



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 20 from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> of May Macrocycle IX, week 2 (Training week 50)

For this very last training plan of the actual season, the training load will again be decreased. Therefore, only 3 training sessions are scheduled with a recovery training on Monday, a high intensity training on Tuesday, and a speed 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). Those referees who don't have to referee another match, they enter the off-season or active rest period.

Mon. 14<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including:  
Tr. 188 - 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 15<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 189 \* Warm up - 20' extensive warming up, mobilisation and stretching  
\* High Int. - This HI-run can easily be performed on every surface. To prevent injuries, however, it is definitely better to practice on a soft ground than on any surface that is too demanding for articulations and tendons.

- 60" HI-run at 90% HR<sub>max</sub>, 60" jogging,
- 45" HI-run at 90% HR<sub>max</sub>, 45" jogging,
- 30" HI-run at 90% HR<sub>max</sub>, 30" jogging,
- 15" HI-run at 90% HR<sub>max</sub>, 15" jogging,
- 15" HI-run at 90% HR<sub>max</sub>, 15" jogging,
- 30" HI-run at 90% HR<sub>max</sub>, 30" jogging,
- 45" HI-run at 90% HR<sub>max</sub>, 45" jogging,
- 60" HI-run at 90% HR<sub>max</sub>, 60" jogging,

followed immediately by a second set



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- 60" HI-run, 60" jogging,
- 45" HI-run at 90% HR<sub>max</sub>, 45" jogging,
- 30" HI-run at 90% HR<sub>max</sub>, 30" jogging,
- 15" HI-run at 90% HR<sub>max</sub>, 15" jogging,
- 15" HI-run at 90% HR<sub>max</sub>, 15" jogging,
- 30" HI-run at 90% HR<sub>max</sub>, 30" jogging,
- 45" HI-run at 90% HR<sub>max</sub>, 45" jogging,
- 60" HI-run at 90% HR<sub>max</sub>, 60" jogging,

All together, this HI-run takes 17'

- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)

Obviously, it is also possible to do this HI-run on a football field, using the diagonal twin run, or the star twin run I presented before. Specifically, referees run pair-wise, and the recovery time each time equals the running time of the sparring-partner.

- \* Football-golf If the weather and the facilities permit, the referees can play a football-golf tournament. From a central centre circle, they have to try to pass the ball to a number of targets in as less touches as possible. It can be played individually, but also in a team of two referees that alternatively pass the ball until the goal is reached (10')
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 70'

Wed. 16<sup>th</sup>:

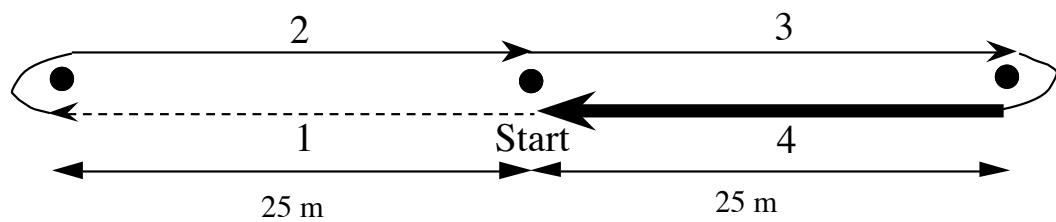
REST or PASSIVE RECOVERY

Thu. 17<sup>th</sup>:  
Tr. 190

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  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 - 5 laps of the following exercise that consists of
    - 25 m walking
    - 25 m backward jogging
    - 25 m forward jogging
    - 25 m forward sprinting, immediately followed by lap 2
- 5' passive recovery, followed by a second set of 5 laps.



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- 1 walking
- 2 backwards running
- 3 sideways jogging
- 4 forward sprinting

- \* 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: 75'

Fri. 18<sup>th</sup>: REST or PASSIVE RECOVERY

Sat. 19<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.  
Sun. 20<sup>th</sup>