$
(12' Set 1 + 4' recovery + 12' Set 2)
- * Match play
 - If referees have a group training session then a 10' regular football match can be played with the restriction 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: 88'

Fri. 9th: REST or PASSIVE RECOVERY

- Sat. 10th: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 152
- * Speed
 - Speed and agility in the penalty box, with straight line sprinting over varying distances and always starting from a dynamic position, as shown below
 - Set 1 consists of running 3 x the penalty box as indicated
 - Use the heart rate watch to determine your own individual recovery; it should be $\pm 60 - 65\%$ before starting Set 2.





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- Set 2 also consists of running 3 x the penalty box as indicated
- If referees have a training session in group (i.e. with other referees), then this exercise can also be done as a relay race
- 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.