



Performance Training in Football Refereeing Training Manual

WEEK 1 from Monday 28th of December to Sunday 3rd of January Macrocycle VI, week 1 (Training week 31)

- Mon. 28th:
Tr. 116
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
 - * Warm up - 20' of jogging, dynamic exercises 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. - 8' run at 90% HR_{max}, 4' jogging, 2 x
- All together this exercise takes \pm 24'
(8' Set 1 + 4' jogging + 8' Set 2 + 4' jogging).
 - * Cool down - 5' jogging and walking, followed by 10' extensive stretching

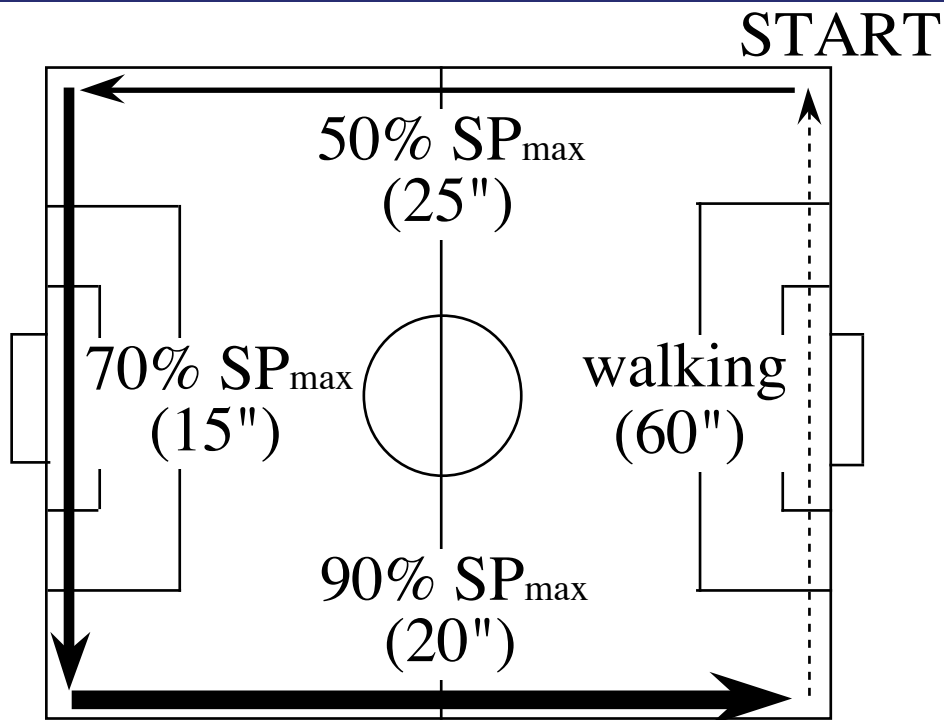
Total duration: 74'

Tue. 29th: REST DAY

- Wed. 30th:
Tr. 117
- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
 - * Warm up - 20' of jogging, dynamic exercises 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:
- Perform 6 laps (\pm 2' per lap) of the below field exercise at the prescribed intensities
- 4' recovery
- Set 2:
- Perform another 6 laps



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- All together, this exercise takes 12' + 4' recovery + 12' = ± 28'

* Cool down - 5' jogging at 80% HR_{max} , followed by 10' extensive stretching

Total duration: 78'

Thu. 31st.

REST DAY

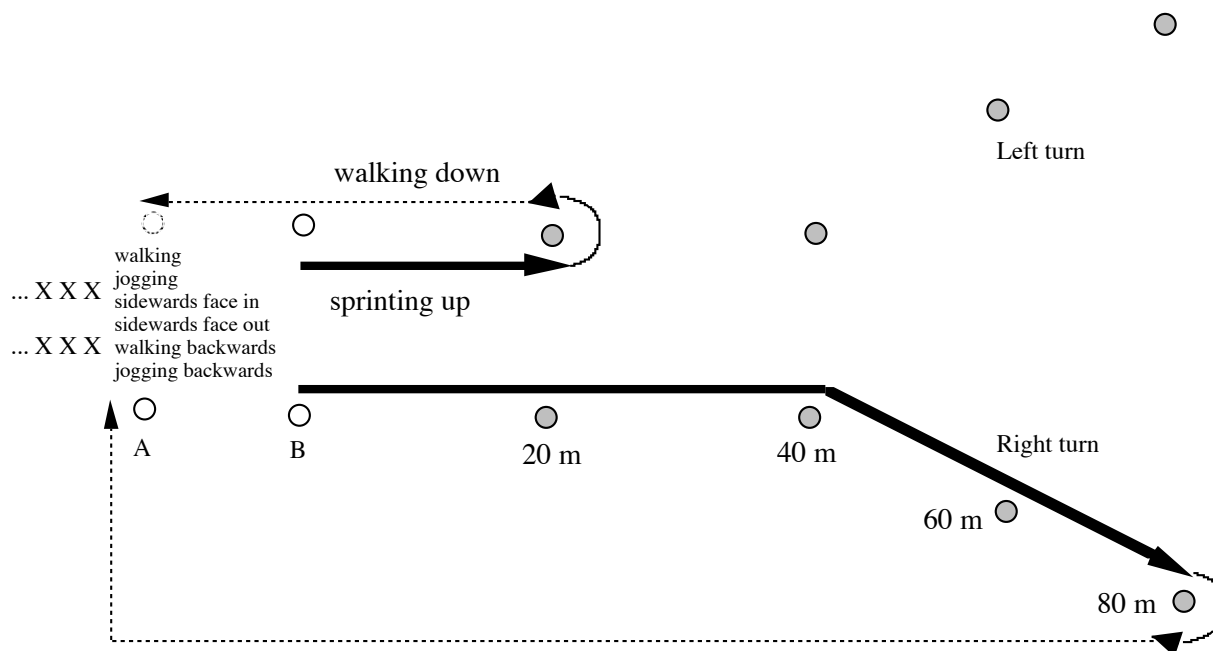
Fri. 1st.

Tr. 118

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Speed - Variations on the 80 m distance (see below)
 - 20 m sprint up, 20 m walk down, 2 x
 - 1' recovery and stretching
 - 40 m sprint up, 40 m walk down, 2 x
 - 1' recovery and stretching
 - 60 m sprint up, 60 m walk down, 2 x
 - (1 x with a change in direction to the left, 1 x to the right)
 - 2' recovery and stretching
 - 80 m sprint up, 80 m walk down, 2 x
 - (1 x with a change in direction to the left, 1 x to the right)



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- The total exercise time is 15'.

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

Total duration: 50'

Sat. 2nd: REST DAY

Sun. 3rd: REST DAY

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing, cross-country skiing, playing badminton, football, squash, or tennis may provide extra mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 2 from Monday 4th to Sunday 10th of January Macrocycle VI, week 2 (Training week 32)

The training distances covered in High Intensity (on Monday) and Speed Endurance (on Wednesday), will decrease progressively and become more intermittent over the next macro-cycle as training volume and intensity have to be cycled throughout the competitive season in an appropriate way.

- Mon. 4th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 119
- * Warm up - 20' of jogging, dynamic exercises 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. - 4' run at 90% HR_{max}, 2' jogging, 4 x
- All together, this exercise takes (4' + 2') x 4 = \pm 24',
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

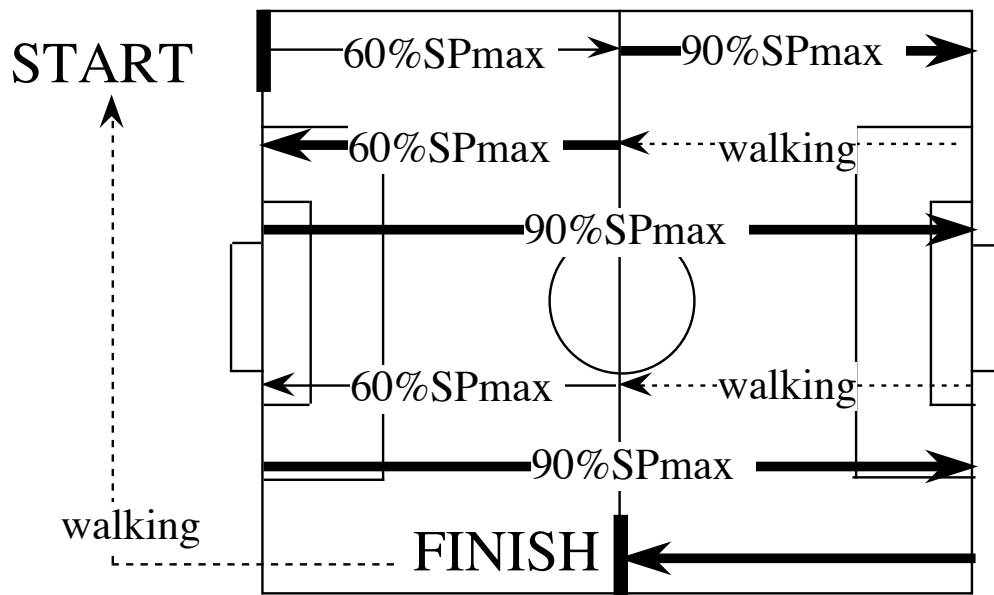
Total duration: 74'

Tue. 5th: REST DAY

- Wed. 6th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 120
- * Warm up - 20' of jogging, dynamic exercises 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, 4 laps
One full lap takes \pm 4' before re-starting. The intensities or percentages are based on a % of maximal speed (SP_{max}), not % HR_{max}. Therefore, 60% SP_{max} should be a jog and 90% SP_{max} should constitute a fast tempo run.
- 5' recovery
- Set 2: Field exercise, again 4 full laps



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- All together this exercise takes 37'
(16' Set 1 + 5' recovery + 16' Set 2).

* Cool down - 5' jogging at 80% HR_{max}, followed by 10' extensive stretching

Total duration: 87'

Thu. 7th:

REST DAY

Fri. 8th:

Tr. 121

* Warm up

- 20' of jogging, dynamic exercises and stretching

* Speed

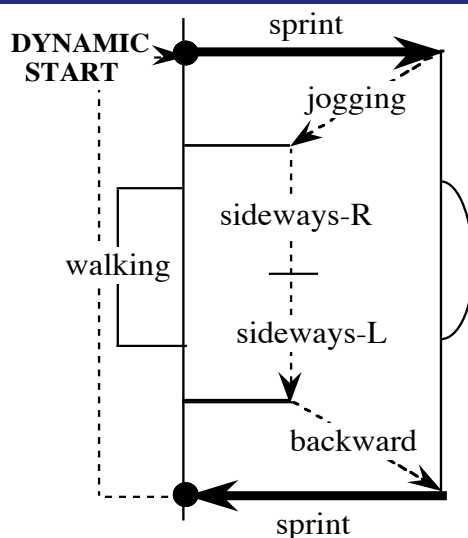
- Set 1: Sprint exercise in the penalty box, 5 laps in total

- 5' recovery

- Set 2: Sprint exercise in the penalty box, again 5 laps in total



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- The total exercise time is 15'.

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

Total duration: 50'

Sat. 9th: REST or ACTIVE LEISURE

Sun. 10th: REST or ACTIVE LEISURE

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing, cross-country skiing, playing badminton, football, squash, or tennis may provide extra mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 3 from Monday 11th to Sunday 17th of January Macrocycle VI, week 3 (Training week 33)

The training distances covered in High Intensity (on Monday) and Speed Endurance (on Wednesday), will decrease progressively and become more intermittent over the next macro-cycle as training volume and intensity have to be cycled throughout the competitive season in an appropriate way.

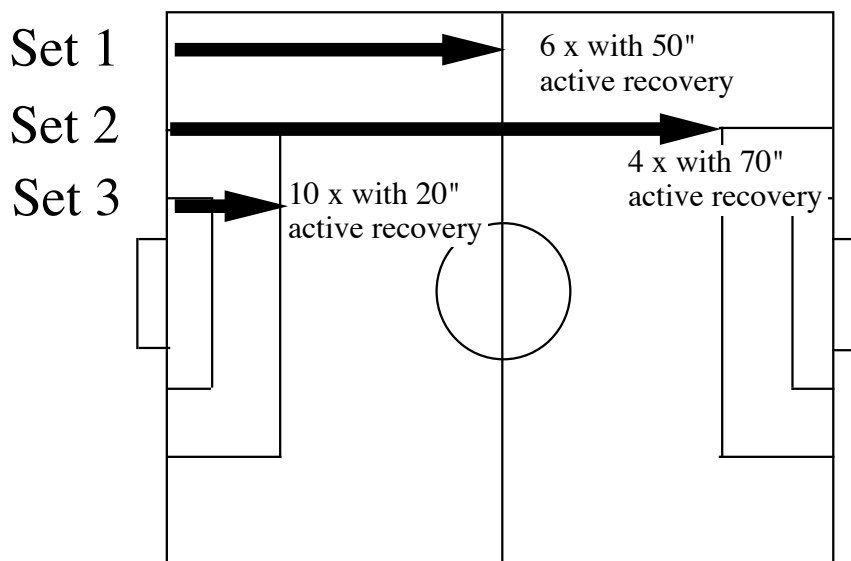
<u>Mon. 11th:</u> Tr. 122	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* High Int.	- 2' run at 90% HR _{max} , 1' jogging, 8 x - All together, this exercise takes $(2' + 1') \times 8 = \pm 24'$
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching
		<u>Total duration: 74'</u>

Tue. 12th: REST DAY

<u>Wed. 13th:</u> Tr. 123	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises 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.	- <u>Set 1:</u> > 6 sprints to the midline (\pm 7") with 50" active recovery jogging in between each sprint > Jog 1 lap of the pitch (\pm 2'30") > Duration Set 1: \pm 8' - <u>Set 2:</u> > 4 sprints to the opposite penalty box (\pm 11") with 70" active recovery jogging in between each sprint > Jog 1 lap of the pitch (\pm 2'30") > Duration Set 2: \pm 7.5' - <u>Set 3:</u> > 10 sprints to the penalty box (\pm 3") with 20" active recovery jogging in between each sprint > Jog 1 lap of the pitch (\pm 2'30") > Duration Set 3: \pm 6'



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- The total duration of this extended speed session is $\pm 20'$

* Cool down - 5' jogging at 80% HR_{max} , followed by 10' extensive stretching

Total duration: 70'

Thu. 14th: REST DAY

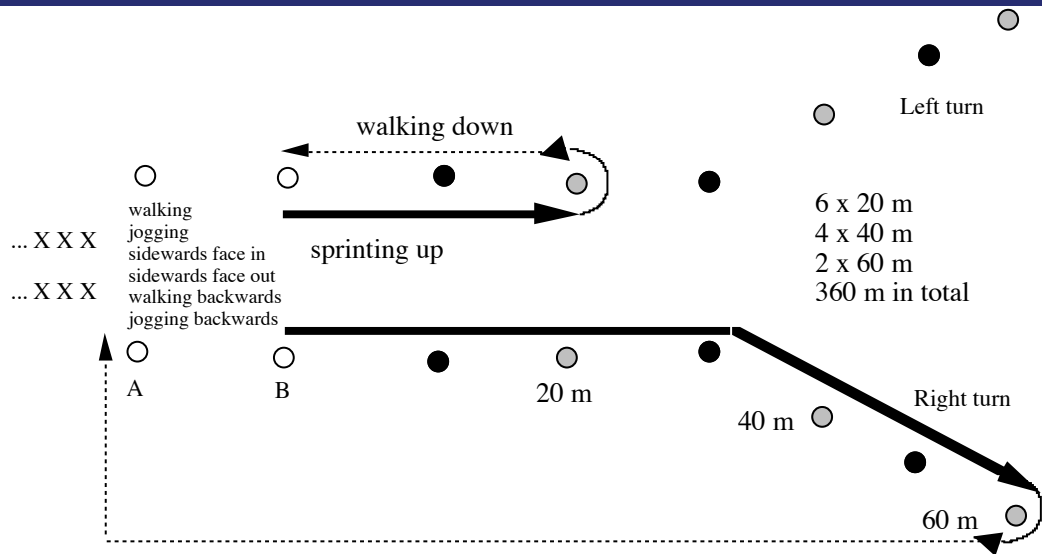
Fri. 15th: * Warm up - 20' of jogging, dynamic exercises and stretching
Tr. 124 * Speed - Variations on the 60 m distance (see below)

- 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total
- 1 to 2' recovery and stretching
- 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total (2 x with a change in direction to the left, 2 x to the right)
- 1 to 2' recovery and stretching
- 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total (1 x with a change in direction to the left, 1 x to the right)

- The total exercise time is 15'.



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

Total duration: 50'

Sat. 16th: REST or ACTIVE LEISURE

Sun. 17th: REST or ACTIVE LEISURE

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing, cross-country skiing, playing badminton, football, squash, or tennis may provide extra mental and physical stimulation.



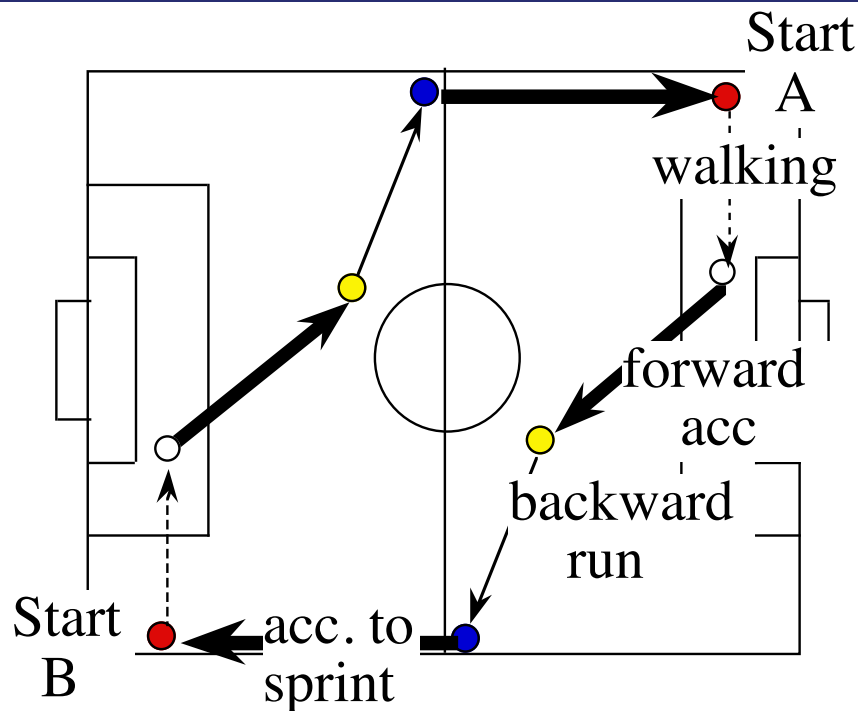
Performance Training in Football Refereeing Weekly Training Plan

WEEK 4 from Monday 18th to Sunday 24th of January Macrocycle VI, week 4 (Training week 34)

<u>Mon. 18th.</u> Tr. 125	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 19th.</u> Tr. 126	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises 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.	- 1' run at 90% HR _{max} , 30" jogging, 16 x - All together, this exercise takes (1' + 30") x 16 = \pm 24'
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching
		<u>Total duration: 74'</u>
<u>Wed. 20th.</u>		REST DAY
<u>Thu. 21st.</u> Tr. 127	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises 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.	- 1 Set of the below exercise takes \pm 8' - 50 m sprint (\pm 10"), walking back 30", 5 x, 1' rest - 25 m sprint (\pm 5"), walking back 15", 5 x, 1' rest - 16 m sprint (\pm 3"), walking back 9", 5 x - 4' recovery
	* Speed End.	Field exercise (below) for a total of 8'



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- All together, this exercise takes 8' + 4' recovery + 8' = ± 20'

* Match

- 10' match play

* Cool down

- 5' jogging at 80% HR_{max}, followed by 10' extensive stretching

Total duration: 80'

Fri. 22nd.

REST DAY

Sat. 23rd.
Tr. 128

* Warm up

- 20' of jogging, dynamic exercises and stretching

* Speed

- Sprint exercise using the dimensions of the penalty box (see below)

- 4 Sets of 4 sprints with a 2' recovery break in-between

- Using the following dynamic starting movements:

Sprint 1 - walking

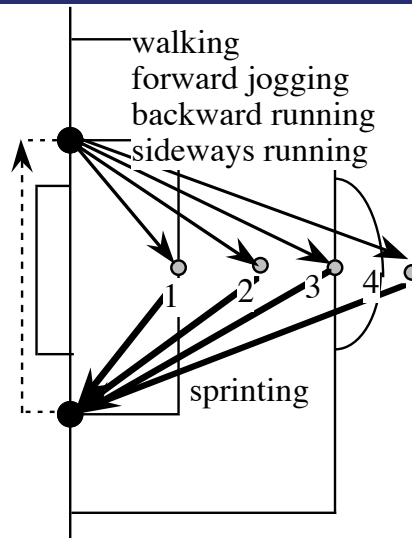
Sprint 2 - jogging

Sprint 3 – backwards jogging

Sprint 4 – side-stepping



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- The total exercise time is 15'.

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

Total duration: 50'

Sun. 24th: Those referees who don't have a game to officiate in the national championship, may do some intermittent physical activities such as playing badminton, football, squash, or tennis.



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WEEK 5 from Monday 25th of January to Sunday 31st of February Macrocycle VI, week 5 (Training week 35)

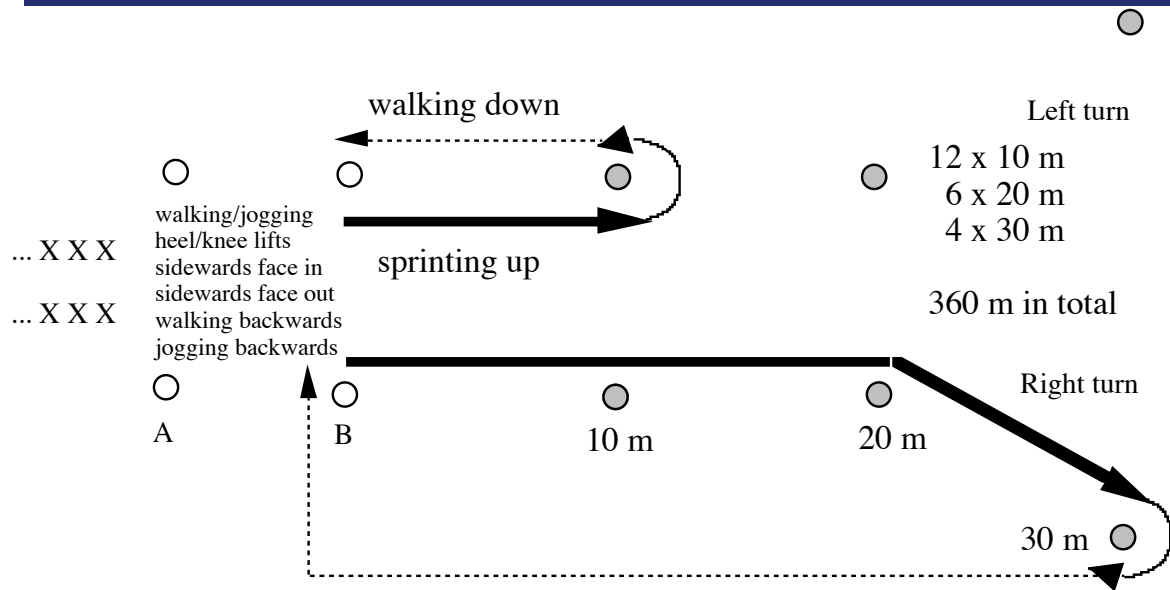
<u>Mon. 25th</u> Tr. 129	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 26th</u> Tr. 130	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises and stretching
	* Strength	- 6x 30 sit-ups, separated by 6x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* High Int.	- <u>Set 1</u> : - 30" run at 90% HR _{max} , 15" jogging, 14 x - 4' recovery - <u>Set 2</u> : - 30" run at 90% HR _{max} , 15" jogging, again 14 x - All together, this exercise takes 10'30" + 4' recovery + 10'30" = 25'
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching
		<u>Total duration: 75'</u>

Wed. 27th REST DAY

<u>Thu. 28th</u> Tr. 131	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km)
	* Warm up	- 20' of jogging, dynamic exercises 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.	- <u>Set 1</u> : Field exercise, 6 laps of 2' each During each lap, there are 12 different activities. The colour of the next cone determines the intensity of the next activity as follows: <ul style="list-style-type: none">- walking to the blue cones (W)- jogging to the green cones (J)- high intensity run to the yellow cones (HI)- sprinting to the red cones (S) - 4' recovery - <u>Set 2</u> : Field exercise, another 6 laps of 2' each



Performance Training in Football Refereeing Weekly Training Plan



- The total exercise time is 15'

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

Total duration: 50'

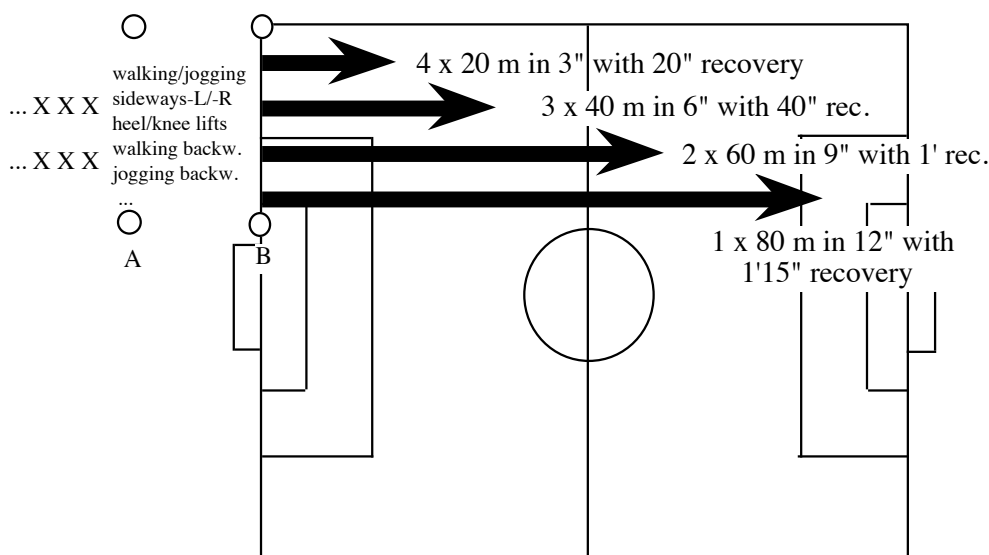
Sun. 31st: Those referees who don't have a game to officiate in the national championship, may do some intermittent physical activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 6 from Monday 1st to Sunday 7th of February Macrocycle VI, week 6 (Training week 36)

- Mon. 1st. * Act. Rec. - 50' recovery session in a fitness centre
Tr. 133
- Tue. 2nd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 134
- * Warm up - 20' of jogging, dynamic exercises 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
- * Ext. Speed - Set 1 (using a dynamic start):
> 4 maximal 20m sprints (± 3")
with 20" recovery (walking back)
> 3 maximal 40m sprints (± 6")
with 40" recovery (walking back)
> 2 maximal 60m sprints (± 9")
with 1' recovery (walking back)
> 1 maximal 80m sprint over 80 m (± 12")
with 1'20" recovery (walking back)
> Jog 1 lap of the pitch (± 2'30")
- > Duration Set 1: ± 11'30"





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- Set 2:

- > 1 maximal 80m sprint over 80 m ($\pm 12''$)
with 1'20" active recovery (walking back)
- > 2 maximal 60m sprints ($\pm 9''$)
with 1' active recovery (walking back)
- > 3 maximal 40m sprints ($\pm 6''$)
with 40" active recovery (walking back)
- > 4 maximal 20m sprints ($\pm 3''$)
with 20" active recovery (walking back)
- > Jog 1 lap of the pitch ($\pm 2'30''$)

> Duration Set 2: $\pm 11'30''$

- The total duration of this extended speed session is $\pm 23'$.

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

Total duration: 73'

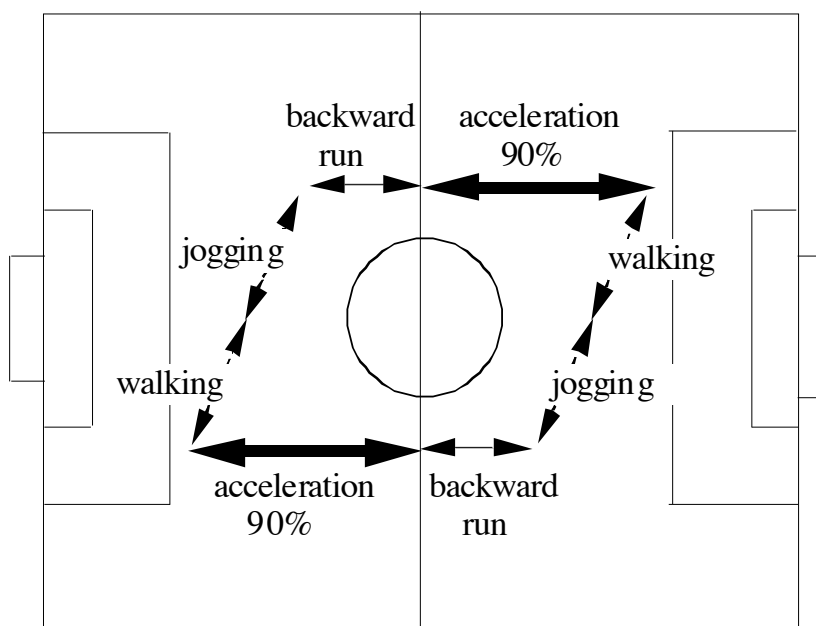
Wed. 3rd:

REST DAY

Thu. 4th:

Tr. 135

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
- * Warm up - 20' of jogging, dynamic exercises 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. - Field exercise (below) for a total of 8'

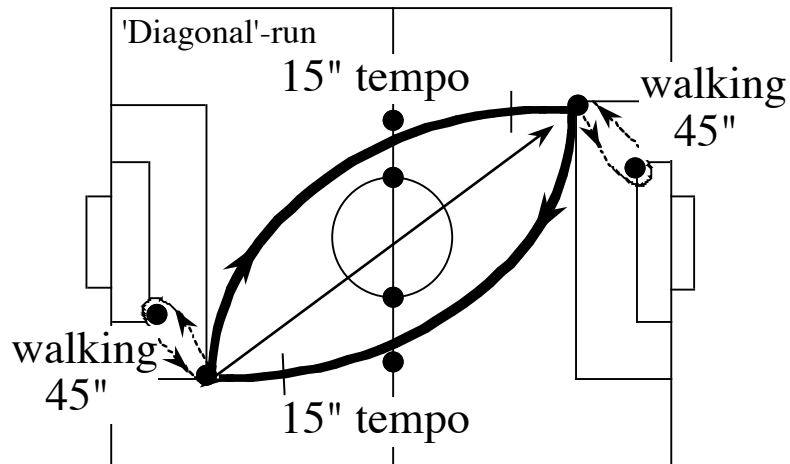




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- 4' recovery

- Field exercise (below) along the wide diagonal line, run for 10' or 10 tempo runs in total.



- All together, these exercises take 8' + 4' recovery + 10' = 22'

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

Total duration: 82'

Fri. 5th.

REST DAY

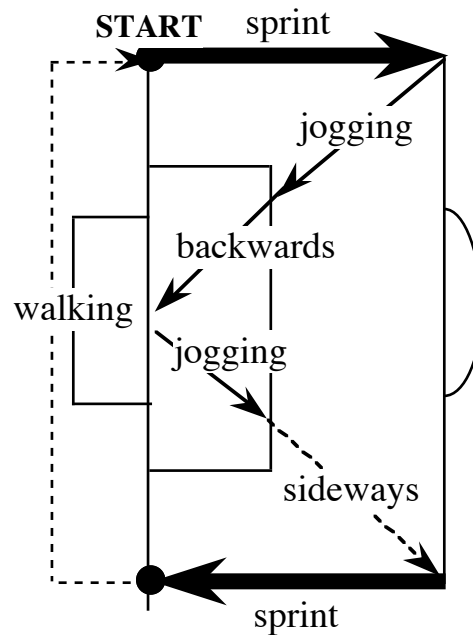
Sat. 6th.

Tr. 136

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Speed
 - Set 1: Sprint exercise in the penalty box, 5 laps in total
 - 5' recovery
 - Set 2: Sprint exercise in the penalty box, again 5 laps in total



Performance Training in Football Refereeing Weekly Training Plan



- The total exercise time is 15'.

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

Total duration: 50'

Sun. 7th: Those referees who don't have a game to officiate in the national championship, may do some intermittent physical activities such as playing badminton, football, squash, or tennis.