



Performance Training in Football Refereeing Weekly Training Plan

WEEK 16 from Monday 16th to Sunday 22nd of April Macrocycle VIII, week 4 (Training week 46)

Mon. 16th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 173 - 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'

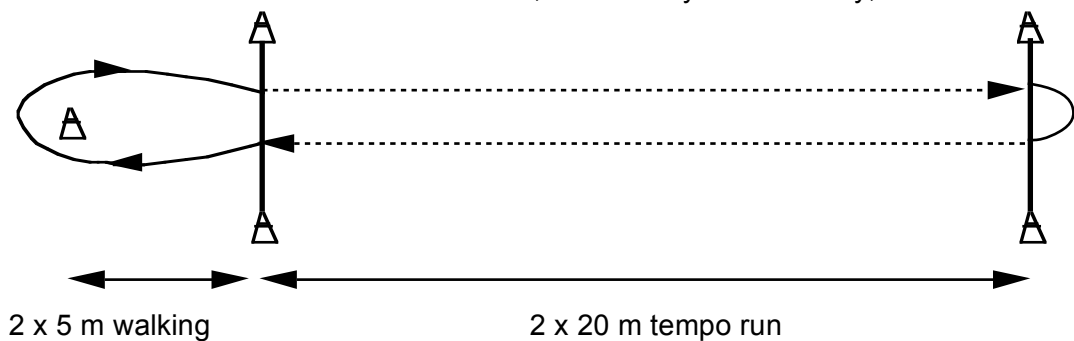
Tue. 17th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 174

* 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. - Yo-yo intermittent activity run

> back and forth in 14", followed by 10" recovery, 8 times
> back and forth in 13", followed by 10" recovery, 7 times
> back and forth in 12", followed by 10" recovery, 6 times
> back and forth in 11", followed by 10" recovery, 5 times
> back and forth in 10", followed by 10" recovery, 4 times



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

> back and forth in 12", followed by 10" recovery, 6 times
> back and forth in 11", followed by 10" recovery, 5 times
> back and forth in 10", followed by 10" recovery, 4 times
> back and forth in 9", followed by 10" recovery, 3 times
> back and forth in 8", followed by 10" recovery, 2 times



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- 2' passive recovery (until bpm < 65% HR_{max})
- > back and forth in 10", followed by 10" recovery, 5 times
- > back and forth in 9", followed by 10" recovery, 4 times
- > back and forth in 8", followed by 10" recovery, 3 times

- This exercise takes 11' + 2' rec + 7' + 2' rec + 4' = 26'

- By preference, this exercise should be carried out on natural grass. Alternatively, referees who don't have the opportunity to practice on a football pitch, can also do it in the forest, on an athletic track, or using any other facility. Obviously, it is better to run on a soft ground such as natural grass or in the forest than on the hard surface of an athletic track or a street

- * Tip
 - It is a good idea to alternatively use the L- and R-leg to turn
 - Those referees who have less than 40 years of age, can also take 5" recovery in stead of 10"
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 76'

Wed. 18th::

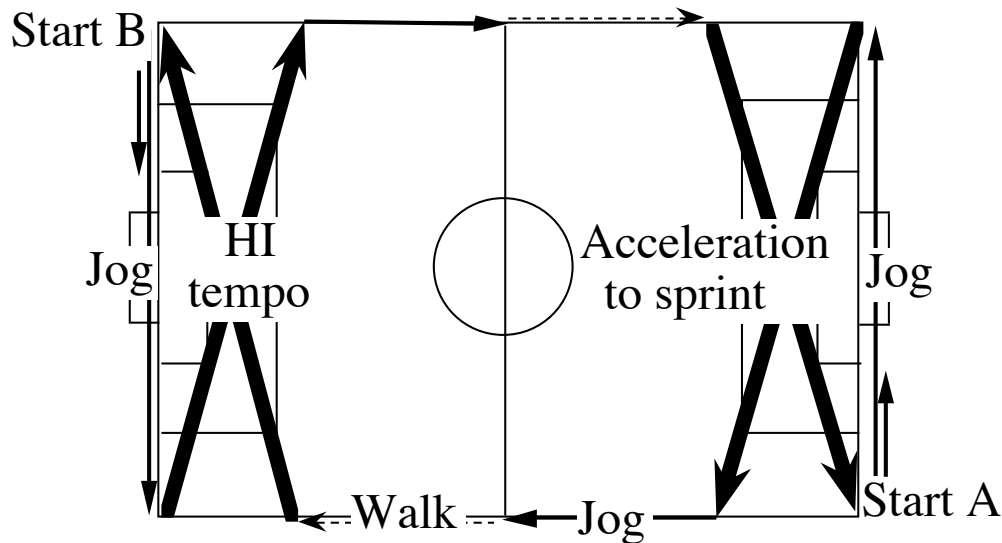
REST or PASSIVE RECOVERY

Thu. 19th:
Tr. 175

- * 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: Field exercise, 5 laps or 20 accelerations that take \pm 11'
 - 4' passive recovery (until bpm < 65% HR_{max})
 - Set 2: Field exercise, again 5 laps or 20 accelerations (\pm 11')
 - All together, this exercise takes 11' + 4' rec + 11' = 26'.
 - The total distance covered in high speed is 2500 m



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- * 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

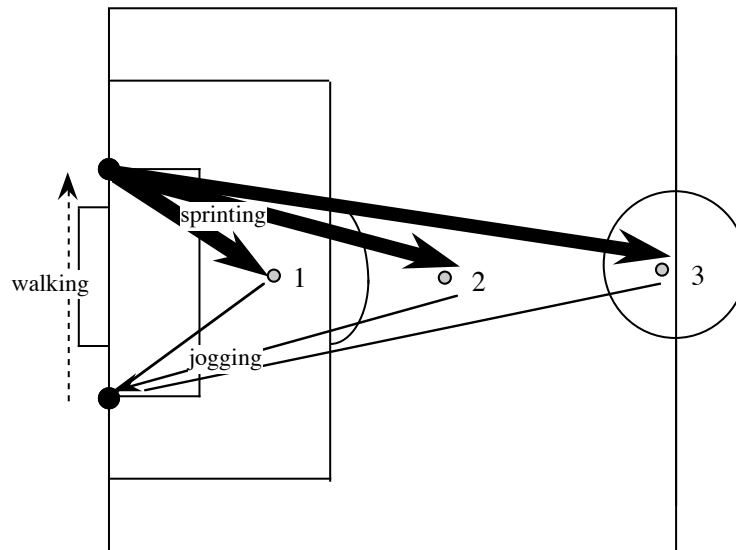
Total duration: 86'

Fri. 20th: REST or PASSIVE RECOVERY

- Sat. 21st: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 176
- * Speed
 - Set 1:
 - 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
 - 5' passive recovery, followed by Set 2 of 7 sprints



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- The total exercise time is 15', the total sprint distance is 288 m.

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

Total duration: 50'

Sun. 22nd: 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.