



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 19 from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> of May Macrocycle IX, week 1 (Training week 49)

As it is important to build up progressively the fitness levels towards the beginning of the season, it is also important to decrease the training volume towards the end of the season. Therefore, this week, only 3 training sessions are scheduled with a recovery training on Monday, a high speed training on Tuesday, and a speed endurance session on Thursday. Depending on your own occupations, it is also possible to do these sessions on Monday, Wednesday, and Friday (e.g. in the case there is a match to referee on Sunday). Next week, a last training plan is provided for those referees who still have a match to referee on the one hand, and the other referees who will then enter the off-season or active rest period.

Mon. 7<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including:  
Tr. 185

- 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70% HR<sub>max</sub>), 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

- Outside, it may also consist of a 40 to 50' bike trip

- In a swimming pool, it may consist of a 35 to 40' swim, or 40 to 50 lanes of 25 m each

Total duration: 50'

Tue. 8<sup>th</sup>: \* Low Int. - Run-bike-run: for every two referees, there is 1 mountain-bike  
Tr. 186

- Those referees who don't have a bike available, they may replace the biking part with active recovery, such as jogging/walking. Alternatively, they can also do it in a fitness centre on a treadmill and an exercise bike. In this case it is important to check in advance the specific running speed that elicits an average HR<sub>max</sub> of 90% (86-95%)

- Outside, this HI-run can easily be performed on every surface. To prevent injuries, however, I want to stress it is better to practice on a soft ground than on any surface that is too demanding for articulations and tendons

- ref A starts jogging, while the partner, ref B, is biking (5')
- then ref B starts jogging, while the partner, ref A, is biking (5')
- again, ref A starts jogging, while the partner, ref B, is biking (5')
- then ref B starts jogging, while the partner, ref B, is biking (5')

- All together, each referee runs 10' and bikes 10'

\* Warm up - 15' extensive warming up, mobilisation and stretching



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- \* High Int.
  - The high intensity part will now be done running, while the recovery will be done biking:
  - ref A runs 1' at 90%  $HR_{max}$ , while ref B is biking, then they change and ref B runs 1' at HI, while ref A is biking
  - ref A runs 2' at 90%  $HR_{max}$ , while ref B is biking, change!
  - ref A runs 3' at 90%  $HR_{max}$ , while ref B is biking, change!
  - ref A runs 3' at 90%  $HR_{max}$ , while ref B is biking, change!
  - ref A runs 2' at 90%  $HR_{max}$ , while ref B is biking, change!
  - ref A runs 1' at 90%  $HR_{max}$ , while ref B is biking, change!

All together, this run-bike-run takes exactly 24'

- \* Cool down
  - the cool down is now also done in the same way
  - ref A starts jogging, while the partner, ref B, is biking (5')
  - then ref B starts jogging, while the partner, ref A, is biking (5')
  - Finally, referees finish with a 10' extensive stretching

Total duration: 79'

Wed. 9<sup>th</sup>:

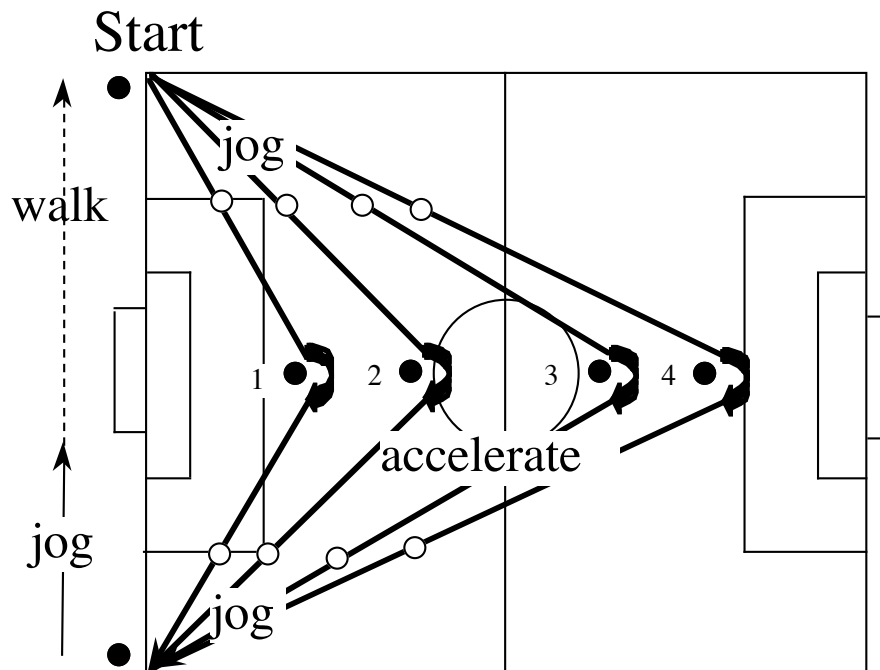
REST or PASSIVE RECOVERY

Thu. 10<sup>th</sup>:  
Tr. 187

- \* Low Int.
  - 5' jogging slowly building up to 70%  $HR_{max}$  ( $\pm$  1 km)
- \* Warm up
  - 20' extensive warm up, mobilisation and stretching
- \* Strength
  - 4 x 30 sit-ups, separated by 4 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End.
  - Set 1, 4 repetitions of the exercise shown below:
  - 4 repetitions of the exercise shown below:
  - jog from start to white cone
  - accelerate around the black cone (1) to next white cone
  - jog from white cone to corner flag
  - then jog to the first post, and walk to the re-start position
  - now turn around cone 2, next lap cone 3, and last lap cone 4



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- 4' passive recovery (until bpm < 65% HR<sub>max</sub>) before starting Set 2.

- Set 2: same exercise as set 1, but now in reversed order, i.e. first around cone 4, then cone 3, cone 2 and cone 1

\* 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<sub>max</sub>).

\* Cool down

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

Total duration: 84'

Fri. 11<sup>th</sup>:

REST or PASSIVE RECOVERY

Sat. 12<sup>th</sup>:/  
Sun. 13<sup>th</sup>: 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.