



Performance Training in Football Refereeing Weekly Training Plan

WEEK 11 from Monday 12th to Sunday 18th of March Macrocycle VII, week 5 (Training week 41)

Mon. 12th: * 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. 13th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 154

* 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. - This HI-run can easily be performed on a track (Start A), on a
regular field of play (Start A'), or in the forest. To prevent
injuries, however, it is better to practice on a soft ground than on
any surface that is too demanding for articulations and tendons

- Each run is performed at 90% of HR_{max}

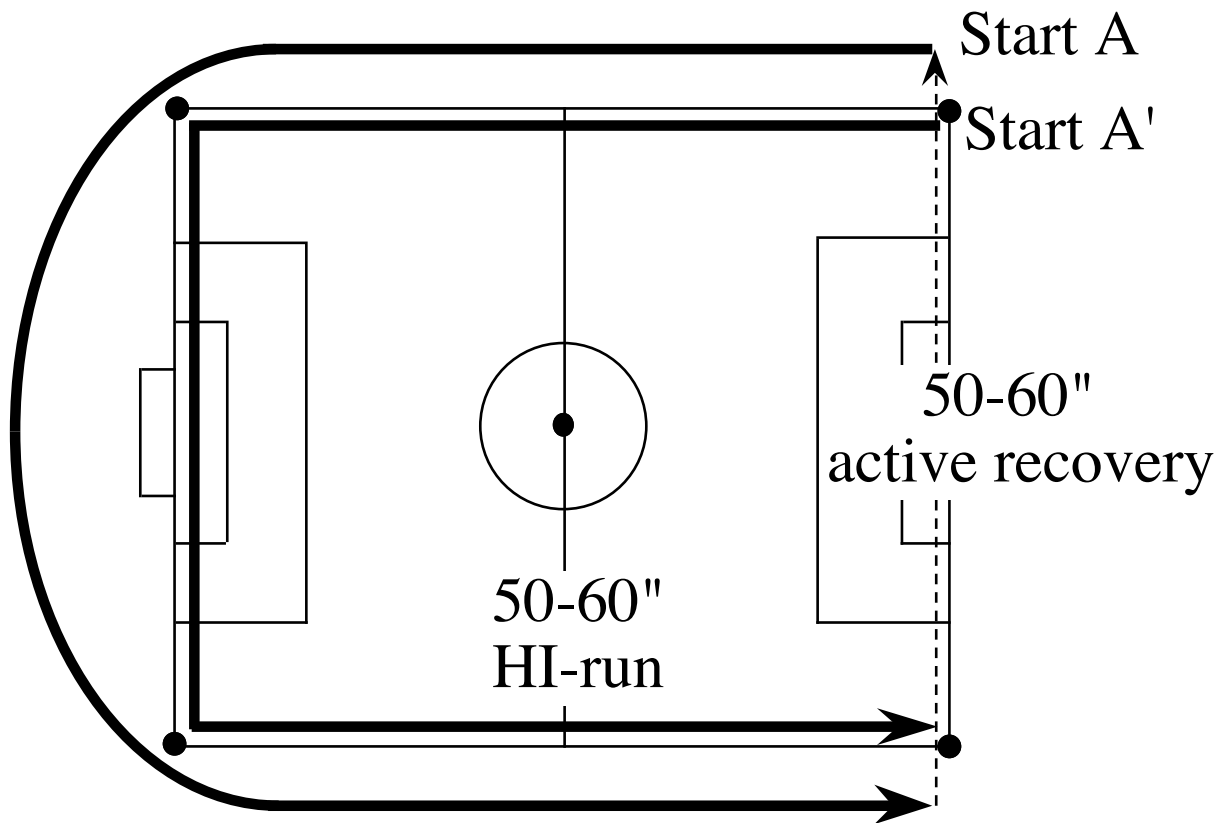
Set 1
- 300 m run in 50-60", 50-60" recovery, 7 reps

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

Set 2
- again 300 m run in 50-60", 50-60", recovery, 7 reps
- if the exercise is performed on the field of play, then the start
of Set 2 is on the opposite side so that referees have to turn on
the other shoulder



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- All together, these 16 HI-runs take $\pm 34'$
(14' Set 1 + 6' recovery + 14' Set 2)

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

Total duration: 84'

Wed. 14th:

REST or PASSIVE RECOVERY

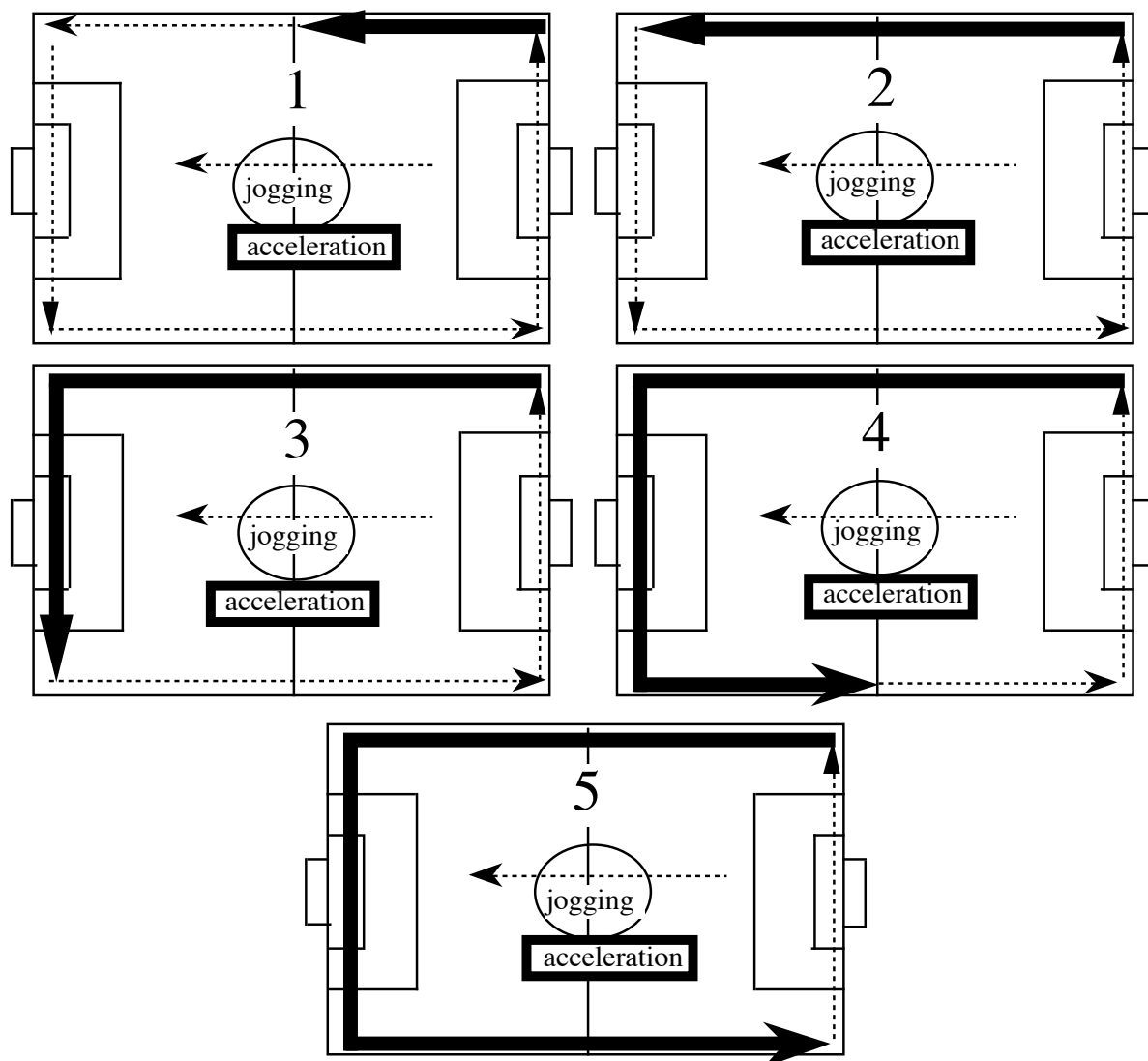
Thu. 15th:
Tr. 155

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 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. - 50 m acceleration, followed by 270 m jogging (Set 1)
- 100 m acceleration, followed by 220 m jogging
- 160 m acceleration, followed by 160 m jogging
- 210 m acceleration, followed by 110 m jogging
- 260 m acceleration, followed by 60 m jogging



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- 260 m acceleration, followed by 60 m jogging (Set 2)
 - 210 m acceleration, followed by 110 m jogging
 - 160 m acceleration, followed by 160 m jogging
 - 100 m acceleration, followed by 220 m jogging
 - 50 m acceleration, followed by 270 m jogging
- It takes $\pm 13'$ to perform Set 1 and 2
- 4' passive recovery (until bpm < 65% HR_{max})



- * Speed End.
- 260 m acceleration, followed by 60 m jogging (Set 3)
 - 210 m acceleration, followed by 110 m jogging
 - 160 m acceleration, followed by 160 m jogging
 - 100 m acceleration, followed by 220 m jogging
 - 50 m acceleration, followed by 270 m jogging



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- 50 m acceleration, followed by 270 m jogging (Set 4)
- 100 m acceleration, followed by 220 m jogging
- 160 m acceleration, followed by 160 m jogging
- 210 m acceleration, followed by 110 m jogging
- 260 m acceleration, followed by 60 m jogging

- It takes $\pm 13'$ to run Set 3 and 4

- All together this exercise takes $\pm 30'$
(13' Set 1 & 2 + 4' recovery + 13' Set 3 & 4)

- * Match
 - If referees have a training session in group, then a 10' match can be played (2-touch or 'control & pass')
 - Alternatively, if it is not possible to play a match, referees may perform a 10' MI jogging (80% HR_{max})

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

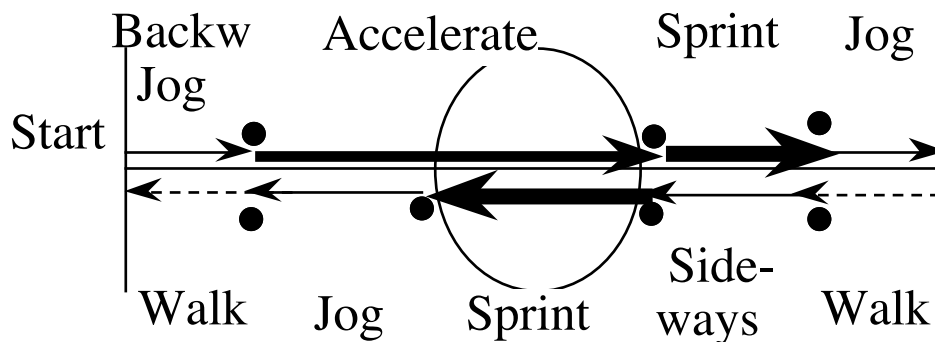
Total duration: 90'

Fri. 16th: REST or PASSIVE RECOVERY

Sat. 17th: * Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 156

- * Speed
 - Variations on the centre circle sprint:
 - Set 1: 5', followed by 3' recovery and stretching
 - Set 2: 5', followed by 3' recovery and stretching



- The total exercise time is 15'

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

Total duration: 51'

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.