## Performance Training in Football Refereeing Weekly Training Plan

## WEEK 48 from Monday $21^{\text {st }}$ to Sunday $27^{\text {th }}$ of November Macrocycle V, week 1 (Training week 25)

| $\frac{\text { Mon. } 21^{\text {st }}:}{\text { Tr. } 94}$ | * Act. Rec. | - 50' recovery session in a fitness centre, including st. stretching. |
| :---: | :---: | :---: |
| $\frac{\text { Tue. } 22^{\text {nd }}:}{\text { Tr. } 95}$ | * Low Int. | - $5^{\prime}$ jogging slowly building up to $70 \% \mathrm{HR}_{\max }( \pm 1 \mathrm{~km})$. |
|  | * Warm up | - 20' jogging, mobilisation and dynamic stretching. |
|  | * Strength | -15' strength, core stability and injury prevention exercises. |
|  | * Speed | - $6 \times 40 \mathrm{~m}$ sprint from a dynamic starting position, walk back, 90 " recovery between sprints. |
|  |  | -4' recovery |
|  | * High Int. | - Set 1: The following exercise is scheduled for Referees: <br> - 30" HI-run, 30 " jogging, <br> - 45" HI-run, 30 " jogging, <br> - 60" HI-run, 30" jogging, <br> - $75^{\prime \prime}$ HI-run, 30 " jogging, <br> - 30" HI-run, 30" jogging, <br> - 45" HI-run, 30" jogging, <br> - 60" HI-run, 30" jogging, <br> - $75^{\prime \prime}$ HI-run, 30 " jogging, |
|  |  | - $2^{\prime}$ ' passive recovery (until $\mathrm{bpm}<65 \% \mathrm{HR}_{\text {max }}$ ) |
|  |  | - Set 2: <br> - 75 " HI-run, 30 " jogging, <br> - 60" HI-run, 30" jogging, <br> - 45" HI-run, 30" jogging, <br> - 30 " HI-run, 30 " jogging, <br> - $75^{\prime \prime} \mathrm{HI}$-run, 30 " jogging, <br> - 60" HI-run, 30 " jogging, <br> - 45" HI-run, 30 " jogging, <br> - 30 " HI-run, 30 " jogging, |
|  |  | - All together, this exercise takes $11^{\prime}+2^{\prime}$ rec $+11^{\prime}=24^{\prime}$ |
|  |  | - From a coaching point of view, an efficient way to organise this exercise, is to whistle each time the referees change from activity |

- For Set 1 , the time line for the use of the whistle is as follows:

0 (30" HI tempo) - 30" (J) - $\mathbf{1}^{\prime}(\mathrm{T})-1^{\prime} 45^{\prime \prime}(\mathrm{J})-2^{\prime} 15^{\prime \prime}(\mathrm{T})-3^{\prime} 15^{\prime \prime}(\mathrm{J})-3^{\prime} 45^{\prime \prime}$ (T) - $5^{\prime}(\mathrm{J})-5^{\prime} 30^{\prime \prime}(\mathrm{T})-6^{\prime}(\mathrm{J})-6^{\prime} 30^{\prime \prime}(\mathrm{T})-7^{\prime} 15^{\prime \prime}(\mathrm{J})-7^{\prime} 45^{\prime \prime}(\mathrm{T})-8^{\prime} 45^{\prime \prime}(\mathrm{J})-$ 9'15" (T) - 10'30" (J) - $11^{\prime}$ (Stop)

- For Set 2, the time line is:

0 (75" HI tempo) - 1'15" (J) - 1'45" (T) - 2’45" (J) - 3'15" (T) -
$4^{\prime}(\mathrm{J})-4^{\prime} 30 "(\mathrm{~T})-5^{\prime}(\mathrm{J})-5^{\prime} 30 "(\mathrm{~T})-6^{\prime} 45^{\prime \prime}(\mathrm{J})-7^{\prime} 15^{\prime \prime}(\mathrm{T})-$ 8' $^{\prime} 15^{\prime \prime}(\mathrm{J})-$
$8^{\prime} 45^{\prime \prime}(\mathrm{T})-9^{\prime} 30 \prime(\mathrm{~J})-10^{\prime}(\mathrm{T})-10^{\prime} 30^{\prime \prime}(\mathrm{J})-11^{\prime}(\mathrm{Stop})$

* High Int. - For Assistant Referees, the following HI-exercise is scheduled:
- Set 1 (Yo-Yo based exercise):
$-10 \times 100 \mathrm{~m}$ shuttles ( 50 m - turn $\mathrm{L}-50 \mathrm{~m}$ ) to be completed in 20 "
- 30" recovery walk (40 m)

- All together, this first set takes $8^{\prime} 20^{\prime \prime}$.
- 3' recovery
- Set 2 (Yo-Yo based exercise):
- $10 \times 100$ m shuttles ( 50 m - turn $\mathrm{R}-50 \mathrm{~m}$ ) to be completed in 20 "
- 30" recovery walk (40 m)
- All together, this exercise takes $20^{\prime} 40$ ( $8^{\prime} 20^{\prime \prime}+3^{\prime}$ recovery + 8'20")
- The total distance equals 2800 m , of which 2000 m at high speed and 800 m walking.
* High Int. - Futsal Referees could consider the following exercise:

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

Total duration: 93
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Wed. $23^{\text {rd }}$ :
Thu. $24^{\text {th }}$ : * Low Int.
Tr. 96

* Warm up
* Strength $\quad-15$ ' strength, core stability and injury prevention exercises.
* Speed End. - Set 1: Run around the pitch as indicated in the picture. The distance of high intensity running increases every lap. In total, there are 4 laps around the pitch.
- 3' recovery
- Set 2: Same as set 1.
- 3' recovery
- Set 3: Same as set 1.

- All together this exercise takes $\pm 24$.
*Agility for ARs - While the referees perform their $1^{\text {st }}$ set of the SE exercise, the next agility exercise can be considered for the assistant referees.
- Set 1: 80 m agility exercise, 1' rest, 4 reps.
- The exercise should be done at sprint pace, but with the correct variation in movements; forward, sideways ( 2 x ), backwards, forwards.
- 3 ' recovery, stretching and drinking break

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* Agility for futsal - Futsal Referees could consider doing the following exercise:

$\begin{array}{ll}\text { * Match } & -10 \text { ' match play. } \\ { }^{*} \text { Cool down } & -5 \text { ' jogging and walking, followed by 10' static stretching. }\end{array}$
Total duration: 89'

Fri. $25^{\text {th }}$ :
Sat. $26^{\text {th }}: \quad$ * Warm up Tr. 97

REST DAY
-20 ' jogging, mobilisation and dynamic stretching.

[^1]- Set 1: speed exercise around the midline, $5 \times$ across the pitch and back to the starting position.

- 5' recovery
- Set 2: same exercise, again $5 x$ up and down.
- The total exercise time is $15^{\prime}$. The total sprint distance is 360 m .
* Cool down $\quad-5$ ' jogging and walking, followed by 10 ' static stretching.

Total duration: $50^{\prime}$
Sun. $27^{\text {th }}$ : If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

WEEK 49 from Monday $28^{\text {th }}$ of November to Sunday $4^{\text {th }}$ of December Macrocycle V, week 2 (Training week 26)

| $\frac{\text { Mon. } 28^{\text {th. }}:}{\text { Tr. } 98}$ * Act. Rec. | -50 ' recovery session in a fitness centre, including st. stretching. |
| :--- | :--- |
| Tue. $29^{\text {th }}:$ <br> Tr. 99 | * Low Int. |$\quad-5^{\prime}$ ' jogging slowly building up to $70 \% \mathrm{HR}_{\max }( \pm 1 \mathrm{~km})$.



* High Int. - Set 1:
$-2 \times 40 \mathrm{~m}(40 \mathrm{~m}-$ turn $-40 \mathrm{~m})$ in $17^{\prime \prime}$
- 17" recovery walk ( 40 m )
- 10 reps in total
- 2' recovery between sets

Turning line
Start/Finish line


[^2]
## Performance Training in Football Refereeing <br> Weekly Training Plan

- Set 2:
- $4 \times 20 \mathrm{~m}(20 \mathrm{~m}$ - turn - 20 m - turn - 20 m - turn - 20 m ) in 19 "
- 19" recovery walk ( 40 m )
- 8 reps in total
- 2' recovery between sets

Turning line Start/Finish line


- Set 3:
- $8 \times 10 \mathrm{~m}(10 \mathrm{~m}$ - turn - 10 m - turn $-10 \mathrm{~m}-\ldots)$ in $21^{\prime \prime}$
$-21^{\prime \prime}$ recovery walk ( 40 m )
-6 reps in total
- 2' recovery

Turning line
Start/Finish line


- All together, this exercise takes 21 '

$$
\text { (6' Set } 1+2^{\prime} \text { rec. }+5^{\prime} \text { Set } 2+2^{\prime} \text { rec. }+4^{\prime} \text { Set } 3+2^{\prime} \text { rec.). }
$$

- 1920 m of high-intensity running, 960 m walking, 72 turns in total.

YOYO Exercise $1 \quad 10 \times(2 \times 40 \mathrm{~m}), 8 \times(4 \times 20 \mathrm{~m}), 6 \times(8 \times 10 \mathrm{~m})$


[^3]Wed. $30^{\text {th }}$ :
Thu. $1^{\text {st. }}$ * Low Int.
Tr. 100

* Warm up
* Strength
* Agility $\quad-15$ ' of various agility exercises.

- Exercise 1: Sprint forward 5 m , cut back diagonally left/right, then turn and accelerate forwards 12 m .
- Exercise 2: 5 m jogging, 5 m forward sprint, sidestep left 5 m , sprint forwards 10 m , sidestep right 5 m , sprint forward 10 m .
- Exercise 3: Sprint and agility exercises in the penalty area.
* Speed End. - Set 1: Field exercise, 5 laps of 2' each. Ideally, this exercise should be done by trio ( 1 referee and 2 ARs).

During each lap, there are 12 activities. The colour of the next cone determines the intensity of the next activity as follows:

- walking (blue lines)
- jogging (green lines)
- high intensity tempo run (orange lines)
- sprinting (red lines)

- 4' recovery.
- Field exercise Set 2 (again 5 laps of 2' each).
- All together, this exercise takes $10^{\prime}+4^{\prime}$ recovery $+10^{\prime}= \pm 24^{\prime}$.
* Cool down -5 ' jogging and walking, followed by 10 ' static stretching.

Total duration: 94

Fri. $2^{\text {nd }}$ :
$\frac{\text { Sat. } 3^{\text {rd. }}:}{\text { Tr. } 101}{ }^{*}$ Warm up

## REST DAY

$-20^{\prime}$ jogging, mobilisation and dynamic stretching.

- Straight line sprints from a dynamic starting position, such as heel lifts, knee lifts, walking, backwards or sideways running:
- Set 1: $\quad 5 \times 10 \mathrm{~m}$, starting from 10 m walking
- Set 2: $\quad 4 \times 15 \mathrm{~m}$, starting from 10 m side-stepping
- Set 3: $\quad 3 \times 30 \mathrm{~m}$, starting from 10 m forwards jogging
- Set 4: $\quad 4 \times 15 \mathrm{~m}$, starting from 10 m side-stepping
- Set 5: $\quad 5 \times 10 \mathrm{~m}$, starting from 10 m backwards jogging
- After every sprint, a very slow walk back to the start position is a good way of determining the recovery time (e.g. 20 " for $10 \mathrm{~m}, 30$ " for $15 \mathrm{~m}, 40$ " for 30 m ).

- After every set, there is 1 ' recovery and stretching break.
- The total exercise time is 15 '. The total sprint distance is 310 m .
* Cool down -5 ' jogging and walking, followed by 10' static stretching.

Total duration: 50
Sun. $4^{\text {th }}$ : If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

## Performance Training in Football Refereeing

Weekly Training Plan
WEEK 50 from Monday $5^{\text {th }}$ to Sunday $11^{\text {th }}$ of December

## Macrocycle V, week 3 (Training week 27)

| $\frac{\text { Mon. } 5^{\text {th }}:}{\text { Tr. } 102}$ | * Act. Rec. | -50 ' recovery session in a fitness centre, including st. stretching. |
| :--- | :--- | :--- |
| $\frac{\text { Tue. } 6^{\text {th }}:}{\text { Tr. } 103}$ * Low Int. | -5 ' jogging slowly building up to $70 \% ~$ | $H R_{\max }( \pm 1 \mathrm{~km})$. |
|  | * Warm up | -20 ' jogging, mobilisation and dynamic stretching. |
|  | * Strength | -15 ' strength, core stability and injury prevention exercises. |

* Speed End. - ‘Suicide run’:
- Sprint from the goal line to goal area line and back.
- Then immediately sprint from the goal line to the edge of the penalty area and back.
- Finally, sprint to the halfway line and back.
-1' rest.
- Repeat 6 x .
- For each run, the reference time is < $25^{\prime \prime}$ (very good), < 30 " (good).

In case of group sessions, it is possible to use 2 starting positions as mentioned below.

- 3' recovery.

* Speed End. - Just 1 Set of 5 laps: ‘Referee run’: 10’

- 3' recovery
- All together, this training session takes 9' +3 ' recovery + 10' +3 ' recovery $=25$.
* Match - 10' match play.
* Cool down $\quad-5$ ' jogging and walking, followed by 10 ' static stretching.

Total duration: 90

Wed. $7^{\text {th }}$ :
Thu. $8^{\text {th }}$ :
Tr. 104

* Warm up
* Strength $\quad-15$ ' strength, core stability and injury prevention exercises.
* Speed End. - Set 1: ‘Referee Run': 5 laps ( $\pm 2 \prime 30 \prime, \pm 12 ’ 30^{\prime}$ in total).
- 4' recovery
- Set 2: ‘Referee Run': again 5 laps that will take $\pm 12$ ' 30 ".
- All together, this exercise takes $12^{\prime} 30^{\prime \prime}+4^{\prime}$ rec $+12^{\prime} 30^{\prime \prime}=29^{\prime}$.

* SE for ARs - While the referees perform their 2 sets of the HI exercise, the next SE exercise can be considered for the assistant referees.

* Cool down
-5 ' jogging and walking, followed by 10 ' static stretching.
Total duration: 84

Fri. $9^{\text {th }}$ :
$\begin{aligned} \frac{\text { Sat. } 10^{\text {th }}:}{\text { Tr. } 105} & \text { * Warm up } \\ & \text { * Speed/Agility }\end{aligned}$

REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- Set 1: short sprints in the penalty area, 5 laps.

- 5' recovery and stretching
- Perform a $2^{\text {nd }}$ Set of the above exercise ( 5 sprints).
- The total exercise time is $\pm 15^{\prime}$.
* Cool down $\quad-5$ ' jogging and walking, followed by 10 ' static stretching.

Total duration: 50'
Sun. $11^{\text {th }}$ : If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

WEEK 51 from Monday $12^{\text {th }}$ to Sunday $18^{\text {th }}$ of December Macrocycle V, week 4 (Training week 28)

| Mon. $12^{\text {th }}$ : <br> Tr. 106 | * Act. Rec. | - 50' recovery session in a fitness centre, including st. stretching |
| :---: | :---: | :---: |
| $\frac{\text { Tue. } 13^{\text {th }}:}{\text { Tr. } 107}$ | * Low Int. | $-5^{\prime}$ jogging slowly building up to $70 \% \mathrm{HR}_{\max }( \pm 1 \mathrm{~km})$. |
|  | * Warm up | - 20' jogging, mobilisation and dynamic stretching. |
|  | * Strength | -15' strength, core stability and injury prevention exercises. |
|  | * High Int. Elite | - Set 1: |
|  |  | $-20^{\prime \prime}$ run at $90 \% \mathrm{HR}_{\max }$ (approx. 100 m ), 10 " recovery jogging <br> $-40^{\prime \prime}$ run at $90 \% \mathrm{HR}_{\max }$ (approx. 200 m ), 20 " jogging |
|  |  | -60 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 300 m ), 30 " jogging |
|  |  | -80 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 400 m ), 40" jogging |
|  |  | -20 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 100 m ), 10" jogging |
|  |  | -40 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 200 m ), 20" jogging |
|  |  | -60 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 300 m ), 30 " jogging |
|  |  | -80 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 400 m ), 40" jogging |
|  |  | - 2' recovery |

- From a coaching point of view, the easiest way to run this intermittent exercise, is to whistle each time the referees have to change from activity. For Set 1 and 2, the time line is:

0 (20" HI tempo) - 20" (J) - $30^{\prime \prime}(\mathrm{HI})-1^{\prime} 10^{\prime \prime}(\mathrm{J})-1^{\prime} 30^{\prime \prime}(\mathrm{HI})-2^{\prime} 30^{\prime \prime}(\mathrm{J})-$ $3^{\prime}(\mathrm{HI})-4^{\prime} 20^{\prime \prime}(\mathrm{J})-5^{\prime}(\mathrm{HI})-5^{\prime} 20^{\prime \prime}(\mathrm{J})-5^{\prime} 30^{\prime \prime}(\mathrm{HI})-6^{\prime} 10^{\prime \prime}(\mathrm{J})-6^{\prime} 30^{\prime \prime}(\mathrm{HI})$
$-7^{\prime} 30^{\prime \prime}(\mathrm{J})-8^{\prime}(\mathrm{HI})-9^{\prime} 20^{\prime \prime}(\mathrm{J})-10^{\prime}$ (Stop)

- For the next set, the same time table can be used:
- Set 2 :
-20 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 100 m ), 10" recovery jogging
-40 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 200 m ), 20 " jogging
-60 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 300 m ), 30 " jogging
-80 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 400 m ), 40 " jogging
$-20^{\prime \prime}$ run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 100 m ), 10 " jogging
-40 " run at $90 \% \mathrm{HR}_{\text {max }}$ (approx. 200 m ), 20 " jogging
-60 " run at $90 \% \operatorname{HR}_{\text {max }}$ (approx. 300 m ), 30 " jogging
-80 " run at $90 \% \mathrm{HR}_{\max }$ (approx. 400 m ), 40 " jogging
- All together, this HI exercise takes $10^{\prime}$ for Set 1 and $10^{\prime}$ for Set 2. Therefore, 20 ' in total with 2 ' rec. after both sets
- If it is not possible to perform this exercise on a field of play then the run can easily performed on a track, in the forest or on a treadmill.

[^4]- On a field of play, this can easily be done using the same organisation of Tr. 99 using cones over the whole area of the field.

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

Total duration: 79'

Wed. 14 ${ }^{\text {th }}$ REST DAY
Thu. $15^{\text {th }}$ : * Low Int. $\quad-5^{\prime}$ jogging slowly building up to $70 \% \mathrm{HR}_{\max }( \pm 1 \mathrm{~km})$.
Tr. 108

* Warm up $\quad-20$ ' jogging, mobilisation and dynamic stretching.
* Strength $\quad-15$ ' strength, core stability and injury prevention exercises.
* Speed End. $\quad-1$ set of the following exercise that takes $\pm 8$ '.
-50 m sprint ( $\pm 10^{\prime \prime}$ ), walking back $30^{\prime \prime}, 5 \mathrm{x}, 1^{\prime}$ rest
-25 m sprint ( $\pm 5^{\prime \prime}$ ), walking back $15^{\prime \prime}, 5 \times, 1^{\prime}$ rest
-16 m sprint ( $\pm 3^{\prime \prime}$ ), walking back $9^{\prime \prime}, 5 \mathrm{x}$
- 3' recovery
* Speed End. - 1 set of the following field exercise (10')
- All together these exercises take $24{ }^{\prime}$
( 8 ' exercise 1,3 ' recovery, $10^{\prime}$ exercise 2 , 3 ' recovery).

- ARs are advised to replace backwards with sideways running.
* Match - 10' match play.
* Cool down -5 ' jogging and walking, followed by 10' static stretching.

Total duration: $86^{\prime}$

Fri. $16^{\text {th }}$ :
$\begin{aligned} \frac{\text { Sat. } 17^{\text {th }}:}{\text { Tr. } 109} & \text { * Warm up } \\ & \text { *Speed }\end{aligned}$

REST DAY
$-20^{\prime}$ jogging, mobilisation and dynamic stretching.

- short sprints from a dynamic position (heel lifts, knee lifts,...)
- Set 1 (right turn):
( $2 \times 5 \mathrm{~m}$ ) $-(2 \times 10 \mathrm{~m})-(2 \times 15 \mathrm{~m})-(2 \times 20 \mathrm{~m})-(2 \times 25 \mathrm{~m})$
- 5' recovery
- Set 2 (left turn):
$(2 \times 5 \mathrm{~m})-(2 \times 10 \mathrm{~m})-(2 \times 15 \mathrm{~m})-(2 \times 20 \mathrm{~m})-(2 \times 25 \mathrm{~m})$

- In total, this exercise takes $15^{\prime}$. The total sprint distance is 300 m .
* Cool down -5 ' jogging and walking, followed by 10 ' static stretching.

Total duration: $50^{\prime}$
Sun. 18 $8^{\text {th }}$ : If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

## WEEK 52 from Monday $19^{\text {th }}$ to Sunday $25^{\text {th }}$ of December <br> Macrocycle V, week 5 (Training week 29)

| $\frac{\text { Mon. } 19^{\text {th }}:}{\text { Tr. } 110}$ | * Act. Rec. | - 50' recovery session in a fitness centre, including st. stretching |
| :---: | :---: | :---: |
| Tue. $20^{\text {th }}$ :$\text { Tr. } 111$ | * Low Int. | $-5^{\prime}$ jogging slowly building up to $70 \% \mathrm{HR}_{\text {max }}( \pm 1 \mathrm{~km}$ ). |
|  | * Warm up | -20' jogging, mobilisation and dynamic stretching. |
|  | * Strength | -15' strength, core stability and injury prevention exercises. |
|  | * High Int. | - Set 1: |
|  |  | -20 " at $90 \% \mathrm{HR}_{\text {max }}$, followed by 20 " active recovery (jogging) <br> $-40^{\prime \prime}$ at $90 \% \mathrm{HR}_{\text {max }}$, followed by $40^{\prime \prime}$ active recovery (jogging) |
|  |  | -60" at $90 \% \mathrm{HR}_{\text {max }}$, followed by 60 " active recovery (jogging) |
|  |  | - 90 " at $90 \% \mathrm{HR}_{\text {max }}$, followed by 90 " active recovery (jogging) |
|  |  | -60" at $90 \% \mathrm{HR}_{\text {max }}$, followed by 60 " active recovery (jogging) |
|  |  | -40" at $90 \% \mathrm{HR}_{\text {max }}$, followed by 40 " active recovery (jogging) |
|  |  | -20 " at $90 \% \mathrm{HR}_{\text {max }}$, followed by 20 " active recovery (jogging) |
|  |  | - All together, this first set takes 11 '. |
|  |  | - 2' recovery |

- Set 2: again the same exercise ( $11^{\prime}$ ).
- All together, this exercise takes $27^{\prime}\left(11^{\prime}+2^{\prime}\right.$ recovery $\left.+11^{\prime}\right)$.
* Cool down -5 ' jogging and walking, followed by 10 ' static stretching.

Total duration: 79'
Wed. $21^{\text {st. }}$
Thu. $22^{\text {nd. }}$ * Low Int
Tr. 112

* Warm up $\quad-20$ ' jogging, mobilisation and dynamic stretching.
* Strength $\quad-15$ ' strength, core stability and injury prevention exercises.
* Agility - ' $T$ '- drill for Referees:
- Set 1: Referees sprint forwards as indicated in the figure: 10 m straight forwards from cone $A$ to cone $B$, turn around cone $B$, continue sprinting forwards to cone C , turn around cone C , continue sprinting forwards to cone D , turn around cone D , continue sprinting forwards to cone $B$, turn around cone $B$ and continue sprinting through the finish. Reference time is $9.8^{\prime \prime}$.
- 1' recovery, 3 reps.

[^5]- Set 2: Again 3 reps with 1' recovery in between, but Referees now start on the left side instead of the right side.

- ARs do 4 reps of the CODA exercise:
- Sprint 10 m (one foot lined up 0.5 m in front of cone A ) from cone $A$ to $B$, then sideways left 8 m from cone $B$ to $C$, the sideways right 8 m from cone C to D , sprint back to the finish line.
- The reference time is $9.8 ": 4$ reps in total
( 2 x starting sideways running with the $L$ leg \& 2 x starting R leg)

- 3' recovery
* Speed End. - 'Diagonal Run’ exercise, 6 laps of 1'15" or 12 accelerations each:
$-90 \% \mathrm{SP}_{\text {max }}$ along the diagonal line, jogging along the penalty area, $90 \% \mathrm{SP}_{\max }$ along the diagonal line, jogging along the penalty area.

- 4' recovery
- All together these exercises take $22^{\prime}$ ( $6^{\prime}$ exercise 1,3 ' recovery, $7^{\prime} 5$ exercise 2, 4' recovery).
* Cool down $\quad-5$ ' jogging and walking, followed by 10 ' static stretching.

Total duration: ${ }^{\prime}{ }^{\prime}$

Fri. $23^{\text {rd }}$ :
Sat. 24 ${ }^{\text {th. }}$ : Warm up
Tr. 113

* Speed


## REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- Set 1: Perform 5 laps of the next exercise in the penalty area.

- Once the 5 laps (or 10 sprints of 16 m ) have been completed, take a 5 ' recovery, stretching and drinking break.
- Then perform another 5 laps.
- The total exercise time is $15^{\prime}$. The total sprint distance is 320 m .
* Cool down -5 ' jogging and walking, followed by 10 ' static stretching.

Total duration: 50'

Sun. $25^{\text {th }}$ : If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, or tennis.

WEEK 53 from Monday $26^{\text {th }}$ of December to Sunday $1^{\text {st }}$ of January Macrocycle V, week 6 (Training week 30)

For the week between Christmas and New Year, there will be a winter break in a number of European countries. Therefore, a training programme will not be provided. Just listen to your own body. If you require a few days of rest, then take a break and enjoy your days with your family and friends. If you are willing to practice, then the goal is to practice this last week of the year at $80 \%$ $H R_{\text {max }}$, i.e. on Monday (Tr. 114), and Saturday $\pm 40 \mathrm{~min}$ (Tr. 116).

The medium intensity training session on Wednesday is more intermittent. For every 5' of running, 2 tempo runs have to be done: in the middle a 50 m tempo run, and towards the end of the 5 ' period a 100 m tempo run has to be covered. Over the total 50' run, 20 accelerations have to be done, i.e. 10 of 50 m and 10 of 100 m .

From the first week of January on, the training sessions will be designed over the next 6 weeks in a progressive way in such a way that the referees will be top-fit for the second half of the competitive season in the domestic leagues and the European competitions in February.

MERRY CHRISTMAS AND A HEALTHY, HAPPY AND PROSPEROUS NEW YEAR!
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[^1]:    W. Helsen T+3216329068 F +32 16329197 M +32 477425534 E werner.helsen@kuleuven.be p. 4

[^2]:    W. Helsen T + 3216329068 F + $3216329197 \quad$ M + 32477425534 E werner.helsen@kuleuven.be p. 6

[^3]:    * Cool down -5 ' jogging and walking, followed by 10' static stretching.

[^4]:    W. Helsen T + 3216329068 F +32 $16329197 \quad$ M +32 $477425534 \quad$ E werner.helsen@kuleuven.be p. 15

[^5]:    W. Helsen T + 3216329068 F +32 $16329197 \quad$ M +32 $477425534 \quad$ E werner.helsen@kuleuven.be p. 19

