



Performance Training in Football Refereeing Weekly Training Plan

WEEK 17 from Monday 23rd to Sunday 29th of April Macrocycle VIII, week 5 (Training week 47)

Mon. 23rd: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 177 - 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

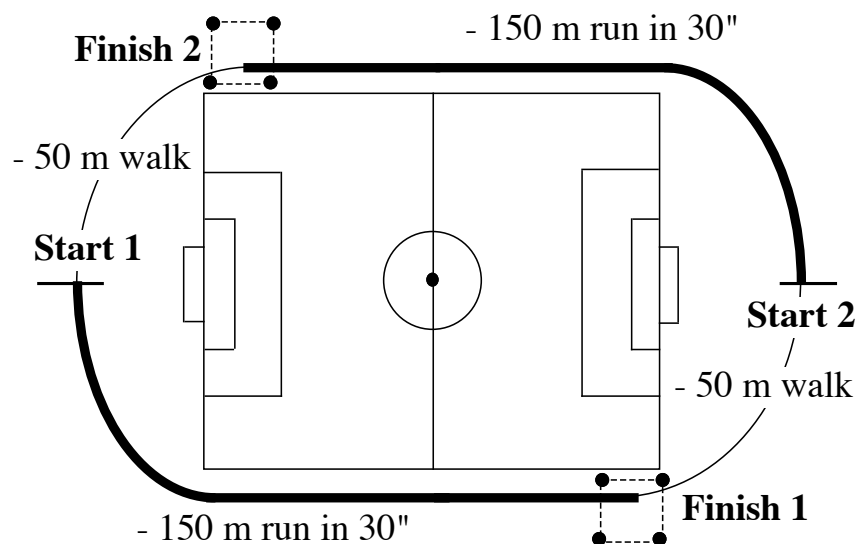
Total duration: 50'

Tue. 24th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 178

* 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. - As before, the next intermittent recovery run can be performed either indoor on a treadmill or outdoor on a track, in a forest, or on a field of play. To prevent injuries, however, it is better to practice on a soft ground rather than on any surface that is too demanding for articulations and tendons.



- on the first whistle of the test leader, **referees** have to cover 150 m in 30" from the start position on (1). Then they have 35" to cover 50 m, walking (2). On the next whistle, referees have to run again 150 m in 30" (3), followed by 50 m walking in 35" (4). This equals 1 lap. All together, the exercise consists of 10 laps, resulting in 20 high intensity runs, each followed by a 35" walk.



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- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this intermittent recovery run is 21'40".

- for **assistant referees** the exercise is the same, except that the recovery time is 40" in stead of 35".

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

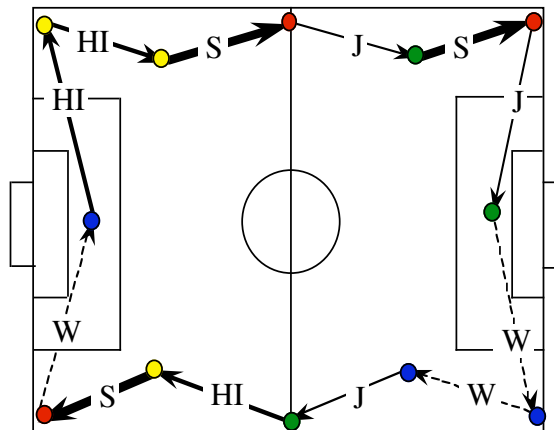
Total duration: 73'

Wed. 25th::

REST or PASSIVE RECOVERY

Thu. 26th:
Tr. 179

- * 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 of 2' each:
 - During each lap, there are 12 different activities. The colour of the next cone gives the intensity of the next activity as follows:
 - walking to the blue cones
 - jogging to the green cones
 - high intensity run to the yellow cones
 - sprinting to the red cones
 - 4' passive recovery (until bpm < 65% HR_{max})
 - Set 2: Field exercise, again 5 laps of 2' each
 - All together, this exercise takes 10' + 4' recovery + 10' = \pm 24'





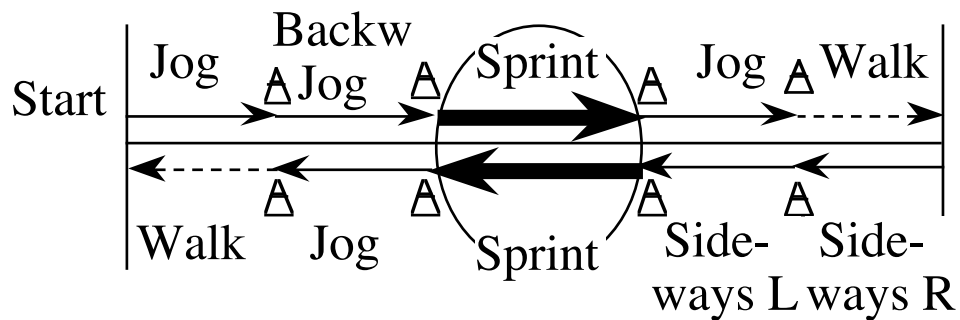
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- * Match play
 - If referees have a group training session then a 10' regular football match can be played with the restriction that the ball can only be touched twice ('control & pass').
 - Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

Fri. 27th: REST or PASSIVE RECOVERY

- Sat. 28th: * Warm up
 - 20' extensive warming up, mobilisation and stretching
- Tr. 180 * Speed
 - Set 1: Variation on the centre circle sprint, 4 x or 8 sprints



- 5' passive recovery (until bpm < 65% HR_{max})
- Set 2: Variation on the centre circle sprint, 4 x or 8 sprints
- The total exercise time is 15', the total sprint distance is 293 m.
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 29th: 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.