



Performance Training in Football Refereeing Weekly Training Plan

WEEK 12 from Monday 19th to Sunday 25th of March Macrocycle VII, week 6 (Training week 42)

Mon. 19th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 157 - 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'

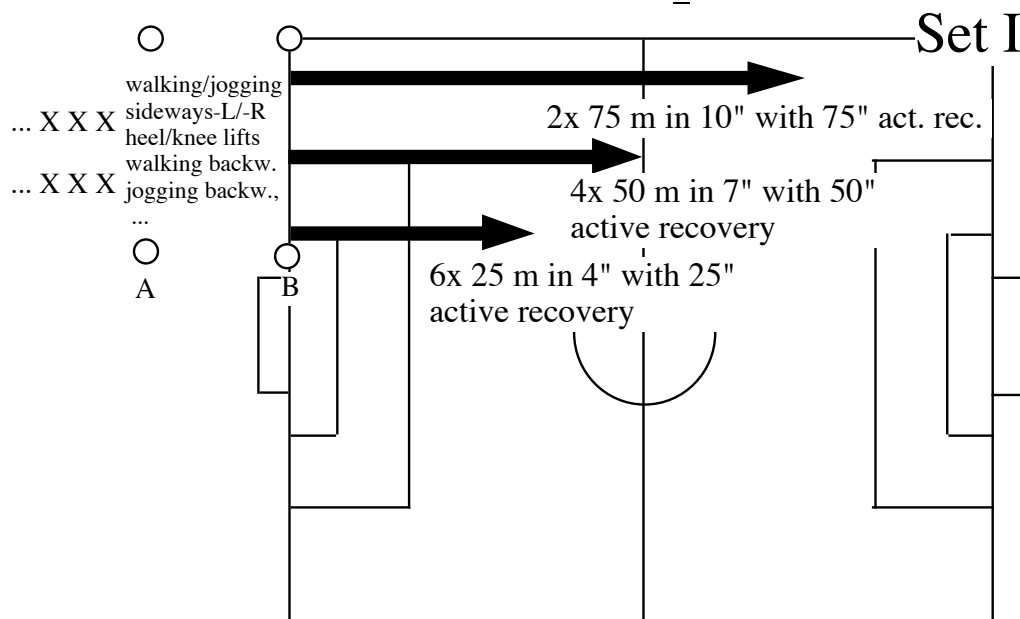
Tue. 20th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 158

* 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

* Extended Sp. - This session is an extension of a previous extended speed session. Always start from a dynamic position.

- Set 1:
> 2 maximal sprints over 75 m (\pm 10")
with 75" active recovery in between each sprint
> 4 maximal sprints over 50 m (\pm 7")
with 50" active recovery in between each sprint
> 6 maximal sprints over 25 m (\pm 4")
with 25" active recovery in between each sprint
> Jogging 1 lap of the pitch, drinking & stretching (\pm 2'30")
> Duration Set 1: \pm 12'





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- Set 2:
 - > 6 maximal sprints over 25 m ($\pm 4''$)
with 25'' active recovery in between each sprint
 - > 4 maximal sprints over 50 m ($\pm 7''$)
with 50'' active recovery in between each sprint
 - > 2 maximal sprints over 75 m ($\pm 10''$)
with 75'' active recovery in between each sprint
 - > Jogging 1 lap of the pitch, drinking & stretching ($\pm 2'30''$)
 - > Duration Set 2: $\pm 12'$

- The total duration of this extended speed session is $\pm 24'$ including 5' active recovery.

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

Total duration: 74'

Wed. 21st:

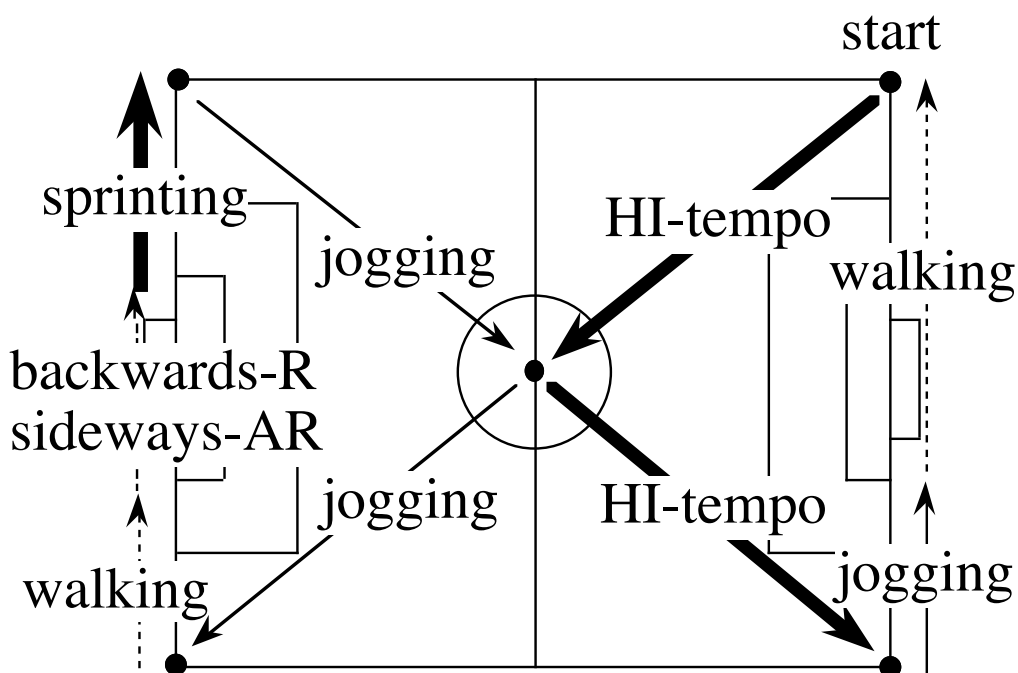
REST or PASSIVE RECOVERY

Thu. 22nd:
Tr. 159

- * 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.
 - Set 1: Field exercise, 5 laps of $\pm 2'$ each
 - 4' passive recovery (until bpm < 65% HR_{max})
 - Set 2: Field exercise, 5 laps of $\pm 2'$ each
 - All together this exercise takes 24'
(10' Set 1 + 4' passive 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}).



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

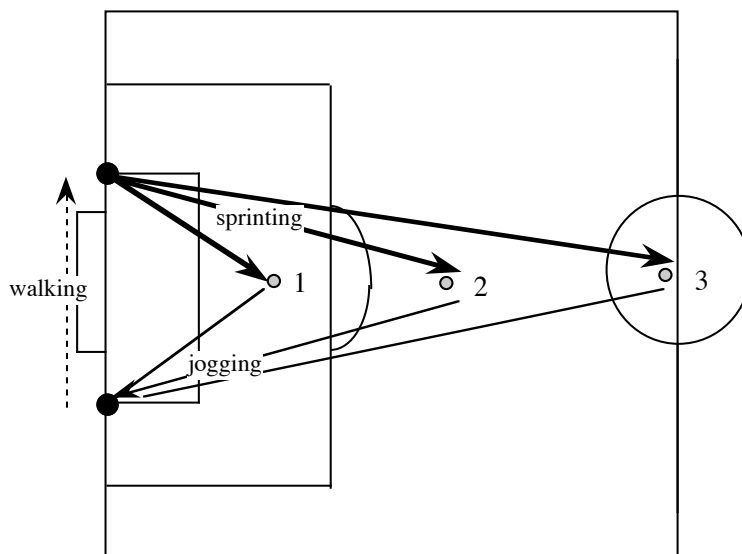
Total duration: 84'

Fri. 23rd:

REST or PASSIVE RECOVERY

Sat. 24th
Tr. 160

- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Speed
 - 1) 11 m sprint, 11 m jogging, walking to start, 4 reps
 - 2) 25 m sprint, 25 m jogging, walking to start, 2 reps
 - 3) 50 m sprint, 50 m jogging, walking to start, 1 rep





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- These sprints always have to be done from a dynamic start position (walking, jogging, skipping, billing, sideways or backwards...).

- 5' passive recovery, followed by Set 2 of 7 sprints

- The total exercise time is 15'

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

Total duration: 50'

Sun. 25th: 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.