

Training plan – January 2018

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May every day of the new year glow with good cheer & happiness for you & your family!

Happy New Year!

Happy new year * 明けましておめでとう * Bonne année * Gelukkig Nieuwjaar * Feliz Año Nuevo * Frohes neues Jahr * Felice Anno Nuovo * 新年快乐 * Gott Nytt År * An Nou Fericit * Šťastný nový rok * Chúc Mừng Năm Mới * メリンター * Selamat Tahun Baru * Ευτυχισμένος ο καινούριος χρόνος * 州 해 복 많이 받으세요 * Szczęśliwego nowego roku * नव वर्ष की शुभकामनाएँ * Feliz Ano Novo * godt nytt år * Hyvää uutta vuotta



Objectives & Planning

- Healthy, Happy, Sportive and Prosperous New Year!
- 2017 has been a special year with the start Route to France 2019! The pre-selection open list, the follow-up of all candidates via a re-introduction of Topsportslab and the use of RefAssiST.
- As well the FIFA requirements have been upgraded and the general fitness check battery imposed (Explosive strength, Body Fat %, Basic strength (CORE), Flexibility, ...).
- A more personal support system with 6 fitness coaches was introduced and proved his great value.
- Recently the pre-selection list was slightly reduced. It's a first indication but it's still an open list!
- 2018 will be a highly important year with the seminar, the U-20 France and U17 Uruguay! Take your
 personal opportunity! Work hard on the field, train well, inform us adequately!
- The focus in January is a combination of endurance 'build-up' and preparation for the upcoming FIFA
 fitness tests in many confederations and member associations. In general the January training should
 give a good base for the rest of the season.
- (For the UEFA referees, the preparation makes it still possible to prepare your Winter Course.)



Objectives & Planning

- Extra information:
- The training plan has been organized to a typical week that involves only one match on the weekend. If you have another match or mid-week match – please discuss this plan with your local coach and adjust for you needs.
- We recommend that all training sessions are supervised by your personal (or national) fitness coach.
- Dedicate special attention to injury prevention exercises on each training session.
- If you have any muscular complains or some form of injury do not resume normal training session contact your local physiotherapist, fitness coach put the info in Topsportslab (medical) and inform us via RefAssiST and inform FIFA medical.
- Take care about regular recovery program (massage etc.).
- During all trainings take care about proper running technique!

Examples of alternative week plans:

Mon	normal 1: CORE	<u>normal 2:</u> AR	<u>alternative:</u> AR	2 games/week: SE/RSA
Tue	Agi / HI	Agi / HI	Rest	Rest
Wed	Rest	Rest	Agi / HI	S
Thu	Str / SE/RSA	Str / SE/RS	SA Rest	Game
Fri	S	S	Str / SE/	RSA AR
Sat	Game	Game	S	S
Sun	AR	CORE	Game	Game

- Enjoy your next exiting game!
- Fitness team



Warming Up & Cooling Down

Each training should start with a good warm up!

- Warming up (min. 20 min)
 - Low intensity (LI)
 - 5' run between 60-75% HRmax (appr. 1 km)
 - Warm up (WU) with mobilisation exercises
 - 20' extensive warm up, mobilisation and stretching

Every training should end with some jogging - CORE exercises and stretching.

- Cooling down (20 min)
 - Cool down
 - 5' jogging and walking, followed by 10' extensive stretching
 - CORE
 - 5' basic CORE exercise as plank and side-plank



FIFA

Week 1

With the winter break in a lot of countries, we offer you a 'relax week'. 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 feel free to practice at 76 to 85% HRmax (= medium intensity).

•	Monday	Happy New Year
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- Tuesday
 MI
 - MI-endurance run / jogging total time: 70 min
- Wednesday Rest
- Thursday MI
 - MI-endurance run / jogging total time: 75 min
- Friday Rest
- SaturdayS
 - Extra speed work total time: 55 min
- Sunday CORE
 - Extra CORE & basic strength exercises total time: 50 min

Monday: REST day - New Year - ...





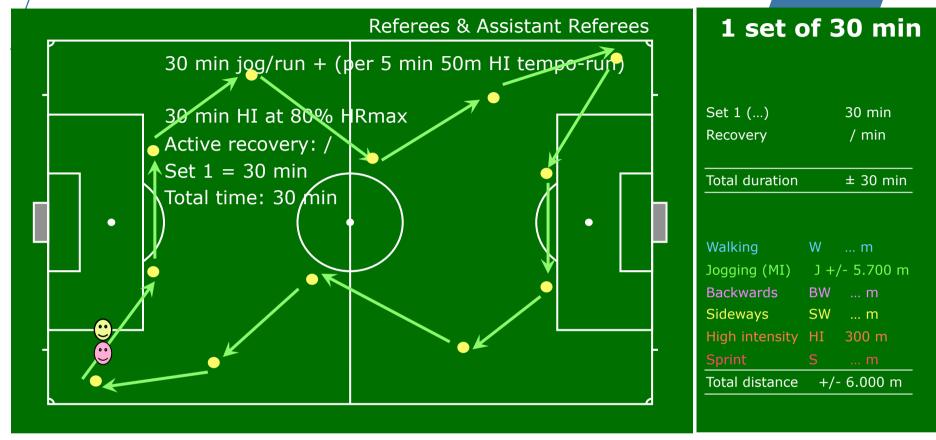






Tuesday: Medium Intensity exercise





The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any 'sportive' surface as grass, forest, hard sand,

Set 1: 30 min at 80% HRmax (+- 6km). In the middle of **each 5 min** of running, a **tempo run over 50m** has to be covered at 90% SPmax, or 6 x 50m in total.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Tuesday: Medium Intensity exercise - alternative



Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min cycling at 70% HRmax.

Alternative INDOOR

- 'indoor-treadmill'-workload:
 - The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax).
- Good to know!
 - Do not forget a nice warm up at the start and a cool down at the end!
 - The levels mentioned are just an indication. Adapt to your level and situation please.
 - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
 - The same exercise as outside can be done inside.

	MI-workload TREADMILL											
Level Time (min)										TOTAL TIME		
8												
9												
10												
11	5		5		5		5		5		5	6x
12												
13												
14												
15		0,15		0,15		0,15		0,15		0,15		5x
16				·		·		·		·		
												30,75

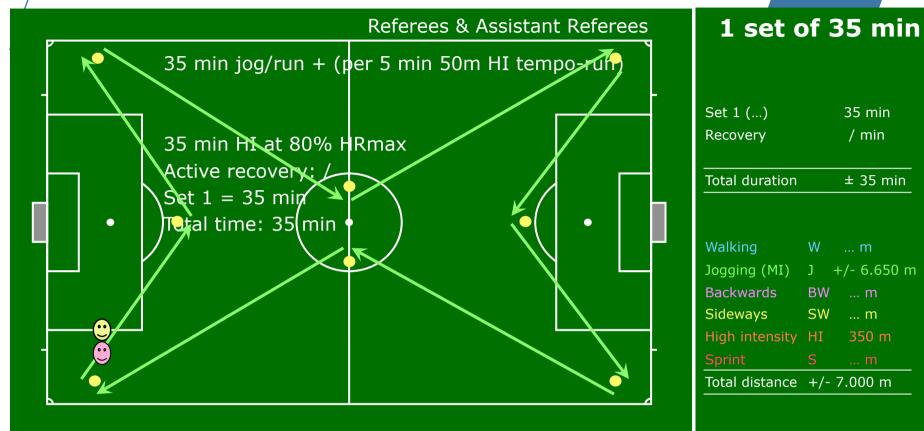
Wednesday: REST day





Thursday: Medium Intensity exercise





The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any 'sportive' surface as grass, forest, hard sand,

Set 1: 35 min at 80% HRmax (+- 7km). In the middle of **each 5 min** of running, a **tempo run over 50m** has to be covered at 90% SPmax, or 7 x 50m in total.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Thursday: Medium Intensity exercise – alternative



- Alternative OUTDOOR
 - Referees & Assistant Referees
 - Min. 80 min cycling at 70% HRmax.
- Alternative INDOOR
 - 'indoor-treadmill'-workload:
 - The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax).
 - Good to know!
 - Do not forget a nice warm up at the start and a cool down at the end!
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 - The same exercise as outside can be done inside.

 Proposal: If you jog on Tuesday – bike on Thursday or visaversa

	MI-workload TREADMILL											
Level	Time (min)										TOTAL TIME	
8												
9												
10												
11	5		5						5		5	7x
12												
13												
14												
15		0,15		0,15						0,15		6x
16												
												36,40

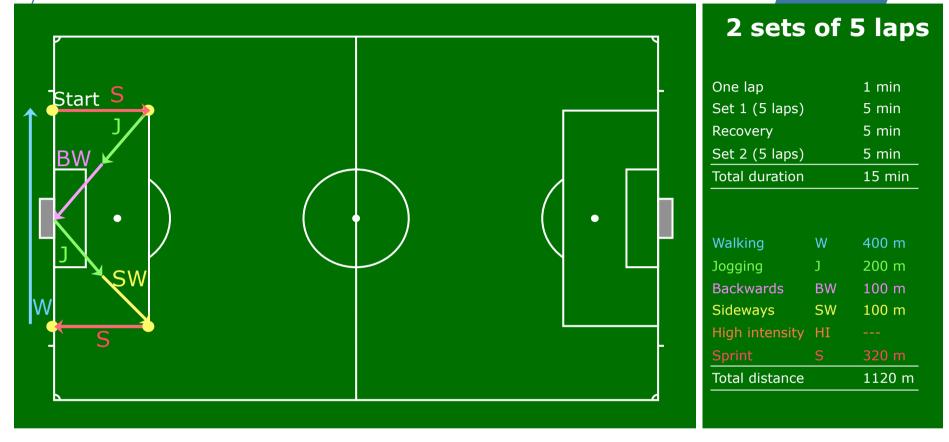
Friday: REST day





Saturday: Speed exercise





Set 1: Sprint exercise in the penalty area: sprint from starting position – jog – backpedal – jog – sideways – sprint – return by walking. 5 laps make 1 set.

Recovery: 4-5 min (also recovery after each sprint by walking back)

Set 2: Repeat the same exercise.

Variation: start with a fast movement before sprinting. For example: high knees + sprint

Note: Perform each sprint at 100%! Increase the power of the first 3-4 sprint steps.

The personal coach can ad a signal, for example a visual signal as in the game.

Sunday: CORE & basic strength exercises











Perform minimal the exercises below, you can do additional exercises if you like ...

- Lying on your Stomach with Arms Crossing and Legs Lift (back muscles)
 - Lie on your stomach. Lift your arms and legs up (+/- 15 cm above the ground).
 - Exercise: Alternately cross your arms.
 - Note that you always look to the ground!
 - 2 x 20 sec
- Cross country Skiing (m. quadriceps)
 - Balance on one leg. Weight on the mid part of your foot.
 - Exercise: Flex and extend the knee of the supporting leg and swing the arms in opposite directions in the same rhythm.
 - Do not let your knee cave inward.
 - 2 x 20 sec (each leg)
- Push-ups with Knee and Diagonal Hand Support (m. pectoralis)
 - Lie on your stomach. Place your hands diagonally. (Additionally you can put you on your knees)
 - Exercise: Push your body up and perform push-ups.
 - The body should be completely straight. Noise to the ground.
 - 2 x 10 reps (each side)
- Sit-ups on Swiss ball (m. abdominis)
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - 2 x 10 reps

Sunday: Alternative ... (weekend without game)



- Moment of rest or ...
- No game can also be a moment of training some weaknesses you might have: strength, agility, starting speed, injury prevention, ...
- Alternatively,
- Referees can also practice other intermittent sports they are familiar with (e.g., badminton, tennis, squash, or playing 5-aside soccer) to improve speed and agility.
- To improve aerobic endurance race biking or mountain biking are also nice possibilities.
- In general different activities are possible to benefit from complementary mental and physical stimulation.



FIFA°

Week 2

With only a short break the intensity goes up again in the second week.

Monday Rest

Tuesday S / Agi&Coo / MI

• Speed – reactive ex.

Agility & Coo icw Speed

MI-endurance run / jogging total time: 90 min

Wednesday Rest

• Thursday Strength / S / HI

Strength

Extra Speed!

HI-endurance run
 total time: 90 min

• Friday S

Speed work in preparation for the game total time: 60 min

Saturday GAME

• Sunday AR

Active recovery total time: 60 min

Monday: REST day





Tuesday: Speed – reactive exercises

'Reactive exercises' (CLIP 11 & CLIP 14)

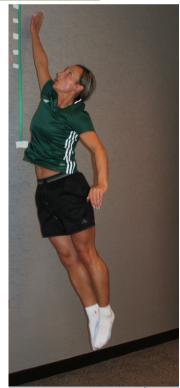
- High jumps with two knees together up (10x) + sprint
 - 3x 5 m; 3x 10 m; 3x 15 m
- Step up and down on one step (10x) + sprint upstairs 5 to 10 m
 - 5 reps

• NOTE:

- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.

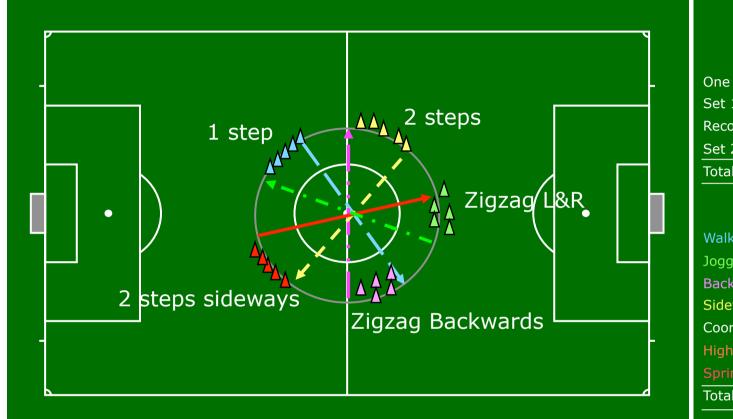
FIFA





Tuesday: Speed & Coordination exercise





2 sets	of 2	2 laps					
One lan		1 25 min					
One lap		1,25 min					
Set 1 (2 laps)		2,5 min 4 min					
	Recovery						
Set 2 (2 laps)		2,5 min					
Total duration		9 min					
Walking	W						
Jogging	J	160 m					
Backwards	BW						
Sideways	SW						
Coordination	Coo	100 m					
High intensity	HI						
Sprint	S	200 m					
Total distance		460 m					

Set 1: Combine 5 coordination exercises (5 m) with a sprint in the mid circle. Sprint 10 m and decelerate 8 m before starting the next coordination exercise. Make 2 reps of each. (*The picture indicates a bigger circle than the mid circle, but that's only to have a clear indication.*) The given exercises are just indications, you can choose other coordination exercises.

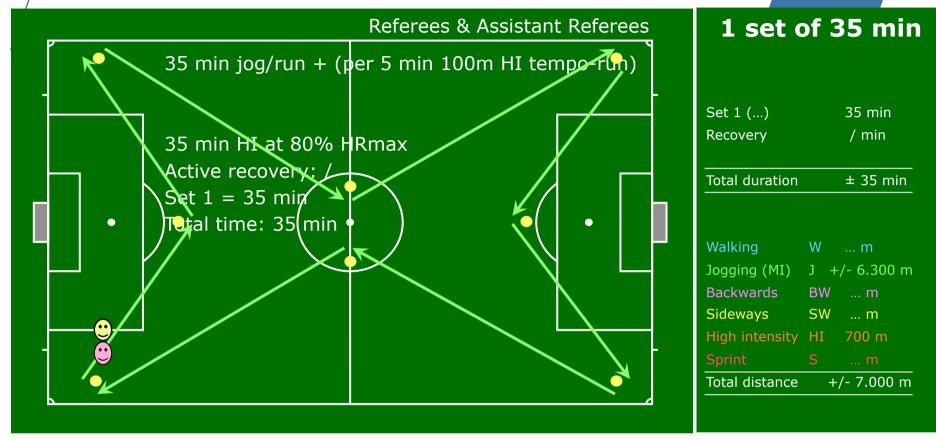
Recovery: 3 to 4 min active recovery in between sets

Set 2: Repeat the same exercise.

In total 20 sprints in the Centre circle.

Tuesday: Medium Intensity exercise





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Set 1: 35 min at 80% HRmax (+- 7km). In the middle of each 5 min of running, a tempo run over 100m has to be covered at 90% SPmax, or 7 x 100m in total.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Tuesday: Medium Intensity exercise – alternative



Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 80 min cycling at 70% HRmax. Accelerate each 10 min for 30 sec.

Alternative INDOOR

- o 'indoor-treadmill'-workload:
 - The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax).
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MI-workload TREADMILL												
Level	Time	(mir	1)									TOTAL TIME
8												
9												
10												
11												
12	5		5						5		5	7x
13												
14												
15		0,20		0,20						0,20		6x
16		·								·		
												37,00

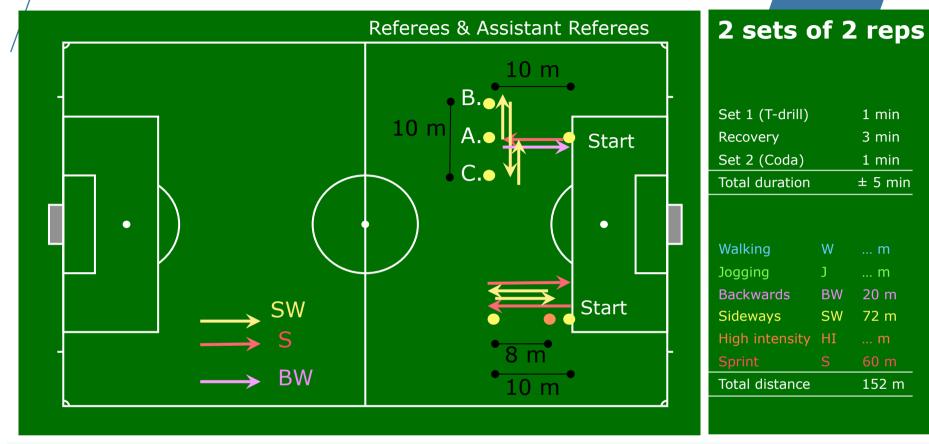
Wednesday: REST day





Thursday: Speed & Agility exercise





T-drill: Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line

A second time: start Left side instead of Right side.

(By preference timed with micro gate)

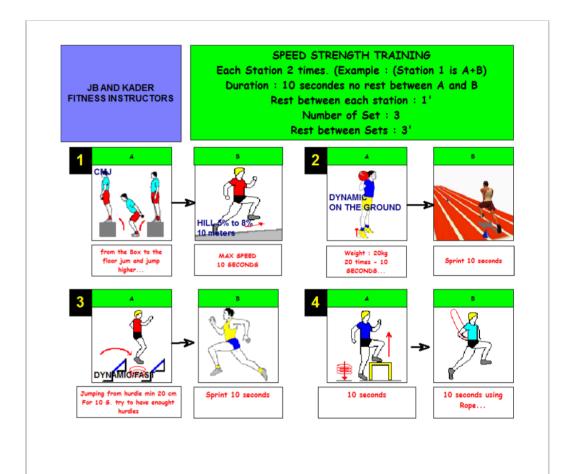
Recovery: 3 to 4 min

CODA-drill: Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line. 2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.

(By preference timed with micro gate)

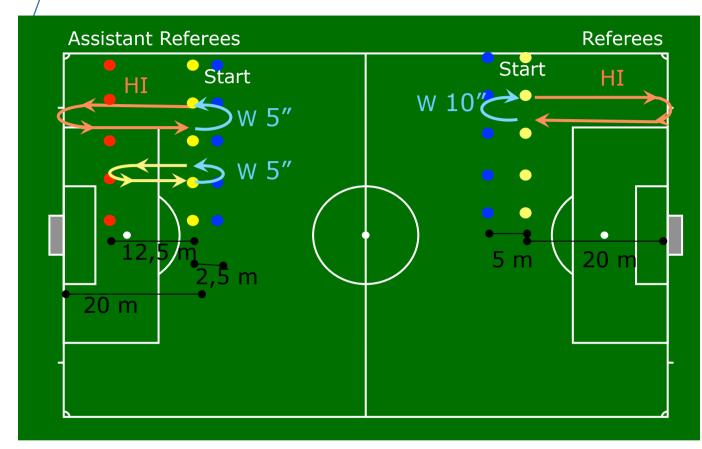
Thursday: Strength exercises

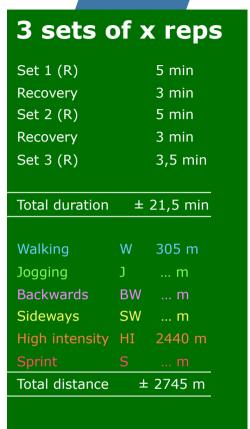




Thursday: High Intensity exercise - YoYo & ARIET







Referees: Yo-Yo based: Yo-Yo Intermittent Recovery test Level 1

Set 1: level 5.1 – 14.6 (+/- 5 min 41)

Set 2: level 14.7 – 16.6 (+/- 5 min)

Set 3: level 15.5 – 16.8 (+/- 3,5 min)

Recovery: 3 min in between sets

Assistant Referees: ARIET based: Yo-Yo Intermittent Endurance test Level 2

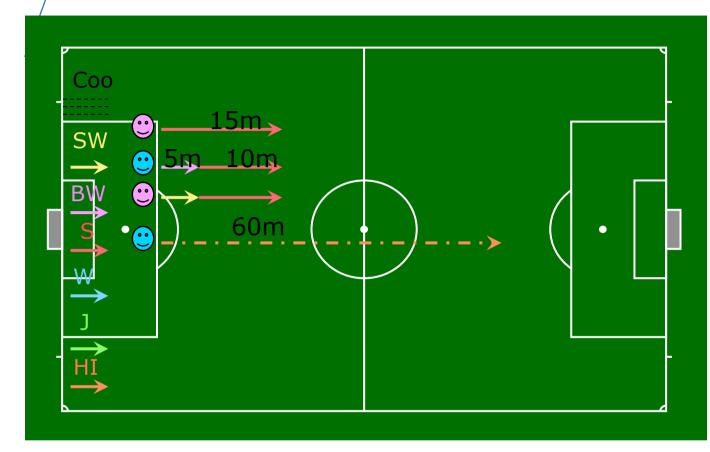
Set 1: level 8.0 (1) – 13.5 (2) (+/- 4 min)

Set 2: level 13.5 (3) - 14.5 (3) (+/- 4 min)

Set 3: level 13.5 (6) - 15.0 (3) (+/- 4 min) **Recovery:** 3 min in between sets

Friday: Speed exercise





4 sets	of	x laps
One lap		1 min
Set 1 (3 laps)		3 min
Recovery		2 min
Set 2 (3 laps)		3 min
Recovery		2 min
Set 3 (4 laps)		4 min
Recovery		2 min
Set 4 (8 laps)		10 min
Total duration		+- 26 min
Walking	W	630 m
Jogging	J	
Backwards	BW	15 m
Sideways	SW	20 m
High intensity	HI	480 m
Sprint	S	115 m
Total distance		+- 1.260 m

The speed exercise consist of 4 different sets:

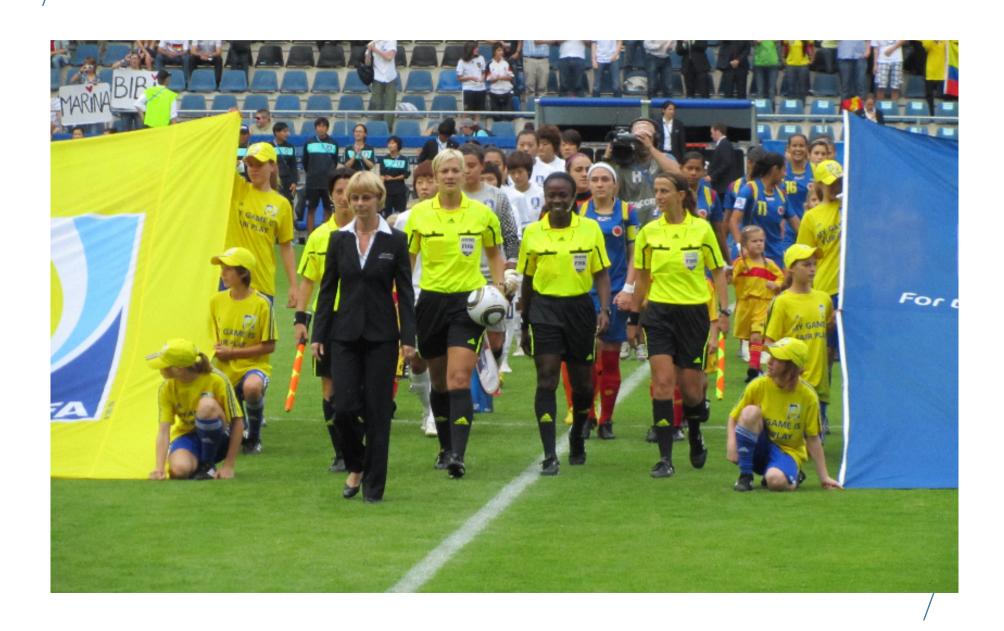
- 1 set of 3 sprints 15 m front.; rest 45" and 2'
- 1 set of 3 sprints 5m back + 10m front.; rest 45" and 2'
- 1 set of 4 sprints 2 SW left + 2 SW right (5m sideways +10m front); rest 45" and 2'
- 1 set of 6 to 8 x 60 m progressive accelerations (not to fast), control your body and running style; rest 60"

Note: Perform each sprint at 100%! Increase the power of the first 3-4 sprint steps.

The personal coach can ad a signal, for example a visual signal as in the game.

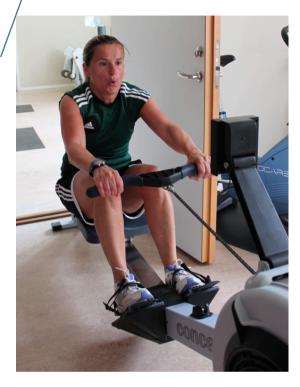
Saturday: Game





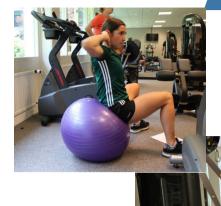
Sunday: Active Recovery - Light Intensity exercise











Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (should be done on a daily bases)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.





Week 3

Normal week with game on Saturday.

Monday CORE

Extra CORE & basic strength exercises total time: 50 min

Tuesday
 S / Agi&Coo / MI-(HI)

Speed – reactive ex.

Agility & Coo icw Speed

MI (-HI)-endurance run / jogging total time: 90 min

• Wednesday Rest

• Thursday Strength / S / HI

Strength

• Extra Speed!

HI-endurance run
 total time: 90 min

• Friday S

Speed work in preparation for the game total time: 60 min

Saturday GAME

Sunday AR

Active recovery total time: 60 min

Monday: CORE & basic strength exercises











Perform minimal the exercises below, you can do additional exercises if you like ...

- Lying on your Stomach with Arms Crossing and Legs Lift (back muscles)
 - Lie on your stomach. Lift your arms and legs up (+/- 15 cm above the ground).
 - Exercise: Alternately cross your arms.
 - · Note that you always look to the ground!
 - 2 x 20 sec
- Cross country Skiing (m. quadriceps)
 - Balance on one leg. Weight on the mid part of your foot.
 - Exercise: Flex and extend the knee of the supporting leg and swing the arms in opposite directions in the same rhythm.
 - Do not let your knee cave inward.
 - 2 x 20 sec (each leg)
- Push-ups with Knee and Diagonal Hand Support (m. pectoralis)
 - Lie on your stomach. Place your hands diagonally. (Additionally you can put you on your knees)
 - Exercise: Push your body up and perform push-ups.
 - The body should be completely straight. Noise to the ground.
 - 2 x 10 reps (each side)
- Sit-ups on Swiss ball (m. abdominis)
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - 2 x 10 reps

Tuesday: Speed – reactive exercises

'Reactive exercises' (CLIP 09 & CLIP 13)

- 'Superstars' (10x) + sprint
 - 3x 5 m; 3x 10 m
 - 'Superstars':
 - Feet and hands on the ground position
 - Move your feet as fast as possible forwards & backwards on the ground (hands stay on the ground)
 - It gives the impression you 'sprint' on the spot.
- 'Squat position' + high knees + sprint
 - 2x 15 m; 2x 20 m
 - 'Squat position': Put yourself with your back straight to the wall; knees 90°; hold this position for 20 sec (you feel the tension in your quadriceps)
 - Immediately after the 20 sec 'squat position', high knees on the spot for 3 sec + full sprint
- Total of 115 m at full speed.

• NOTE:

- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.







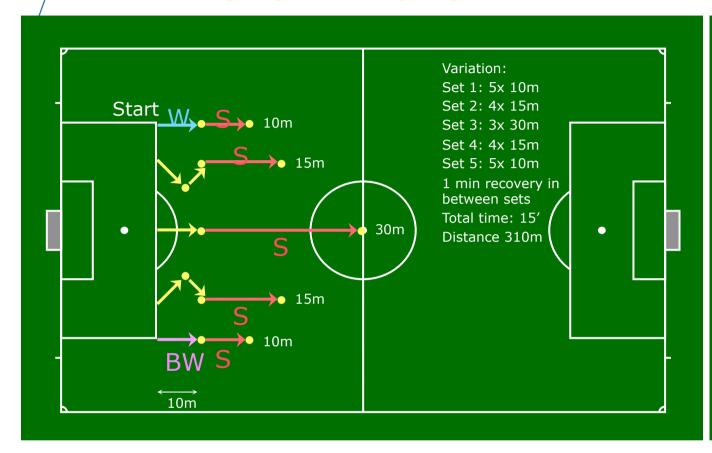
Tuesday: Speed & Agility exercise



5 min

5 min

15 min



2 sets of 5 sprints Set 1 (5 sprints) 5 min

Recovery

Set 2 (5 sprints)

Total duration

Total dalation		13 111111
Walking	W	160 m
Jogging	J	
Backwards	BW	
Sideways	SW	
High intensity	HI	
Sprint	S	160 m
Total distance		320 m

Set 1: 5 different sprinting exercises make 1 set; walk back slowly after every sprint; start each run on every 60

sec

1. Walk + sprint

2. Sideways R & L + sprint (side-stepping)

3. High Knees + sprint

4. Zigzag shuffle L & R + sprint

5. Backwards/turn + sprint

Recovery: 5 min

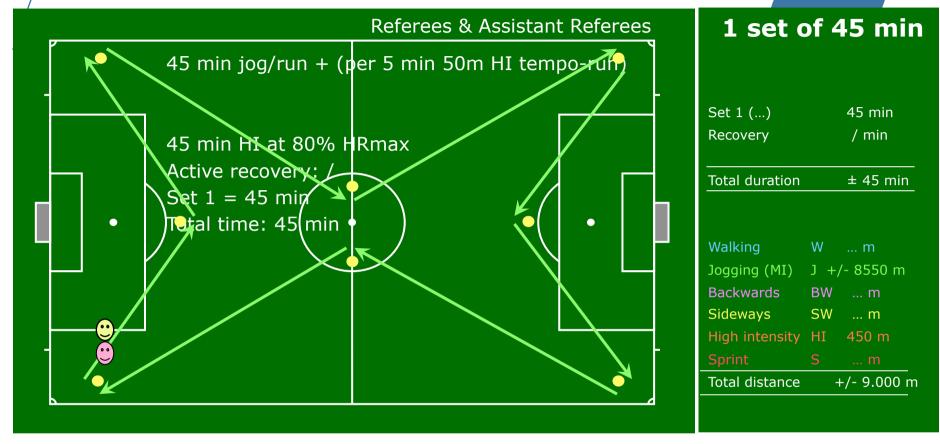
Set 2: Same exercise, again 5 sprints.

Eventually: Set 3: Same exercise, again 5 sprints. (3x 80m = 240m sprint)

After every sprint, a very slow walk back to the start position is a good way of determining the recovery (e.g. 20" for 10m; 30" for 15m and 40" for 30m)

Tuesday: Medium Intensity exercise





The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any 'sportive' surface as grass, forest, hard sand,

Set 1: 45 min at 80% HRmax (+/- 9km). In the middle of **each 5 min** of running, a **tempo run over 50m** has to be covered at 90% SPmax, or 9 x 50 m in total.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Thursday: Medium-High Intensity exercise – alternative FIFA

Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 120 min cycling at 70% HRmax. Accelerate each 10 min for 30 sec.

Alternative INDOOR

- 'indoor-treadmill'-workload:
 - The Medium-High Intensity Training (MI-HI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax).
- Good to know!
 - Do not forget a nice warm up at the start and a cool down at the end!
 - The levels mentioned are just an indication. Adapt to your level and situation please.
 - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
 - The same exercise as outside can be done inside.

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Level	Level Time (min)											
8												
9			0,5						0,5			10x
10												
11												
12												
13	3			3			3			3		10x
14												
15		0,10						0,10				10x
16												
												30 ' + 10'

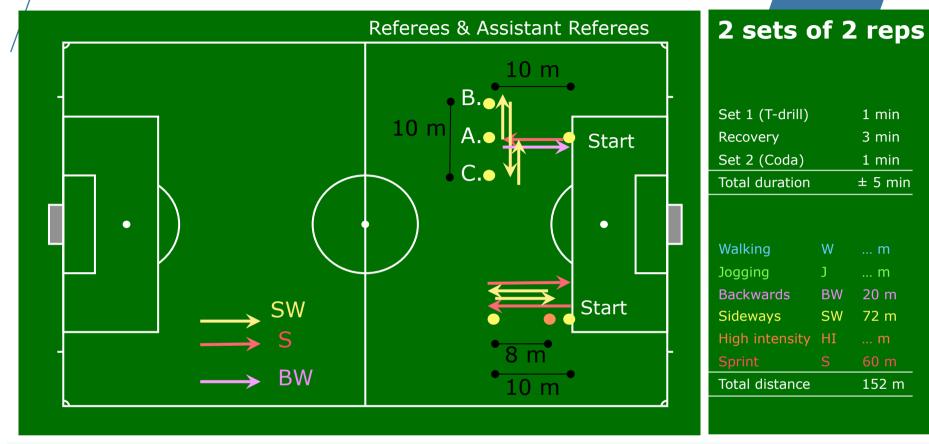
Wednesday: REST day





Thursday: Speed & Agility exercise





T-drill: Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line

A second time: start Left side instead of Right side.

(By preference timed with micro gate)

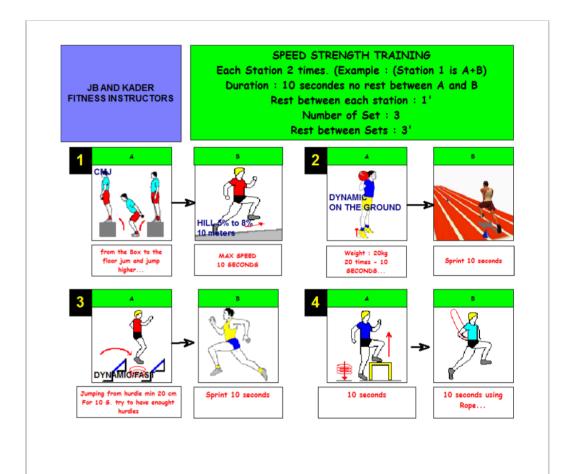
Recovery: 3 to 4 min

CODA-drill: Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line. 2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.

(By preference timed with micro gate)

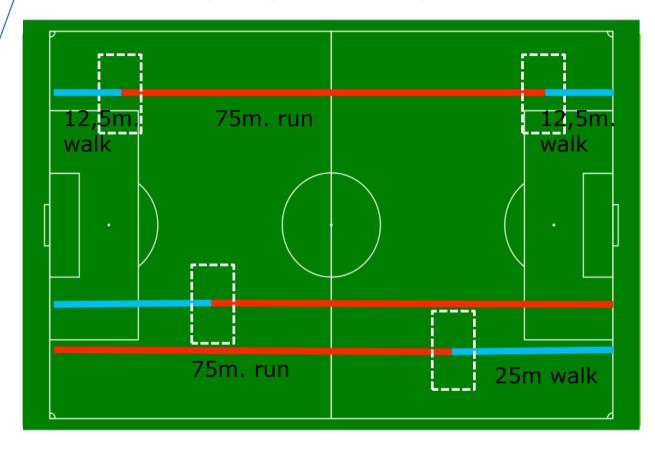
Thursday: Strength exercises





Thursday: High Intensity intermittent exercise





2 sets	of	6 laps				
Set 1 (6 laps)		14,80 min				
Recovery		4 min				
Set 2 (6 laps)		14,80 min				
Total duration	± 33,60 min					
Walking	W	1.200 m				
Jogging	J	m				
Backwards	BW	m				
Sideways	SW	m				
High intensity	HI	3.600 m				
Sprint	S	m				
Total distance		4.800 m				

VARIATION ON FOOTBALL FIELD

Referees & Assistant-Referees: based on FIFA fitness test

Files 17"-20" (75m HI in 17" and 25 walk in 20") Depending on the level! See extra chart last month.

Set 1: 6 laps (or 24 accelerations) 17"-20" Referees / 17"-22" Assistant-Referees

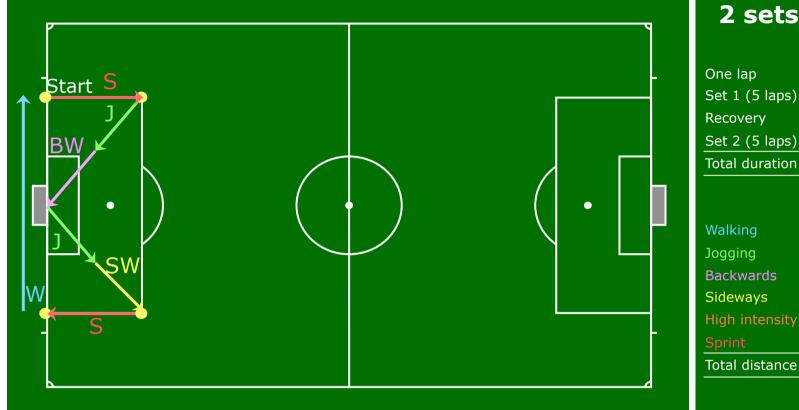
Recovery: 3 to 4 min in between

Set 2: again 6 laps (or 24 accelerations) 17"-20" or 17"-22"

Variation: 17"-17" & 17"-20" Ladies international FIFA

Friday: Speed exercise





2 sets of 5 laps 1 min Set 1 (5 laps) 5 min Recovery 5 min Set 2 (5 laps) 5 min Total duration 15 min 400 m 200 m Backwards 100 m BW Sideways SW 100 m

1120 m

Set 1: Sprint exercise in the penalty area: sprint from starting position – jog – backpedal – jog – sideways – sprint – return by walking. 5 laps make 1 set.

Recovery: 4-5 min (also recovery after each sprint by walking back)

Set 2: Repeat the same exercise.

Variation: start with a fast movement before sprinting. For example: high knees + sprint

Note: Perform each sprint at 100%! Increase the power of the first 3-4 sprint steps.

The personal coach can ad a signal, for example a visual signal as in the game.

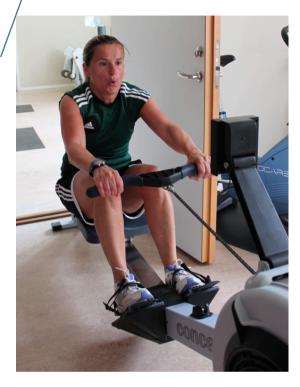
Saturday: Game





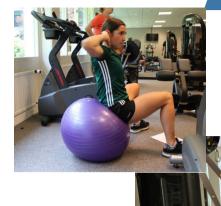
Sunday: Active Recovery - Light Intensity exercise











Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (should be done on a daily bases)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.



FIFA

Week 4

Fitness team



Week 4

Normal week with game on Saturday.

Monday CORE

Extra CORE & basic strength exercises total time: 50 min

Tuesday
 S / Agi&Coo / MI

Speed – reactive ex.

Agility & Coo icw Speed

MI-endurance run / jogging total time: 90 min

Wednesday Rest

• Thursday Strength / S / HI

Strength

• Extra Speed!

HI-endurance run
 total time: 90 min

• Friday S

Speed work in preparation for the game total time: 60 min

Saturday GAME

Sunday AR

Active recovery total time: 60 min

Monday: CORE & basic strength exercises











Perform minimal the exercises below, you can do additional exercises if you like ...

- Lying on your Stomach with Arms Crossing and Legs Lift (back muscles)
 - Lie on your stomach. Lift your arms and legs up (+/- 15 cm above the ground).
 - Exercise: Alternately cross your arms.
 - · Note that you always look to the ground!
 - 2 x 20 sec
- Cross country Skiing (m. quadriceps)
 - Balance on one leg. Weight on the mid part of your foot.
 - Exercise: Flex and extend the knee of the supporting leg and swing the arms in opposite directions in the same rhythm.
 - Do not let your knee cave inward.
 - 2 x 20 sec (each leg)
- Push-ups with Knee and Diagonal Hand Support (m. pectoralis)
 - Lie on your stomach. Place your hands diagonally. (Additionally you can put you on your knees)
 - Exercise: Push your body up and perform push-ups.
 - The body should be completely straight. Noise to the ground.
 - 2 x 10 reps (each side)
- Sit-ups on Swiss ball (m. abdominis)
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - 2 x 10 reps

Tuesday: Speed – reactive exercises

'Reactive exercises' (CLIP 11 & CLIP 14)

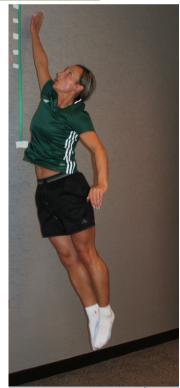
- High jumps with two knees together up (10x) + sprint
 - 3x 5 m; 3x 10 m; 3x 15 m
- Step up and down on one step (10x) + sprint upstairs 5 to 10 m
 - 5 reps

• NOTE:

- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.

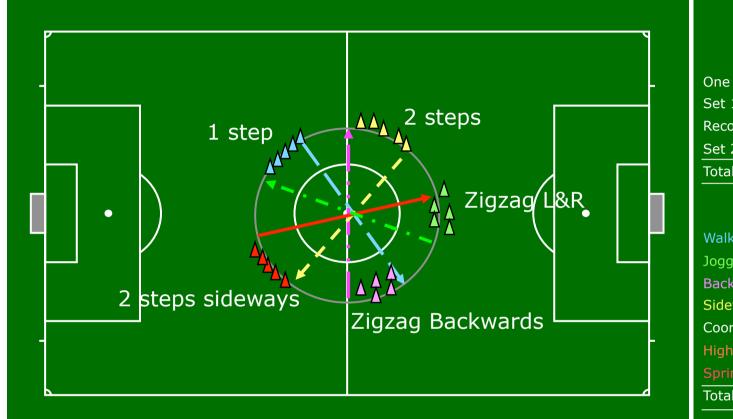
FIFA





Tuesday: Speed & Coordination exercise





2 sets of 2 laps										
One lan		1 25 min								
One lap		1,25 min								
Set 1 (2 laps)		2,5 min 4 min								
Recovery										
Set 2 (2 laps)		2,5 min								
Total duration		9 min								
Walking	W									
Jogging	J	160 m								
Backwards	BW									
Sideways	SW									
Coordination	Coo	100 m								
High intensity	HI									
Sprint	S	200 m								
Total distance		460 m								

Set 1: Combine 5 coordination exercises (5 m) with a sprint in the mid circle. Sprint 10 m and decelerate 8 m before starting the next coordination exercise. Make 2 reps of each. (*The picture indicates a bigger circle than the mid circle, but that's only to have a clear indication.*) The given exercises are just indications, you can choose other coordination exercises.

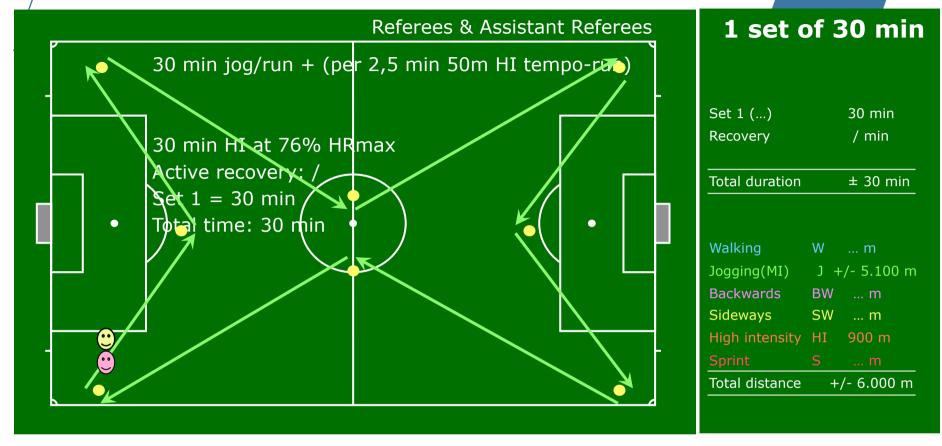
Recovery: 3 to 4 min active recovery in between sets

Set 2: Repeat the same exercise.

In total 20 sprints in the Centre circle.

Tuesday: Medium Intensity exercise





The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any 'sportive' surface as grass, forest, hard sand,

Set 1: 30 min at 76% HRmax (+/- 6km). For **each 5 min** of running, **2 tempo runs** have to be done: in the middle a **50m** tempo run, and towards the end of the 5′ period a **100m** tempo run has to be covered.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Medium-High Intensity exercise – alternative - 5



- Alternative OUTDOOR
 - Referees & Assistant Referees
 - Min. 120 min cycling at 75% HRmax. Accelerate each 10 min for 45 sec.
- Alternative INDOOR
 - 'indoor-treadmill'-workload:
 - The Medium-High Intensity Training (MI-HI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax).
 - o Good to know!
 - Do not forget a nice warm up at the start and a cool down at the end!
 - The levels mentioned are just an indication. Adapt to your level and situation please.
 - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
 - The same exercise as outside can be done inside.

	MI-HI-workload TREADMILL											
Level	Time	(min)										TOTAL TIME
8												
9			0,45						0,45			10x
10												
11												
12												
13	3			3			3			3		10x
14												
15		0,15						0,15				10x
16												
												30' + 10'

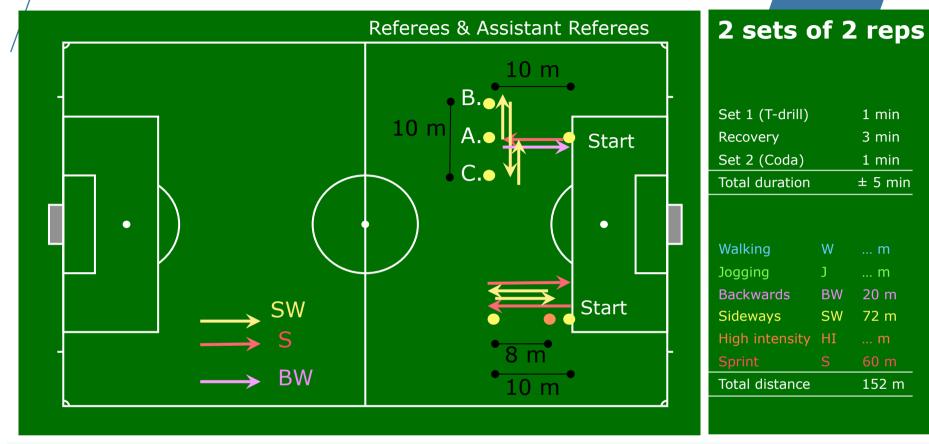
Wednesday: REST day





Thursday: Speed & Agility exercise





T-drill: Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line

A second time: start Left side instead of Right side.

(By preference timed with micro gate)

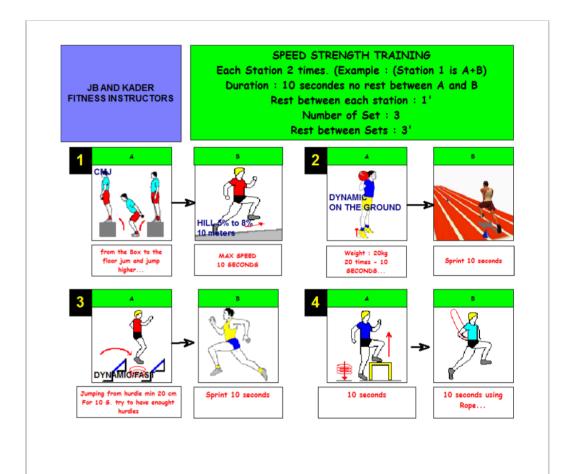
Recovery: 3 to 4 min

CODA-drill: Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line. 2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.

(By preference timed with micro gate)

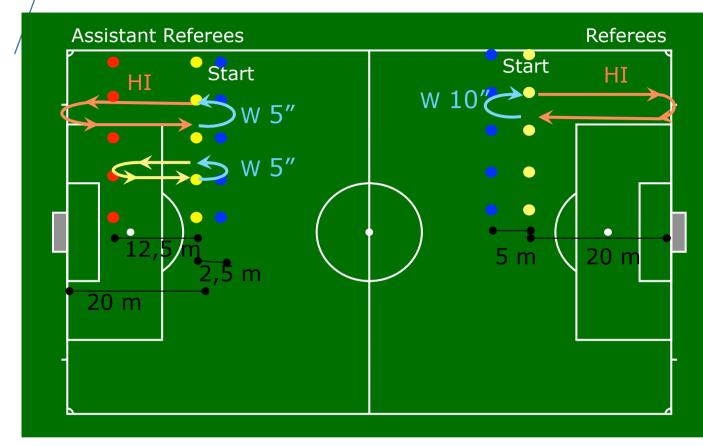
Thursday: Strength exercises





Thursday: High Intensity exercise - YoYo & ARIET





3 sets o	of >	c reps
Set 1 (R)		5 min
Recovery		3 min
Set 2 (5)		5 min
Recovery		3 min
Set 3 (R)		3 min
Total duration	±	21 min
Walking	W	430 m
Jogging	J	m
Backwards	BW	m
Sideways	SW	m
High intensity	ΗI	1.720 m
Sprint	S	m
Total distance	±	2.150 m

Referees: Yo-Yo based: Yo-Yo Intermittent Recovery test Level 1

Set 1: level 5.1 – 14.6 (+/- 5min 41)

Set 2: level 14.1 – 15.8 (+/- 5 min)

Set 3: level 16.1 – 17.2 (+/- 3 min)

Recovery: 3 min in between sets

Assistant Referees: ARIET based: Yo-Yo Intermittent Endurance test Level 2

Set 1: level 8.0 (1) – 13.5 (2) (+/- 4 min)

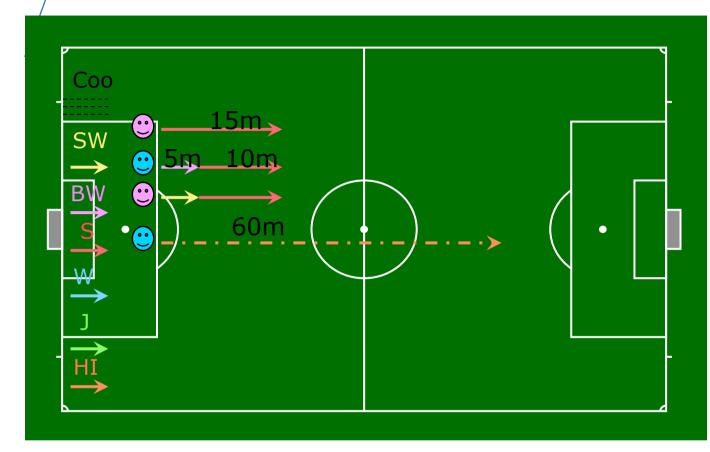
Set 2: level 13.0 (1) – 14.0 (5) (+/- 5 min)

Set 3: level 14.0 (6) – 15.5 (4) (+/- 3 min)

Recovery: 3 min in between sets

Friday: Speed exercise





4 sets	of	x laps				
One lap		1 min				
Set 1 (3 laps)		3 min				
Recovery		2 min				
Set 2 (3 laps)		3 min				
Recovery		2 min				
Set 3 (4 laps)		4 min				
Recovery	2 min					
Set 4 (8 laps)		10 min				
Total duration		+- 26 min				
Walking	W	630 m				
Jogging	J					
Backwards	BW	15 m				
Sideways	SW	20 m				
High intensity	HI	480 m				
Sprint	S	115 m				
Total distance		+- 1.260 m				

The speed exercise consist of 4 different sets:

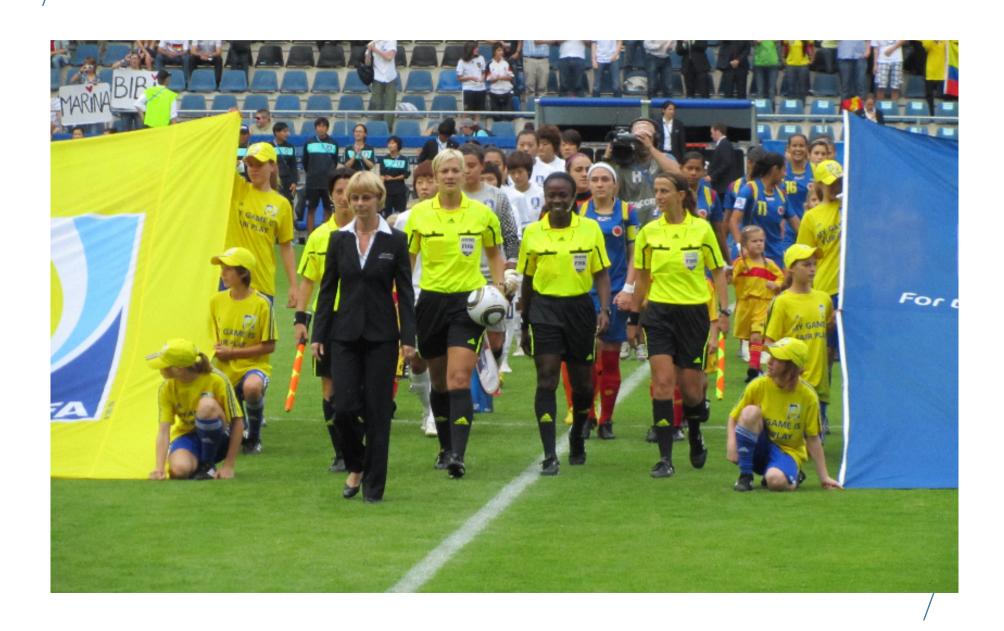
- 1 set of 3 sprints 15 m front.; rest 45" and 2'
- 1 set of 3 sprints 5m back + 10m front.; rest 45" and 2'
- 1 set of 4 sprints 2 SW left + 2 SW right (5m sideways +10m front); rest 45" and 2'
- 1 set of 6 to 8 x 60 m progressive accelerations (not to fast), control your body and running style; rest 60"

Note: Perform each sprint at 100%! Increase the power of the first 3-4 sprint steps.

The personal coach can ad a signal, for example a visual signal as in the game.

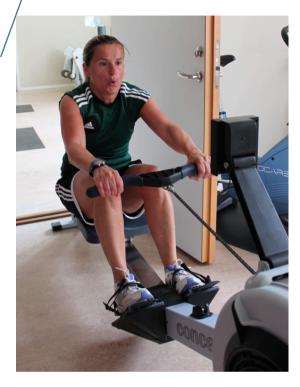
Saturday: Game





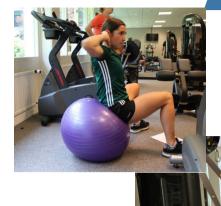
Sunday: Active Recovery - Light Intensity exercise











Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (should be done on a daily bases)
- 10' extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.



FIFA

Week 5

Fitness team



Week 3

Normal week with game on Saturday.

- Monday CORE
 - Extra CORE & basic strength exercises total time: 50 min
- Tuesday
 S / Agi&Coo / MI
 - Speed reactive ex.
 - Agility & Coo icw Speed
 - MI-endurance run / jogging total time: 90 min
- Wednesday Rest

Monday: CORE & basic strength exercises











Perform minimal the exercises below, you can do additional exercises if you like ...

- Lying on your Stomach with Arms Crossing and Legs Lift (back muscles)
 - Lie on your stomach. Lift your arms and legs up (+/- 15 cm above the ground).
 - Exercise: Alternately cross your arms.
 - · Note that you always look to the ground!
 - 2 x 20 sec
- Cross country Skiing (m. quadriceps)
 - Balance on one leg. Weight on the mid part of your foot.
 - Exercise: Flex and extend the knee of the supporting leg and swing the arms in opposite directions in the same rhythm.
 - Do not let your knee cave inward.
 - 2 x 20 sec (each leg)
- Push-ups with Knee and Diagonal Hand Support (m. pectoralis)
 - Lie on your stomach. Place your hands diagonally. (Additionally you can put you on your knees)
 - Exercise: Push your body up and perform push-ups.
 - The body should be completely straight. Noise to the ground.
 - 2 x 10 reps (each side)
- Sit-ups on Swiss ball (m. abdominis)
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - 2 x 10 reps

Tuesday: Speed – reactive exercises

'Reactive exercises' (CLIP 09 & CLIP 13)

- 'Superstars' (10x) + sprint
 - 3x 5 m; 3x 10 m
 - 'Superstars':
 - Feet and hands on the ground position
 - Move your feet as fast as possible forwards & backwards on the ground (hands stay on the ground)
 - It gives the impression you 'sprint' on the spot.
- 'Squat position' + high knees + sprint
 - 2x 15 m; 2x 20 m
 - 'Squat position': Put yourself with your back straight to the wall; knees 90°; hold this position for 20 sec (you feel the tension in your quadriceps)
 - Immediately after the 20 sec 'squat position', high knees on the spot for 3 sec + full sprint
- Total of 115 m at full speed.

• NOTE:

- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.







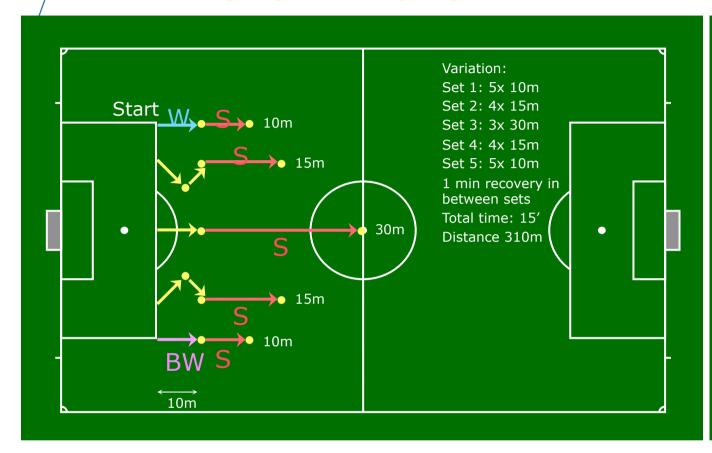
Tuesday: Speed & Agility exercise



5 min

5 min

15 min



2 sets of 5 sprints Set 1 (5 sprints) 5 min

Recovery

Set 2 (5 sprints)

Total duration

Total dalation		13 111111
Walking	W	160 m
Jogging	J	
Backwards	BW	
Sideways	SW	
High intensity	HI	
Sprint	S	160 m
Total distance		320 m

Set 1: 5 different sprinting exercises make 1 set; walk back slowly after every sprint; start each run on every 60

sec

1. Walk + sprint

2. Sideways R & L + sprint (side-stepping)

3. High Knees + sprint

4. Zigzag shuffle L & R + sprint

5. Backwards/turn + sprint

Recovery: 5 min

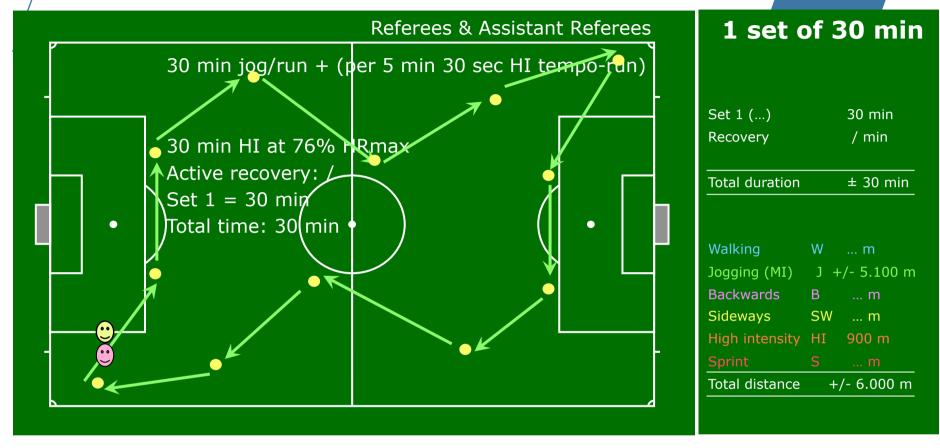
Set 2: Same exercise, again 5 sprints.

Eventually: Set 3: Same exercise, again 5 sprints. (3x 80m = 240m sprint)

After every sprint, a very slow walk back to the start position is a good way of determining the recovery (e.g. 20" for 10m; 30" for 15m and 40" for 30m)

Tuesday: Medium Intensity exercise





The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any 'sportive' surface as grass, forest, hard sand,

Set 1: 30 min at 76% HRmax (+/- 6km). At the end of **each 5 min** period, a **30 sec tempo** run has to be performed (> 150m), or 6 all together resulting in a total distance of 900m.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Tuesday: Medium-High Intensity exercise – alternative FIFA

Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 120 min cycling at 75% HRmax. Accelerate each 8 min for 45 sec.

Alternative INDOOR

- 'indoor-treadmill'-workload:
 - The Medium-High Intensity Training (MI-HI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax).
- Good to know!
 - Do not forget a nice warm up at the start and a cool down at the end!
 - The levels mentioned are just an indication. Adapt to your level and situation please.
 - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
 - The same exercise as outside can be done inside.

	MI/HI-workload TREADMILL											
Level	Time (min)											TOTAL TIME
8												
9			0,30					0,30			0,30	7x
10												
11												
12												
13	4			4		4			4			8x
14												
15		0,30					0,30			0,30		7x
16												
												32' + 7'

Wednesday: REST day







Success!

