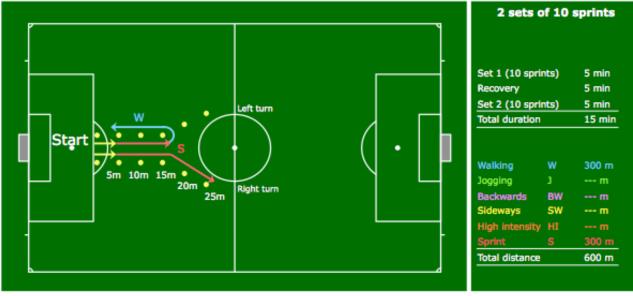


WEEK 41 from Monday 9th to Sunday 15th of October Macrocycle IV, week 1 (Training week 19)

<u>Mon. 9th:</u> Tr. 70	* Act. Rec.	- 50' recovery session in a fitness centre, including st. stretching.
<u>Tue. 10th:</u> Tr 71	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (<u>+</u> 1 km).
11.71	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* Speed/Agility	- short sprints from a dynamic position (heel lifts, knee lifts,).
		- <u>Set 1 (right turn):</u> (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)
		- Recovery: 5 min
		- <u>Set 2 (left turn):</u> (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)



- In total, this exercise takes 15'. The total sprint distance is 300 m.

- * High Int. Yo-Yo dynamic using the audio beeps of the IR run, level 1
- The cones must be set out as illustrated in the diagram below. It is important that the colours (i.e. red and yellow) are placed accurately and that the distance between the red and yellow cones is exactly 20 meters. Referees may start from the yellow or red cones. It is recommended that the test be run in groups comprising no more than two referees starting from each cone.

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2. Referees starting from a yellow cone should run to a red cone, turn and continue to the next yellow cone. Each run is interspersed by a recovery period.

3. Referees starting from a red cone should run to a yellow cone, turn and continue to the next red cone. Each run is interspersed by a recovery period.

4. The audio file will dictate the pace of the runs and the length of the each recovery period. Referees must keep pace with the audio file until they have reached the required recommended level.

5. If a referee fails to place a foot on the 'finish cone' on time, they should receive a clear warning from the test leader. If a referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.

- International and category 1: level 18-8 / 2,040 metres
- Category 2: level 18-5 / 1,920 metres

TARGETS for MEN

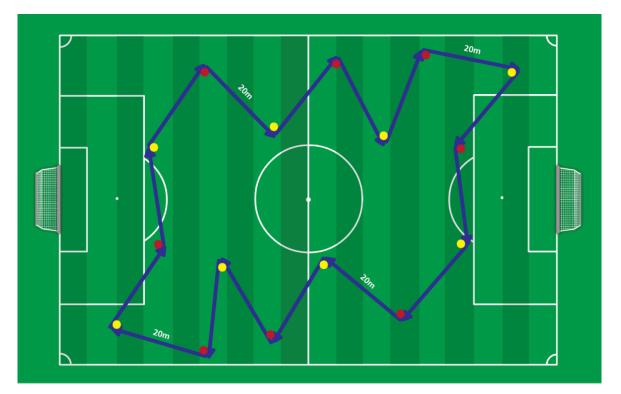
- International and category 1: level 17-8 / 1,720 metres

TARGETS for WOMEN

- Category 2: level 17-5 / 1,600 metres

- Lower category: level 18-1 / 1,760 metres

- Lower categories: level 16-8 / 1,400 metres

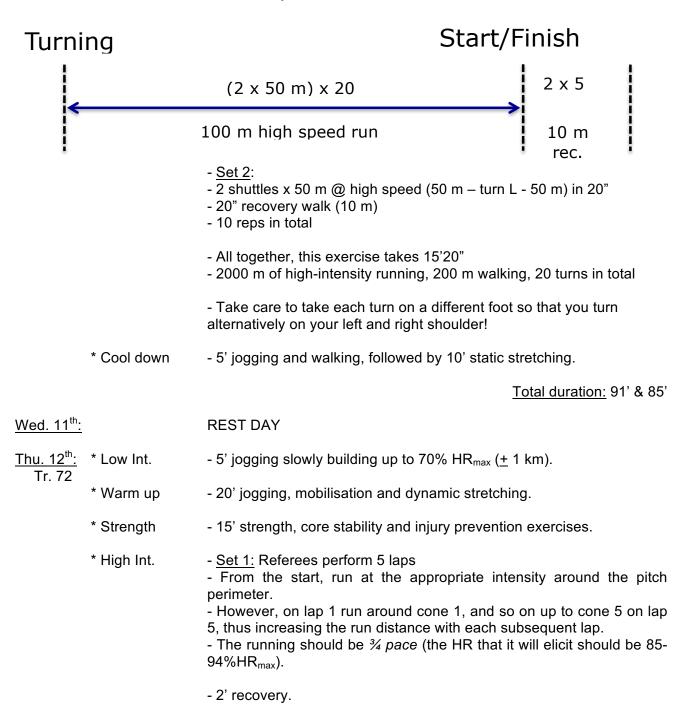


* High Int. ARs - Yo-Yo based exercise as follows (by preference on natural grass):

- <u>Set 1:</u>
- 2 shuttles x 50 m @ high speed (50 m turn L 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

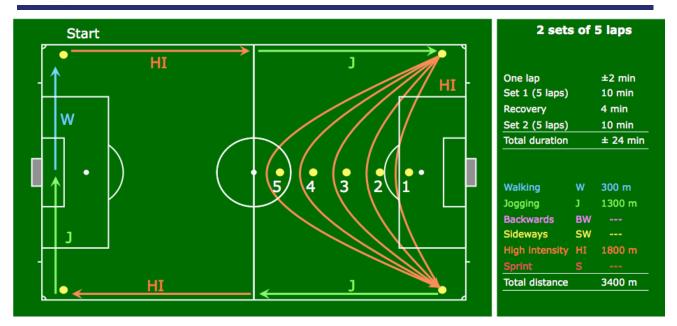


- 3' recovery





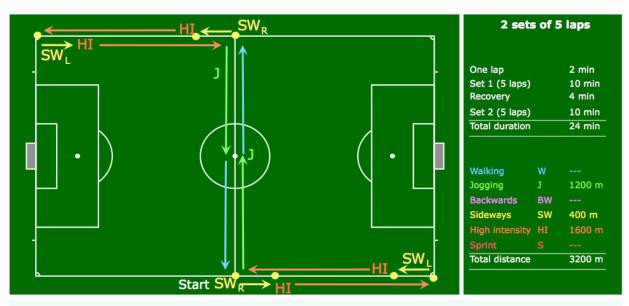
Performance Training in Football Refereeing Weekly Training Plan



- <u>Set 2:</u>

- However, on lap 1 start with cone 5, and on lap 5 finish with cone 1, thus decreasing the run distance with each subsequent lap.

- This exercise takes $\pm 22'$ (10' Set 1 + 2' recovery + 10' Set 2).
- * HI for ARs While the referees perform their 2 sets of the HI exercise, the next HI exercise can be considered for the assistant referees.



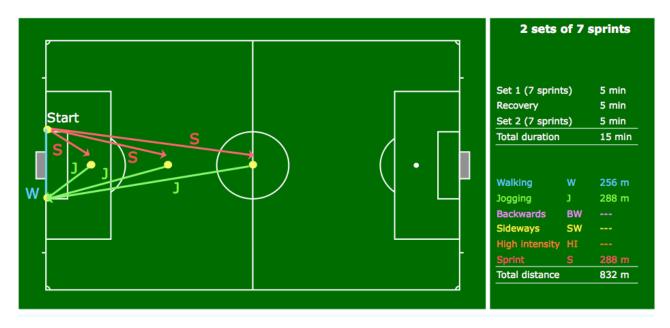
Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 5 laps of the same exercise.

VEFA		Performance Training in Football Refereeing Weekly Training Plan
	* Match	- 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		Total duration: 87'
<u>Fri. 13th:</u>		REST DAY
<u>Sat. 14th:</u> Tr. 73	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Speed	 Set 1: 1) 11 m sprint, 11 m jogging, walking to the start, 4 reps 2) 25 m sprint, 25 m jogging, walking to the start, 2 reps 3) 50 m sprint, 50 m jogging, walking to the start, 1 rep
		- 5' recovery and stretching.

- Followed by a 2nd Set of 7 sprints.



- The total exercise time is 15'. The total sprint distance is 288 m.
- * Cool down 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 50'

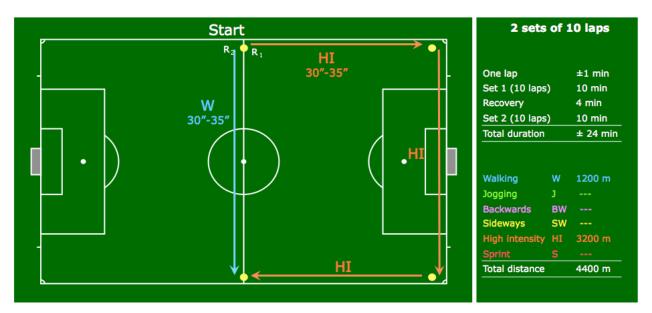
<u>Sun. 15th:</u> If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 42 from Monday 16th to Sunday 22nd of October Macrocycle IV, week 2 (Training week 20)

<u>Mon. 16th:</u> Tr. 74	* Act. Rec.	- 50' recovery session in a fitness centre, including st. stretching.
<u>Tue. 17th:</u> Tr. 75	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (<u>+</u> 1 km).
11.75	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* High Int.	- <u>Set 1:</u> Referee 1 performs a HI run clockwise from the midline to the corner flag, then across the goal line to the other corner flag, and finally to the other side of the midline. In the meantime, Referee 2 has to cross the midline by walking or jogging. He has to arrive at the other side when Referee 1 arrives. When they meet, their roles change, i.e. Referee 2 performs a HI run counter-clockwise the same trajectory, while Referee 1 recovers by walking / jogging back to the starting position. The second set of the HI-runs starts on the other side of the field so that referees have to take the turns on the other shoulder. All together this exercise is done 5 full laps, or 10 HI-runs for each of the referees.

All together, this first run takes \pm 10' (1600 m HI running alternated with 600 m recovery for each referee).



- 2' recovery.
- <u>Set 2:</u> perform another 5 full laps (or 10 HI-runs for each).

- All together this exercise takes <u>+</u> 22'. (10' Set 1 + 2' recovery + 10' Set 2)



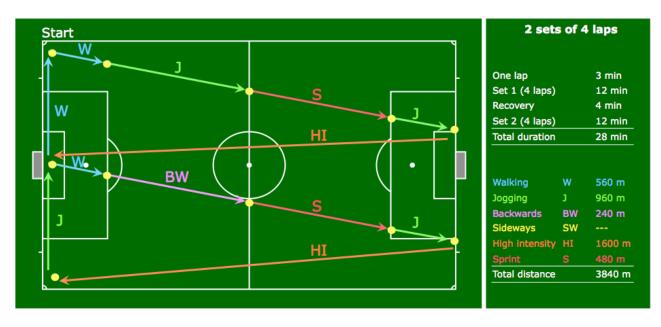
* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 77'

Wed. 18th:

REST DAY

- <u>Thu. 19th:</u> * Low Int. 5' jogging slowly building up to 70% HR_{max} (+ 1 km). Tr. 76
 - * Warm up 20' jogging, mobilisation and dynamic stretching.
 - * Strength 15' strength, core stability and injury prevention exercises.
 - * High Int. Submaximal Yo-Yo from the start until 15:8 for Referees and ARs.
 - * Speed End. Field exercise: <u>Set 1:</u> 4 laps of <u>+</u> 3' each.
 - 4' recovery.



- Field exercise: <u>Set 2:</u> again_4 laps of <u>+</u> 3' each.

- All together this exercise takes <u>+</u> 28'. (12' Set 1 + 4' recovery + 12' Set 2)
- * SE for ARs While the referees perform their 2 sets of the SE exercise, the next SE exercise can be considered for the assistant referees.



P		P	2 sets	s of 8	laps
			One lap Set 1 (8 laps) Recovery Set 2 (8 laps) Total duration		45 sec 6 min 4 min 6 min 14 min
			Walking	w	
	\rightarrow		Jogging Backwards	ן BW	800 m
			Sideways	sw	480 m
			High intensity	HI	
	<	J	Sprint		640 m
	Start SW _R S	SW	Total distance		1920 m

* Cool down

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

Total duration: 93'



- Set 2: Centre circle sprint, 5 x from start to finish (5').

- The total exercise time is 15'. The total sprint distance is 360 m.



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

Total duration: 50'

<u>Sun. 22nd:</u> 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,...).

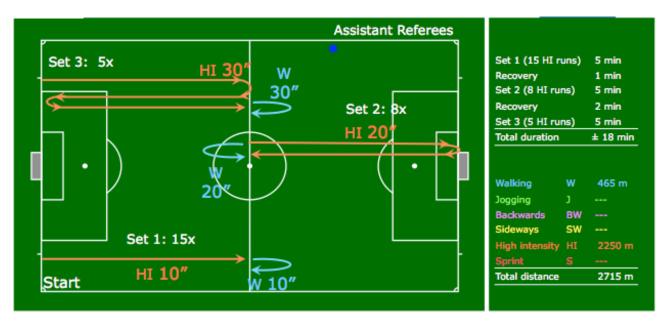


WEEK 43 from Monday 23rd to Sunday 29th of October Macrocycle IV, week 3 (Training week 21)

<u>Mon. 23rd:</u> Tr. 78	* Act. Rec.	- 50' re	ecovery session in a	fitness centre, in	cluding st. s	stret	ching.
<u>Tue. 24th:</u> Tr. 79	* Low Int.	- 5' jog	ging slowly building	up to 70% HR _{ma} ,	(<u>+</u> 1 km).		
Ir. 79	* Warm up	- 20' jo	gging, mobilisation	and dynamic stre	tching.		
	* Strength	- 15' st	rength, core stabilit	y and injury preve	ntion exerc	ises	i.
	* High Int.	- <u>Refer</u>	ees:				
					3 sets o	of 5 I	HI runs
- Set 3	Start 5x		HI 45"		Set 1 (5 HI run Recovery Set 2 (5 HI run Recovery Set 3 (5 HI run Total duration	ns)	2.5 min 1 min 5 min 2 min 7.5 min ± 18 min
Set 2: W	30"				Walking Jogging Backwards Sideways High intensity Sprint	W J BW SW HI S	465 m 2250 m
				W 15″	Total distance		2715 m

* High Int.

- Assistant Referees:



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- 2' recovery

- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

Wed. 25 th :		REST DAY
<u>Thu. 26th:</u> Tr. 80	* Low Int.	- 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* Speed End.	- <u>Set 1:</u> Field exercise for both REFs and ARs, 5 laps of <u>+</u> 2' each.

Each diagonal run is performed at minimum 95% SP_{max} .

	2 sets of 5 l	aps
S BWYSW	One lap Set 1 (5 laps) Recovery Set 2 (5 laps) Total duration Walking W Jogging J Backwards BW Sideways SW	2 min 10 min 4 min 10 min 24 min 24 min 650 m 1400 m 200 m
		1450 m
		3700 m

- 4' recovery.
- <u>Set 2</u>: Field exercise, 5 laps of <u>+</u> 2' each.
- All together, this exercise takes 24' (including recovery).
- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 89'

Fri. 27th:

REST DAY

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<u>Sat. 28th:</u> Tr. 81	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
-	* Speed	 <u>Set 1:</u> Sprint exercise with 12 sprints in total: (1) Sprint for 10 m, then walk for 30 m. (2) Sprint for 20 m, then walk for 20 m. (3) Sprint for 30 m, then walk for 10 m. (4) Sprint for 40m.
		- 2' recovery, stretching, and drinking break.
		- <u>Set 2:</u> Now start first with 40 m and then work down to 10 m.

- 2' recovery, stretching, and drinking break.
- 3 sets of 1 lap 20m Set 1 (1 lap) 2 min W Start Recovery 2 min Set 2 (1 lap) 2 min M 2 min Recovery w Set 3 (1 lap) 2 min Total duration 10 min 420 m Walking W Jogging W Backwards BW Sideways SW Total distance 720 m
- -<u>Set 3:</u> Now repeat Set 1.

- The total exercise time is 15'. The total sprint distance is 300 m.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

<u>Sun. 29th:</u> 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,...).

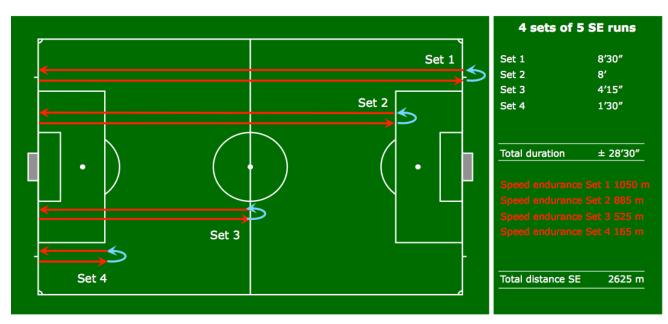


WEEK 44 from Monday 30th of October to Sunday 6th of November Macrocycle IV, week 4 (Training week 22)

<u>Mon. 30th:</u> Tr. 82	* Act. Rec.	- 50' recovery session in a fitness centre, including st. stretching.
<u>Tue. 31st:</u> Tr. 83	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (<u>+</u> 1 km).
11.05	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* High Int.	 <u>Set 1:</u> takes 12' (8' HI running & 4' recovery jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging) 40" at 90% HR_{max}, followed by 20" active recovery (jogging) 60" at 90% HR_{max}, followed by 20" active recovery (jogging) 2' at 90% HR_{max}, followed by 1' active recovery (jogging) 2' at 90% HR_{max}, followed by 20" active recovery (jogging) 60" at 90% HR_{max}, followed by 20" active recovery (jogging) 2' at 90% HR_{max}, followed by 20" active recovery (jogging) 60" at 90% HR_{max}, followed by 20" active recovery (jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
		- 2' recovery.
		 <u>Set 2:</u> again 12' (8' HI running & 4' recovery jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging) 40" at 90% HR_{max}, followed by 20" active recovery (jogging) 60" at 90% HR_{max}, followed by 20" active recovery (jogging) 2' at 90% HR_{max}, followed by 1' active recovery (jogging) 2' at 90% HR_{max}, followed by 1' active recovery (jogging) 60" at 90% HR_{max}, followed by 20" active recovery (jogging) 2' at 90% HR_{max}, followed by 20" active recovery (jogging) 60" at 90% HR_{max}, followed by 20" active recovery (jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging) 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
		- All together, this exercise takes 12' + 2' recovery + 12' = 26'
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
		Total duration: 81'
Wed. 1 st :		REST DAY
<u>Thu. 2nd:</u> Tr. 84	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (<u>+</u> 1 km).
۱ſ. ð4	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* Speed End.	- Each run is performed at minimum 95% SP _{max} .
		- Between each set, there is a 2' active recovery.



- <u>Set 1</u>:
- From goal line to goal line and back (± 40")
- 1' recovery
- Repeat 5 x
- Total duration is 8'30" (incl. recovery time)
- <u>Set 2</u>:
- From goal line to opposite penalty area and back (± 35")
- 1' recovery
- Repeat 5 x
- Total duration is 8' (incl. recovery time)



- <u>Set 3:</u>
- From goal line to mid line and back (± 20")
- 30" recovery
- Repeat 5 x
- Total duration is 4'15" (incl. recovery time)
- <u>Set 4:</u>
- From goal line to penalty area and back (± 6")
- 10" recovery
- Repeat 5x
- Total duration is 1'30" (incl. recovery time)

- All together, this exercise consists of 20 speed endurance runs and the duration of the total exercise is \pm 28'30".

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



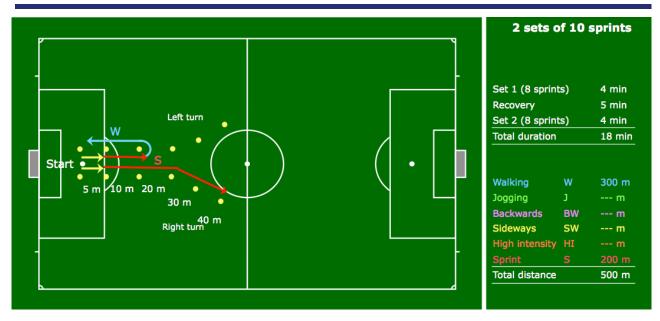
94'

P		9	2 sets of 4	laps	
			One lap Set 1 (8 laps) Recovery Set 2 (8 laps) Total duration	2 min 8 min 4 min 8 min 20 min	
	•)	Start S SW	WalkingWJoggingJBackwardsBWSidewaysSWHigh intensityHISprintSTotal distance	640 m 240 m 600 m 1480 m	
	* Match	- 10' of match play or 10' of medium intens	sity jogging (80%	6 HR _{max})	
	* Cool down	- 5' jogging and walking, followed by 10' st	atic stretching.		
			Total	duration:	
<u>Fri. 3rd:</u>		REST DAY			
Sat. 4 th :	* Warm up	- 20' jogging, mobilisation and dynamic str	etching.		
Tr. 85	* Speed	- Short sprints from a dynamic position (heel lifts, knee lifts,).			
		- <u>Set 1 (right turn):</u> (2 x 10 m) - (2 x 20 m) - (2 x 30 m) - (2 x 4	0 m)		

- 5' recovery

- <u>Set 2 (left turn):</u> (2 x 40 m) - (2 x 30 m) - (2 x 20 m) - (2 x 10 m)





- In total, this exercise takes 15'. The total sprint distance is 300 m.

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

Total duration: 50'

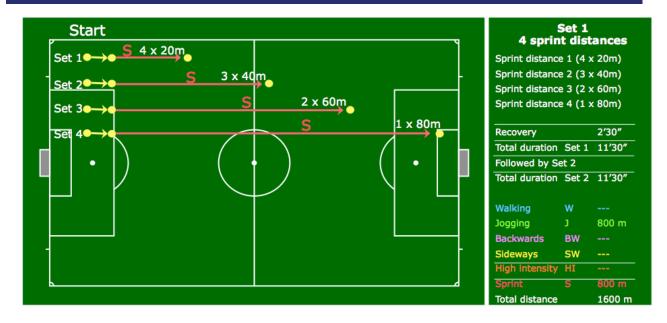
<u>Sun. 5th:</u> If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 45 from Monday 6th to Sunday 12th of November Macrocycle IV, week 5 (Training week 23)

<u>Mon. 6th:</u> Tr. 86	* Act. Rec.	- 50' recovery session in a fitness centre, including st. stretching.
<u>Tue. 7th:</u> Tr. 87	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (<u>+</u> 1 km).
11.07	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* RSA - <u>Set</u>	 <u>1:</u> using a dynamic start over a 5m course: > 4 maximal 20 m sprints (<u>+</u> 3") with 20" active recovery (walking back) > 3 maximal 40 m sprints (<u>+</u> 6") with 40" active recovery (walking back) > 2 maximal 60 m sprints (<u>+</u> 9") with 1' active recovery (walking back) > 1 maximal 80 m sprint (<u>+</u> 12") with 1'20" active recovery (walking back) > Jog 1 lap of the pitch (<u>+</u> 2'30") > Duration <u>Set 1</u>: <u>+</u> 11'30"
		 1 maximal 80m sprint (<u>+</u> 12") with 1'20" active recovery (walking back)
		 2 maximal 60 m sprints (<u>+</u> 9") with 1' active recovery (walking back) 3 maximal 40 m sprints (<u>+</u> 6") with 40" active recovery (walking back)
		 > 4 maximal 20 m sprints (<u>+</u> 3") with 20" active recovery (walking back) > Jog 1 lap of the pitch (<u>+</u> 2'30") > Duration Set 2: + 11'30"





- The total duration of this RSAeed session is \pm 23' including 5' active recovery.

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

Total duration: 78'

Wed. 8 th :		REST DAY
<u>Thu. 9th:</u> Tr. 88	* Low Int.	- 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km).
11.00	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* Speed End.	- <u>Set 1:</u> Field exercise, 5 laps or 10 high speed runs and 10 accelerations to minimum 95% SP _{max} , starting at either one of the starting positions. This first run will take \pm 11'.
		- 4' recovery.
		- <u>Set 2:</u> Field exercise, again 5 laps or 20 high speed runs - Again, this second run will take <u>+</u> 11'.



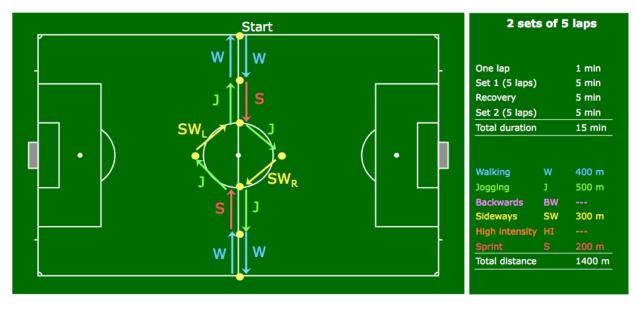
Performance Training in Football Refereeing Weekly Training Plan

	Start	2 sets	s of 5 laps
W C	Acceleration to sprint	One lap Set 1 (5 laps) Recovery Set 2 (5 laps) Total duration Walking Jogging Backwards Sideways High intensity Sprint Total distance	2' 20" 11 min 4 min 11 min 26 min 3 1700 m 3 1700 m 8W SW HI 1200 m 5 1200 m 4700 m

- All together, this exercise takes 11' + 4' recovery + 11' = 26'.
- The total distance covered in both HI and SE running is 1250 m.
- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 91'

<u>Fri. 10th:</u>		REST DAY
<u>Sat. 11th:</u> Tr. 89	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
11.00	* Speed	- <u>Set 1</u> : Centre circle sprint, 5 x from start to finish (5').



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- 5' recovery and stretching.
- <u>Set 2</u>: Centre circle sprint, 5 x from start to finish (5').
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

<u>Sun. 12th:</u> 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,...).



WEEK 46 from Monday 13th to Sunday 19th of November Macrocycle IV, week 6 (Training week 24)

<u>Mon. 13th:</u> Tr. 90	* Act. Rec.	- 50' recovery sess	sion in a fitness cen	tre, including st. stretching.	
<u>Tue. 14th:</u>	* Low Int.	- 5' jogging slowly	building up to 70%	HR _{max} (<u>+</u> 1 km).	
Tr. 91	* Warm up	- 20' jogging, mobilisation and dynamic stretching.			
	* Strength	- 15' strength, core	e stability and injury	prevention exercises.	
	* Speed/Agility	- <u>Set 1:</u> 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.			
	Starting/	finishing line			
	1.5 metres	s 10 metres	10 metres	10 metres	
	Movements:				
	Forwards	Backwards	Sdeways to left	Sideways to right	
	- 2' recovery, stretching and drinking break.				
	- Perform a 2 nd set of this exercise (4 reps).				
		- 2' recovery, strete	ching and drinking	break.	
		- The total duratior including 5' active	n of this speed/agilit recovery.	ty session is <u>+</u> 16'	



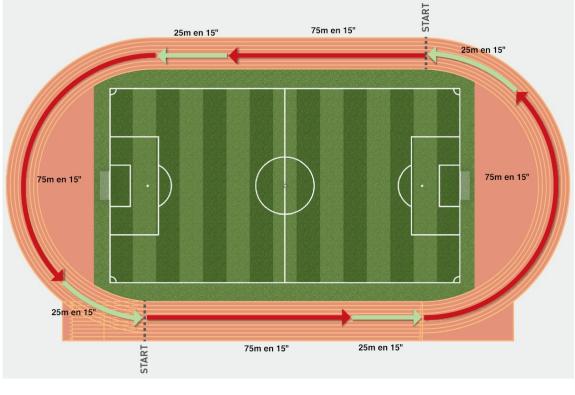
* Maximal Aerobic Training either on a track or on a field of play (VO₂max Training).

- On the first whistle, referees and assistant referees have to cover 75 m in 15" from any starting position. Then there is 15" to cover 25 m walking. On the next whistle, referees have to run again 75 m in 15", followed by 25 m of deceleration and walking in 15".

- This sound file is available in the TopSportsLab Library under the heading Testing > Media.

- One lap consists of 4 interval runs followed by 4 recovery walks.

All together, the exercise consists of 10 laps resulting in 40 tempo runs, each followed by a 15" deceleration and walking period.



- Referees and ARs 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 VO₂max exercise is 20'.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 91'

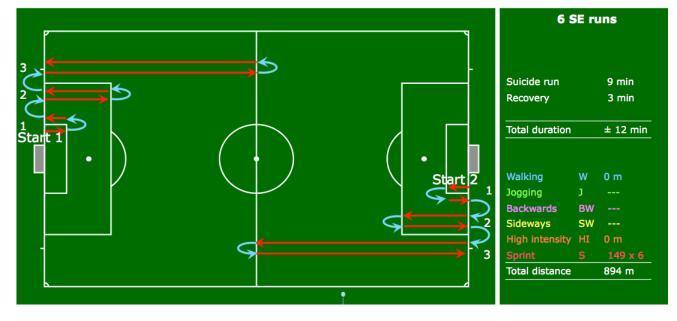
1 km).

<u>Wed. 15th:</u>	REST DAY		
<u>Thu. 16th:</u> * Low Int. Tr. 92	- 5' jogging slowly building up to 70% ${\sf HR}_{\sf max}$ (+ $^{\prime}$		



- * Warm up 20' jogging, mobilisation and dynamic stretching.
- * Strength 15' strength, core stability and injury prevention exercises.
- * Speed End. <u>'Suicide run':</u>
 - 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" (very good), < 30" (good).

In case of group sessions, 2 starting positions can be used (i.e. figure).



- 4' recovery.

* Speed End. - <u>Just 1 Set of 5 laps:</u> 'Referee run': 10'



			2 sets of 5 laps		
	BW 1 Min 95% 🕵		One lap Set 1 (5 laps) Recovery Set 2 (5 laps) Total duration		2 min 10 min 4 min 10 min 24 min
		·	Walking Jogging	w ว	500 m 800 m
w	,• <i>k</i>		Backwards Sideways High intensity	BW SW HI	200 m m
- Min 95% S	. //	-	Sprint	S	800 m
🕐 🕐 🖓 💭			Total distance		2300 m

- 3' recovery
- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.
- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

<u>Fri. 17th:</u>

Sat. 18th:

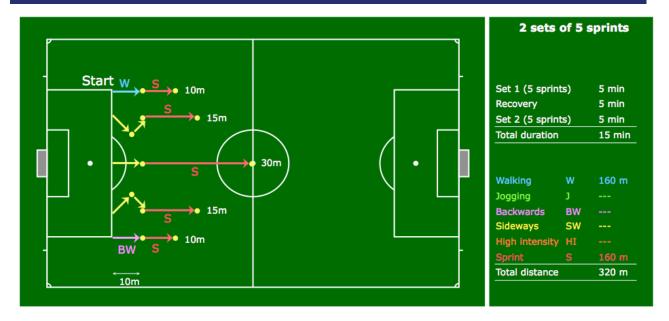
REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- Tr. 93 * Speed/Agility

* Warm up

- <u>Set 1:</u>
- 5 x sprints as illustrated below
- Slow walk back to the start after each sprint
- Start each run on every 60"
- 5' recovery and stretching





- <u>Set 2</u>:
- Repeat Set 1
- The total duration is 15', with the total sprint distance being 320 m.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

<u>Sun. 19th:</u> 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,...).