

## **Training plan – February 2018**

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# **Objectives & Planning**

- In the first to weeks of February the focus is on the preparation of the Referees Seminar in Doha and the Algarve Cup later on in Portugal.
- Hope that the referees and assistant-referees involved in the Women U20 CONCACAF enjoyed a great tournament!
- 2017 has been a very productive year, some of you gave birth. Congratulations to all moms, hope that moms and baby's are doing fine! Others are still in their pregnancy. Wish you all a smoothly pregnancy!
- Keep your focus and continue your hard work!
- Enjoy your next exiting game!
- Fitness team

## Week 1

## Fitness team

FIFA

## Week 1



All referees are invited to Doha. An extra focus on the DYY for the next 10 days  $\odot$ And the ARIET for the assistant referees involved in the Algarve Cup.

- Thursday Strength / S / HI
  - Strength
  - Extra Speed!
  - HI-endurance run DYY / ARIET
- Friday

• Speed work in preparation for the game

S

- Saturday GAME
- Sunday AR
  - Active recovery

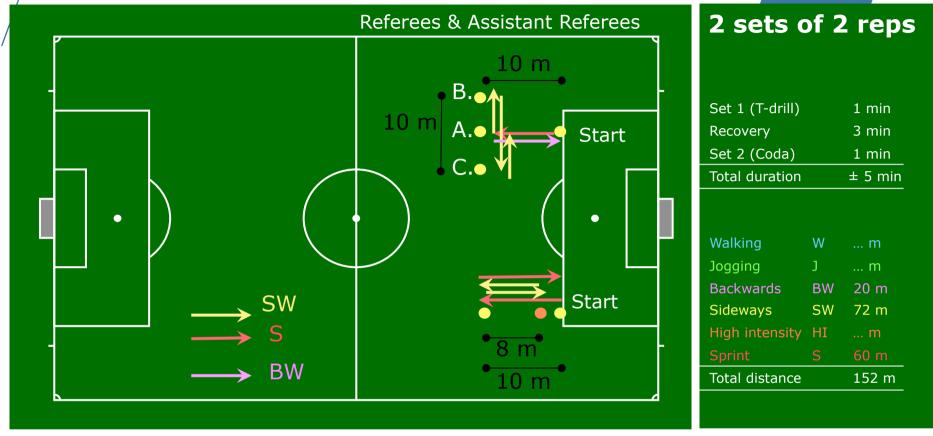
total time: 90 min

total time: 60 min

total time: 60 min

#### Thursday: Speed & Agility exercise

FIFA



**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.

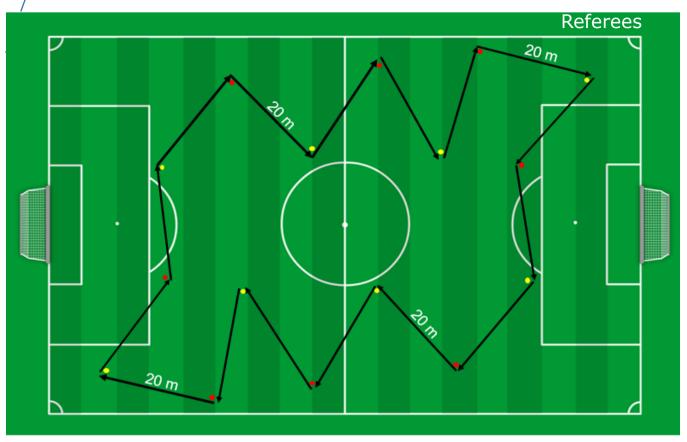
(By preference timed with micro gate)

## Thursday: Strength exercises



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## Thursday: High Intensity exercise exercise - DYYFIFA



## 3 sets of x reps

	6,17 min
	3 min
	6,04 min
	3 min
	4,47 min
	± 21 min
W	m
J	m
BW	m
SW	m
HI	2120 m
S	m
	2120 m
	J BW SW HI

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

**Set 1:** level 13.1 – 15.8 (20 accelerations)

Set 2: level 16.1 – 18.4 (20 accelerations)

Set 3: level 16.1 – 17.8 (16 accelerations)

Recovery: 3 min in between sets

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#### FIFA **Thursday: High Intensity exercise – ARIET 3** sets of x reps Referees **Assistant Referees** Start Start HI Set 1 (...) 6 min HI W 10" Recoverv 3 min N 5″ Set 2 (...) 6 min Recovery 3 min W 5″ Set 3 (...) 6 min Total duration ± 24 min 20 m 5 m Walking W m Jogging ... m 20 m Backwards BW Sideways SW ... m Total distance ... m

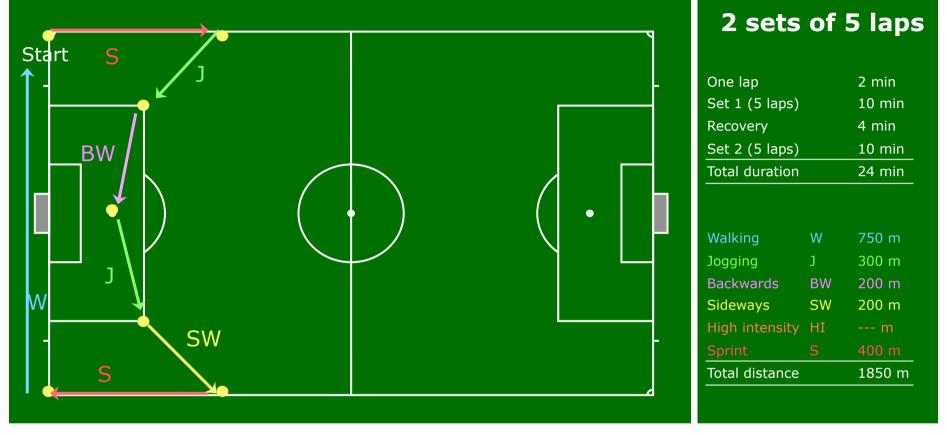
Assistant Referees: ARIET based: Yo-Yo Intermittent Endurance test Level 2 Set 1: 2x 20m HI-run fort & back 10 sec ; 2x 12,5m sidew + backw 10 sec Set 2 & 3: idem

(+/- 6 min)

Recovery: 3 min in between sets

#### **Friday: Speed exercise**





**Set 1:** Sprint exercise outside & inside the penalty area: sprint – jog – backpedal – jog – sideways – sprint – return by walking. 5 laps make 1 set.

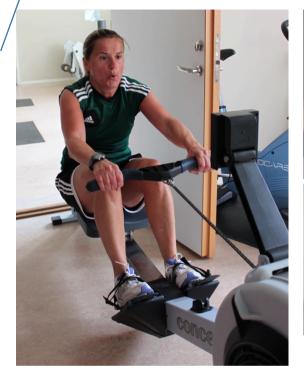
**Recovery:** 4 min (also recovery after each sprint by walking back)

Set 2: Repeat the same exercise.



#### 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'.

#### Sunday: Alternative ... (if 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.

## Week 2

### Fitness team

FIFA





•	Monday	CORE	
	Extra CORE & basic	strength exercises	total time: 50 min
•	Tuesday	S / Agi&Coo / MI	
	• Speed – reactive ex		
	Agility & Coo icw Sp	eed	
	• HI-endurance run /	jogging	total time: 90 min
•	Wednesday	Rest	
•	Thursday	Strength / S / HI	
	• Strength		
	Extra Speed!		
	HI-endurance run	DYY / ARIET	total time: 90 min
•	Friday	S	
	Speed work in prepa	aration for the game	total time: 60 min
•	Saturday	GAME	
•	Sunday	AR	
	Active recovery		total time: 60 min

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#### Monday: CORE & basic strength exercises





Perform minimal the exercises below, you can do additional exercises you know ...

- Bench
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
  - 2x 20 sec
- Sideways bench knee
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - 2x 20 sec
- Lying on stomach with arm and leg lift
  - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
  - 2x 20 sec
- 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

NOTE: increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)

#### **Tuesday: Speed – reactive exercises**

#### **`Reactive exercises'** (CLIP 10 & CLIP 12)

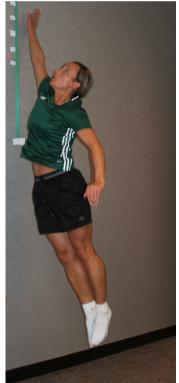
- Lunges (5x) + sprint)
  - 3x 5 m; 3x 10 m; 3x 15 m
- High knees on the spot (5 sec) + sprint upstairs 5 m
  - 5 reps
- Total of 115 m at full speed.

#### • NOTE:

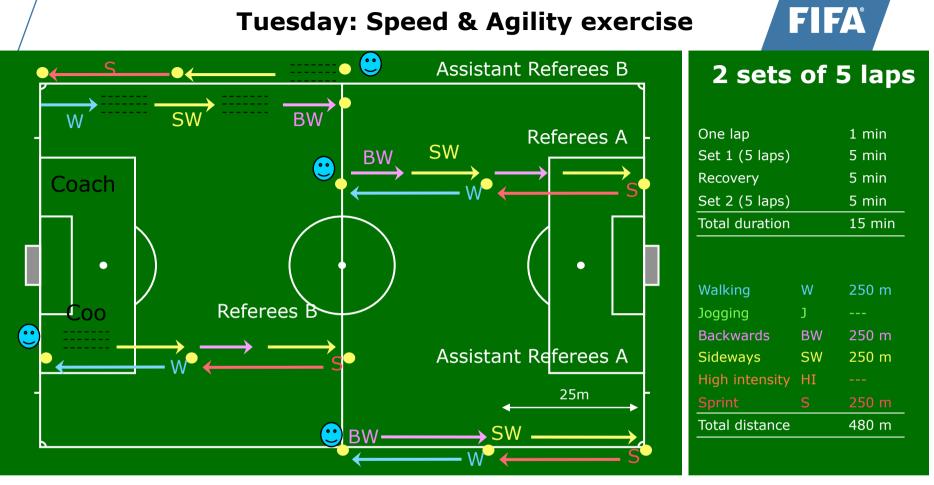
- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
  - Active arm action in line with the body
  - Foot positioning (straight forwards)
  - Lean a little forward with the body
  - ...
- Take your time for a full recovery by walking back to start.



FIFA



#### **Tuesday: Speed & Agility exercise**



**Set 1:** Combination of coordination movements – sideways and backwards moving + sprint and walking ... On set consist of 5 reps. Set 1 = B

Recovery: 2 min.

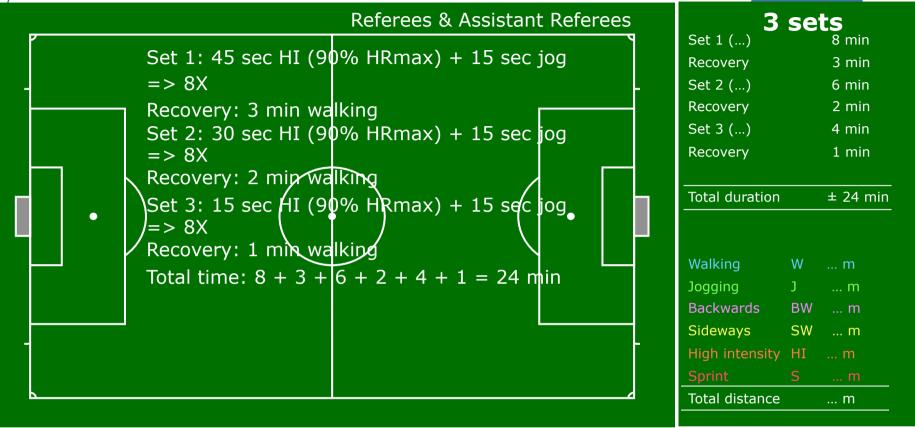
Set 2: Repeat set, Set 2 = A

Recovery: 2 min.

Set 3: Repeat set, Set 3 = B

#### **Tuesday: High Intensity exercise**





The High Intensity Training (HI) is a combination of HI-tempo runs (at 90% HRmax) and jogging (75% HRmax) as active recovery. This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

Set 1: Code: 45 sec at 90% HRmax (HI tempo run) followed by 15 sec sprint ; ...

**Recovery:** 3 min walking

Set 2: Code: 30 sec at 90% HRmax (HI tempo run) followed by 15 sec sprint ; ...

During these HI-sessions, the lactate producing energy system may be highly stimulated for short periods of time. Specially, this means that the training overlaps anaerobic speed endurance training. You should yourself (or by your private coach) ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, you will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost. So please keep an eye on your polar watch!

#### **Tuesday: High Intensity exercise – alternative**



#### Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min cycling at 76% Hrmax + after each 10 min a longer acceleration of 4 min (at 86% Hrmax)
- Total of 66 min = 10 (at 76%) + 4 (at 86%) + 10 + 4 + 10 + 4 + 10 + 4 + 10

#### • Alternative INDOOR

- **`indoor-treadmill'-**workload:
  - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% 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	Time	(mir	ı)								TOTAL TIME
8	5							5			
9											
10			4		4		4				
11											
12											
13											
14		4		4		4					
15											
16											
											34



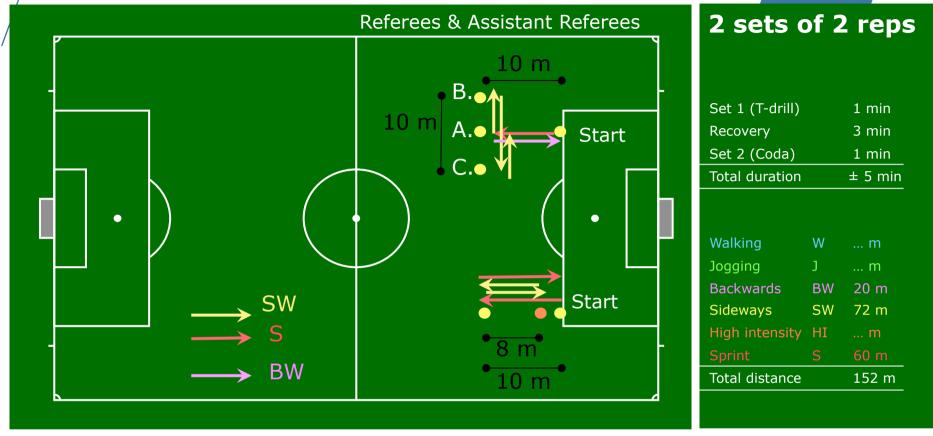
### Wednesday: REST day





#### Thursday: Speed & Agility exercise

FIFA



**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.

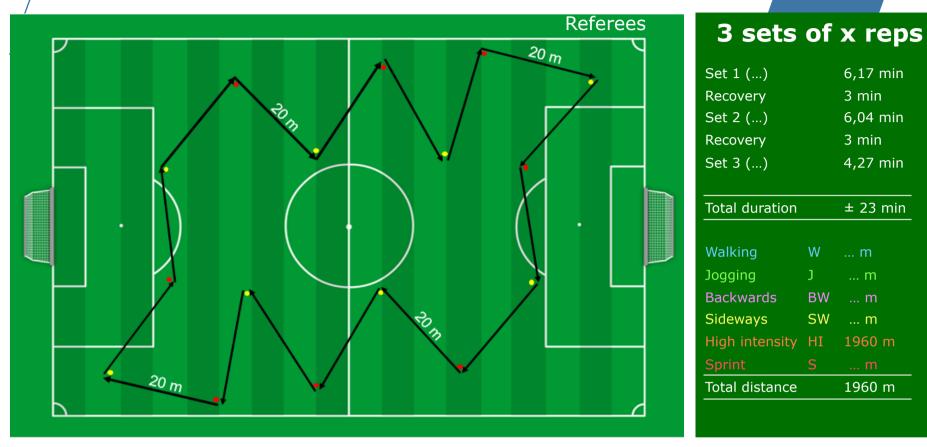
(By preference timed with micro gate)

## Thursday: Strength exercises



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## Thursday: High Intensity exercise exercise – DYFIFA



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

Set 1: level 13.1 – 15.8 (20 accelerations)

Set 2: level 16.1 – 17.8 (16 accelerations)

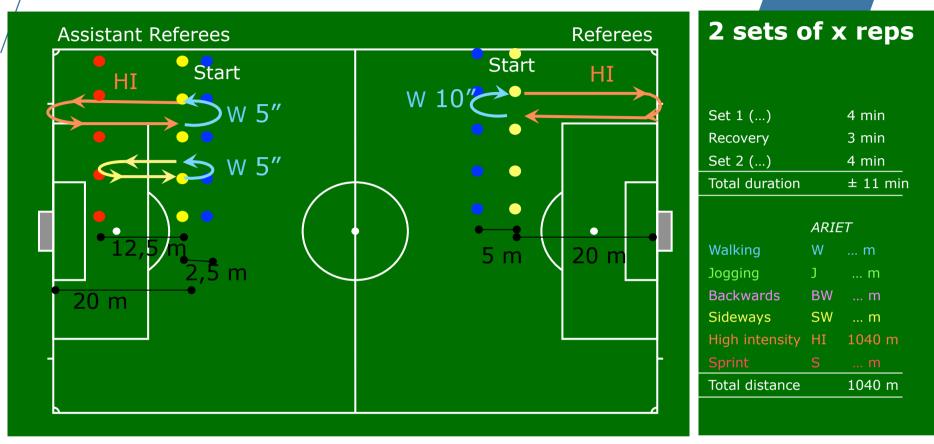
**Set 3:** level 18.1 – 19.4 (12 accelerations)

Recovery: 3 min in between sets

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#### Thursday: High Intensity exercise – ARIET

FIFA



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

**Set 1:** level 13,5 (8) - 15.5 (2) (+/- 4 min)

**Set 2:** level 13.5 (6) – 15.0 (3) (+/- 4 min)

**Recovery:** 3 min in between sets

If still fresh enough, both sets can be repeated!

#### **Friday: Speed exercise**



#### 1 sets of 3 laps Coo One lap -- min 10m Set 1 (-- laps) -- min SW Recovery -- min Set 2 (-- laps) -- min Total duration • -- min В •• Walking 570 m Jogging 30 m Backwards BW 30 m ••• Sideways SW 90 m Total distance 1170 m

#### Set 1: ...

Perform the following sprints at maximum speed x 3 rotations:

- 10m jogging, 10m sprint
- 10m backwards, turn, 20m sprint
- 10m SS right, turn, 30m sprint
- 10m SS right, turn, 10m SS left, turn, 30m sprint
- 60 m progressive accelerations (not to fast), control your body and running style

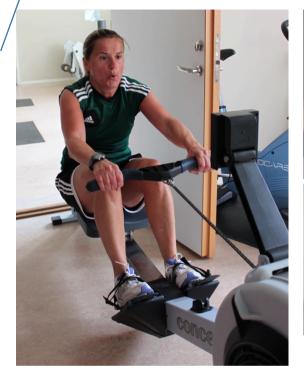
Recover to 65% HRmax between each sprint repetition

Total = 15 sprints = 450 m



#### 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

## Fitness team

FIFA



# 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 Spectrum	eed	
	HI-field run exercise		total time: 90 min
•	Wednesday	Rest	
•	Thursday	Strength / S / HI	
	Strength		
	Extra Speed!		
	SE-endurance exerci	ise	total time: 90 min
•	Friday	S	
	Speed work in prepa	aration 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 you know ...

- Bench
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
  - 2x 20 sec
- Sideways bench knee
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - 2x 20 sec
- Lying on stomach with arm and leg lift
  - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
  - 2x 20 sec
- 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

NOTE: increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)

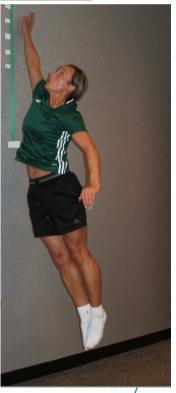
#### **Tuesday: Speed – reactive exercises**

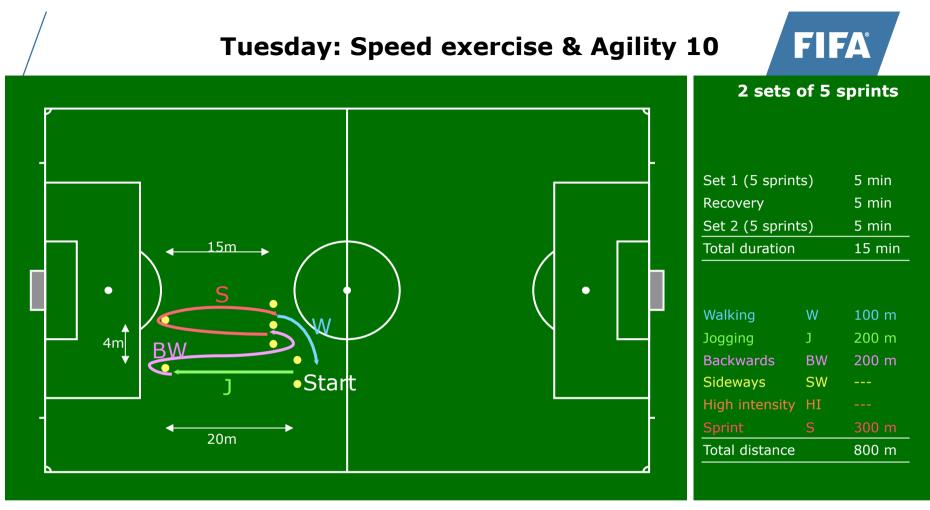
## **`Reactive exercises'** (CLIP 16 & CLIP 17)

- Step off the bench + sprint
  - 3x 5 m; 3x 10 m
  - 'Step off the bench':
    - It's not jumping, make just a step.
    - But, the landing must be active on the forefeet!
    - Land also with your body almost straight up.
- Step off the bench + high knees on the spot (3 sec) sprint
  - 2x 10 m; 2x 15 m
- Total of 95 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.



FIFA



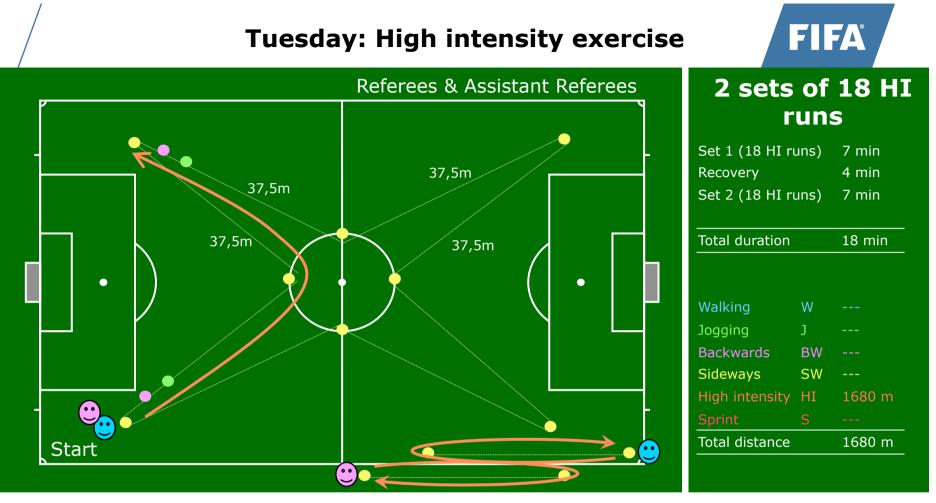


Set 1:5 sprints make 1 set; walk back slowly after every sprint; start each run on every 60 secSee picture: Start by jogging 20 m - 20m backwards - finish with a sprint of 30m with a U-turn

Recovery: 5 min

Set 2: Repeat set 1

**Eventually: Set 3:** Same exercise, again 5 sprints.



**Set 1:** The referee has to cover 75m each acceleration (variations are possible depending on the level).

15 sec running high speed (at +/- 90% Hrmax) – 15 sec recup. Or 15"-10". Recup can be at the spot/cone.

Can be done for 3 to 5 laps is 20 accelerations.

For the AR's the same system can be introduced along the sideline.

#### Recovery: 4 min

**Set 2:** Again 3 to 5 full laps, both now counterclockwise as an other option.

#### **Tuesday: High Intensity exercise – alternative**



#### Alternative OUTDOOR

- **Referees & Assistant Referees** 0
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 2 min 0 (at 86% Hrmax)
- Total of 58 min = 10 (at 76%) + 2 (at 86%) + 10 + 2 + 10 + 2 + 10 + 2 + 10 0

#### Alternative INDOOR

- 'indoor-treadmill'-workload: 0
  - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- Good to know! 0
  - 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.

HI-workload TREADMILL												
Level	Time	(min	)		1							TOTAL TIME
8												
9	7										7	
10												
11		2								2		
12			2						2			
13				2				2				
14					2		2					
15						2						
16												



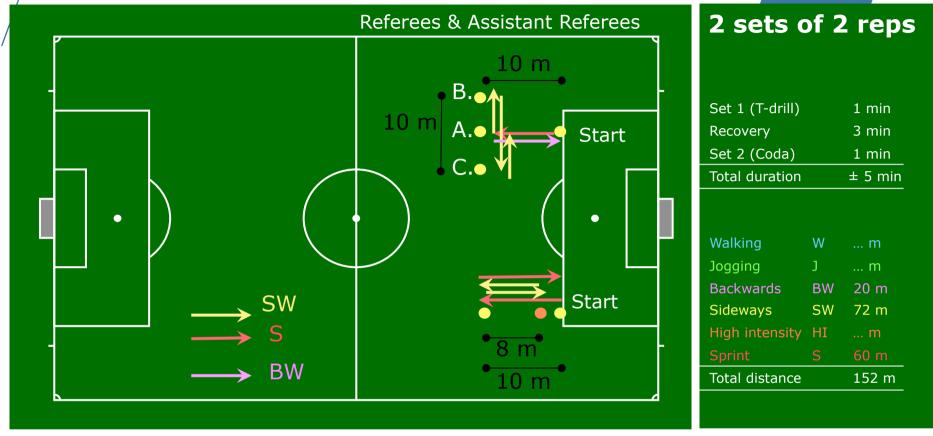
### Wednesday: REST day





#### Thursday: Speed & Agility exercise

FIFA



**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)

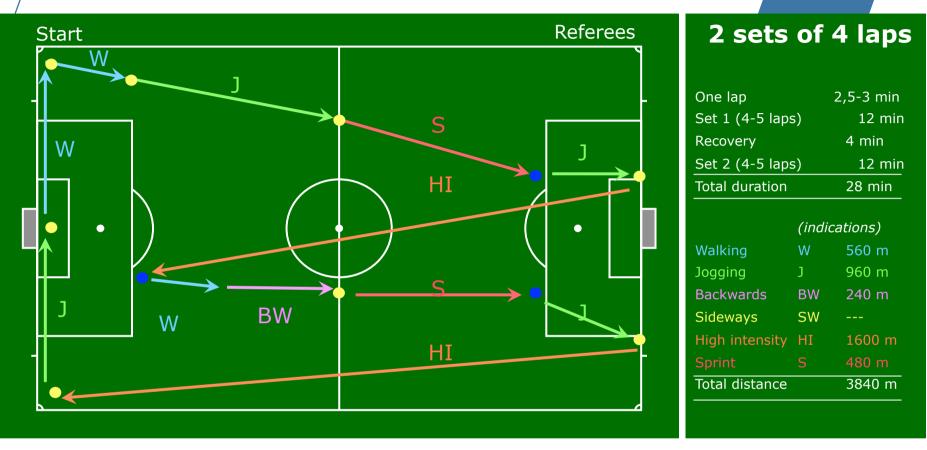
# Thursday: Strength exercises



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### Thursday: Speed endurance exercise

FIFA

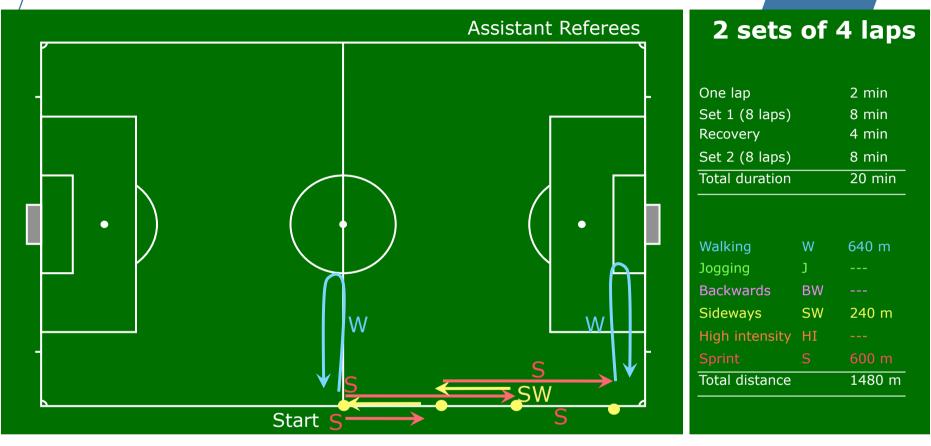


**Set 1:** Run 4 to 5 laps of the speed endurance exercise as indicated in the picture. Recognize the 3 spots from the DYY (in dark blue), hose are your reference points at the penalty area!

Recovery: 4 min, active recovery with stretches

Set 2: Again 4 to 5 laps of the same exercise.

### Thursday: Speed endurance exercise for assistant referees



Set 1: Run 6 laps of the exercise as indicated in the picture.

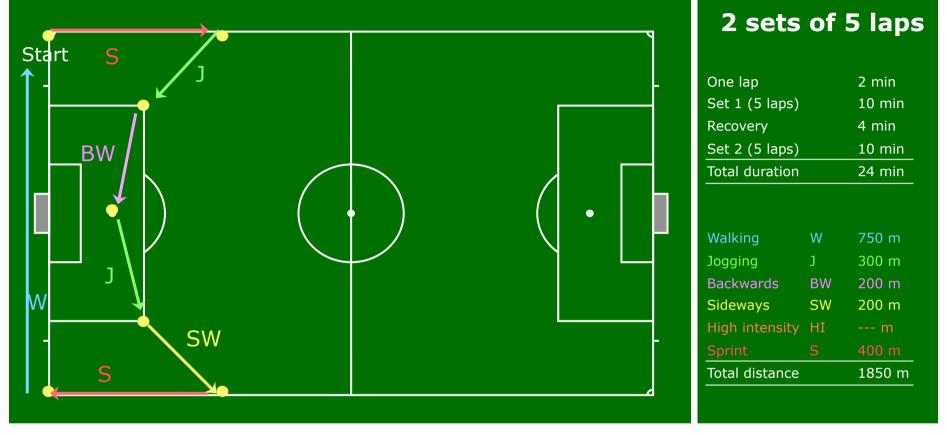
Recovery: 4 min

Set 2: Run again 6 laps of the same exercise.

Note: AR: 'Look inside the field of play at your referee!' (AR R has to overview ball and AR)

### **Friday: Speed exercise**





**Set 1:** Sprint exercise outside & inside the penalty area: sprint – jog – backpedal – jog – sideways – sprint – return by walking. 5 laps make 1 set.

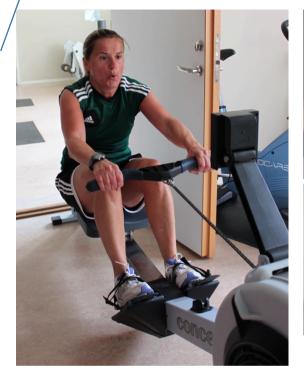
**Recovery:** 4 min (also recovery after each sprint by walking back)

Set 2: Repeat the same exercise.



### 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 4

### Fitness team

FIFA



# 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 Sp	eed	
	HI-endurance run		total time: 90 min
•	Wednesday	Rest	
•	Thursday	Strength / S / HI	
	Strength		
	Extra Speed!		
	RSA field run exercis	se	total time: 90 min
•	Friday	S	
	• Speed work in prepa	ration 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 you know ...

- Bench
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
  - 2x 20 sec
- Sideways bench knee
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - 2x 20 sec
- Lying on stomach with arm and leg lift
  - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
  - 2x 20 sec
- 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

NOTE: increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)

### **Tuesday: Speed – reactive exercises**

### **`Reactive exercises'** (CLIP 10 & CLIP 12)

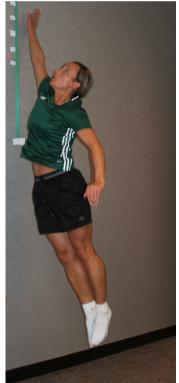
- Lunges (5x) + sprint)
  - 3x 5 m; 3x 10 m; 3x 15 m
- High knees on the spot (5 sec) + sprint upstairs 5 m
  - 5 reps
- Total of 115 m at full speed.

### • NOTE:

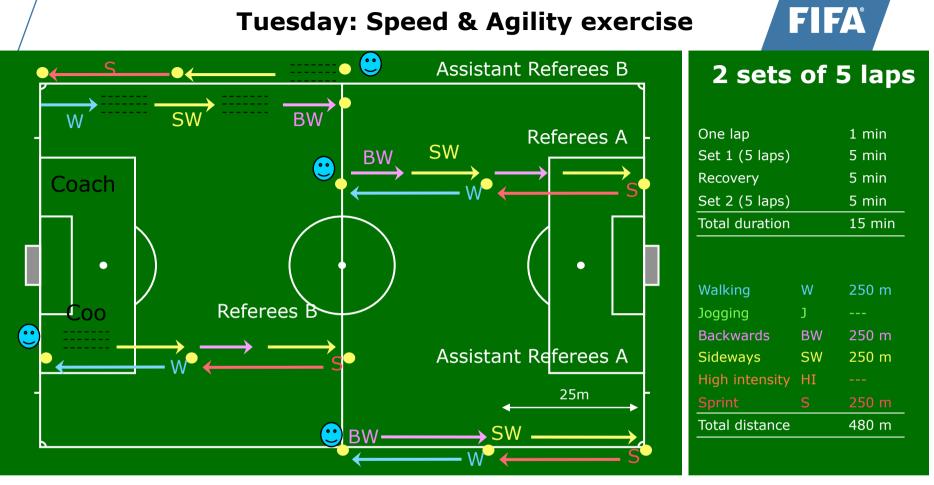
- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
  - Active arm action in line with the body
  - Foot positioning (straight forwards)
  - Lean a little forward with the body
  - ...
- Take your time for a full recovery by walking back to start.



FIFA



### **Tuesday: Speed & Agility exercise**



**Set 1:** Combination of coordination movements – sideways and backwards moving + sprint and walking ... On set consist of 5 reps. Set 1 = B

Recovery: 2 min.

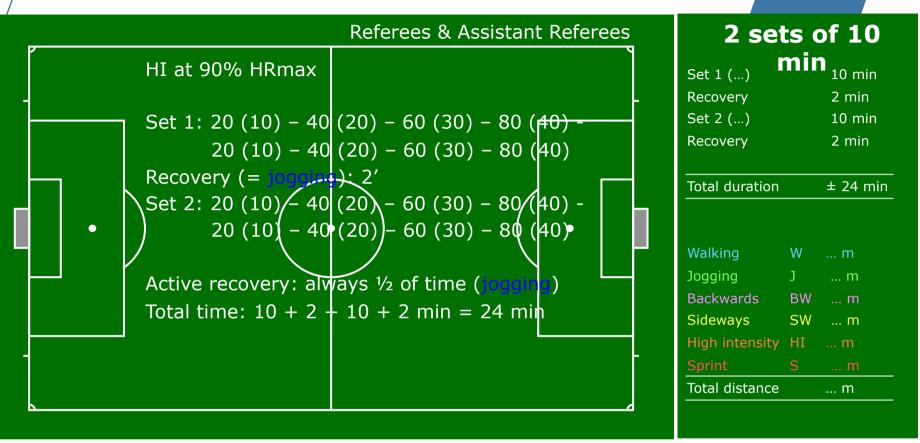
Set 2: Repeat set, Set 2 = A

Recovery: 2 min.

Set 3: Repeat set, Set 3 = B

### **Tuesday: High Intensity exercise**

FIFA



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

Set 1: Code: 20 sec at 90% HRmax (HI tempo run) followed by 10 sec jogging (active recovery); ...

#### Recovery: 2-4 min

#### Set 2: repeat the same exercise.

During these HI-sessions, the lactate producing energy system may be highly stimulated for short periods of time. Specially, this means that the training overlaps anaerobic speed endurance training. You should yourself (or by your private coach) ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, you will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost. So please keep an eye on your polar watch!

### **Tuesday: High Intensity exercise – alternative**



### Alternative OUTDOOR

- **Referees & Assistant Referees** 0
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 2 min 0 (at 86% Hrmax)
- Total of 62 min = 10 (at 76%) + 3 (at 86%) + 10 + 3 + 10 + 3 + 10 + 3 + 10 0

#### Alternative INDOOR

- 'indoor-treadmill'-workload: 0
  - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- Good to know! 0
  - 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.

Nov 10, w3 / Nov 11, w5 / Nov 13, w4												
HI-workload TREADMILL												
Level	Time (min)											TOTAL TIME
8												
9	10									10		
10												
11												
12			1									
13		2			1							
14				2			1					
15						2			1			
16								2				
												32



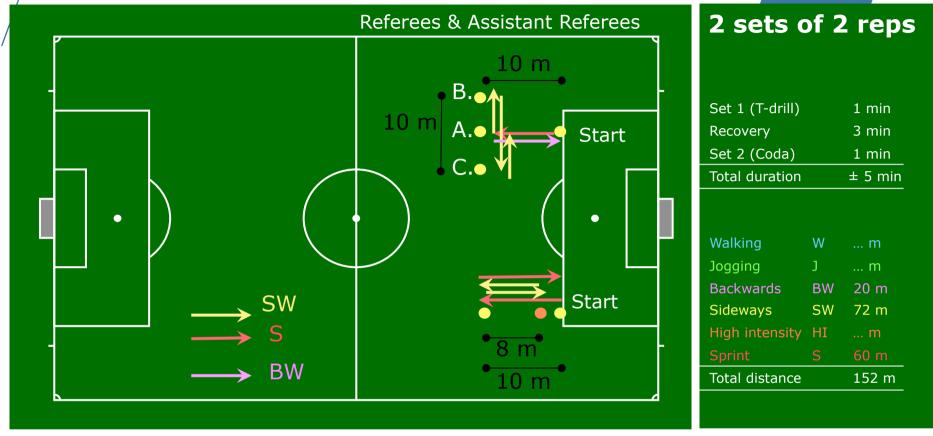
### Wednesday: REST day





### Thursday: Speed & Agility exercise

FIFA



**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.

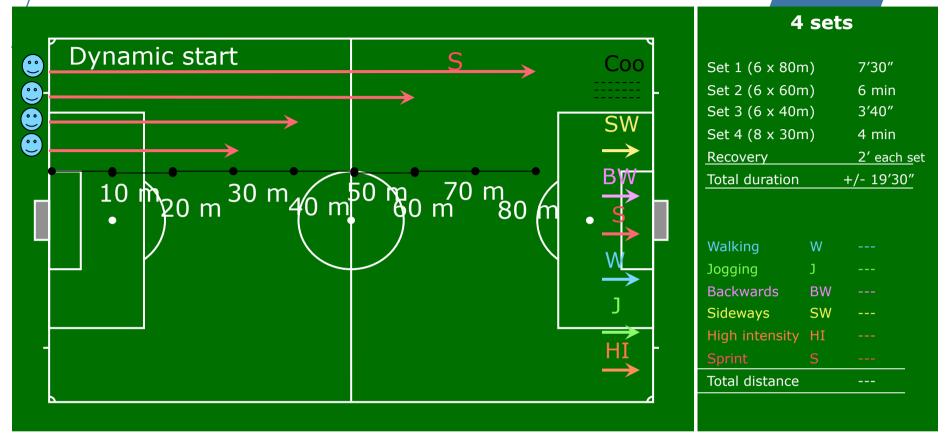
(By preference timed with micro gate)

# Thursday: Strength exercises



CREATE BY KSPORT+ www.ksportplus.com , éditée le 03/02/2018 www.cardisport.com

### Thursday: Repeated Speed Ability (RSA) exercise



Set 1: 6 sprints over 80 m (+/- 12 sec), 1:6 recovery. 7 min 30 sec in total.

- Set 2: 6 sprints over 60 m (+/- 9 sec), 1:6 recovery. 6 min in total.
- Set 3: 6 sprints over 40 m (+/- 6 sec), 1:6 recovery. 3 min 40 sec in total.
- Set 4: 8 sprints over 30 m (+/- 4,5 sec), 1:6 recovery. 4 min in total.

**Recovery:** 2 min between each set.

### **Friday: Speed exercise**



#### 1 sets of 3 laps Coo One lap -- min 10m Set 1 (-- laps) -- min SW Recovery -- min Set 2 (-- laps) -- min Total duration • -- min В •• Walking 570 m Jogging 30 m Backwards BW 30 m ••• Sideways SW 90 m Total distance 1170 m

#### Set 1: ...

Perform the following sprints at maximum speed x 3 rotations:

- 10m jogging, 10m sprint
- 10m backwards, turn, 20m sprint
- 10m SS right, turn, 30m sprint
- 10m SS right, turn, 10m SS left, turn, 30m sprint
- 60 m progressive accelerations (not to fast), control your body and running style

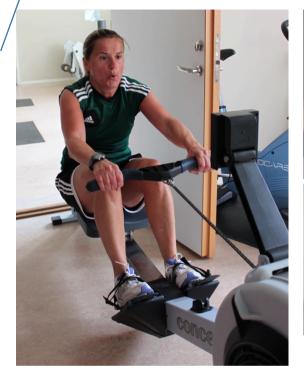
Recover to 65% HRmax between each sprint repetition

Total = 15 sprints = 450 m



### 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 5

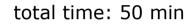
### Fitness team

FIFA





- Monday CORE
  - Extra CORE & basic strength exercises
- Tuesday S / Agi&Coo / MI
  - Speed reactive ex.
  - Agility & Coo icw Speed
  - HI-field run exercise
- Wednesday Rest



total time: 90 min



### Monday: CORE & basic strength exercises





Perform minimal the exercises below, you can do additional exercises you know ...

- Bench
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
  - 2x 20 sec
- Sideways bench knee
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - 2x 20 sec
- Lying on stomach with arm and leg lift
  - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
  - 2x 20 sec
- 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

NOTE: increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)

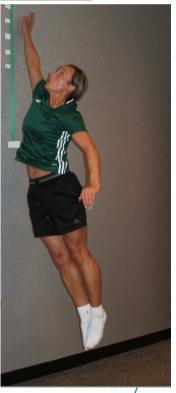
### **Tuesday: Speed – reactive exercises**

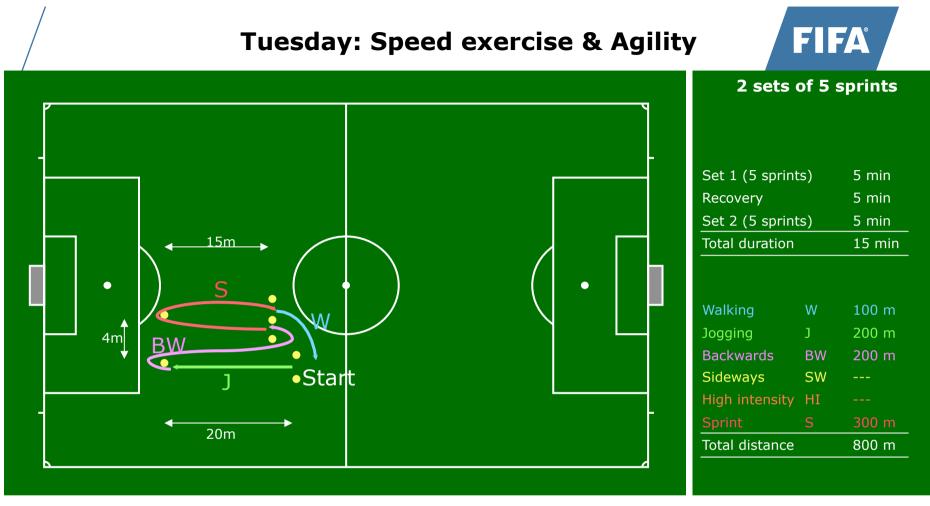
### **`Reactive exercises'** (CLIP 16 & CLIP 17)

- Step off the bench + sprint
  - 3x 5 m; 3x 10 m
  - 'Step off the bench':
    - It's not jumping, make just a step.
    - But, the landing must be active on the forefeet!
    - Land also with your body almost straight up.
- Step off the bench + high knees on the spot (3 sec) sprint
  - 2x 10 m; 2x 15 m
- Total of 95 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.



FIFA



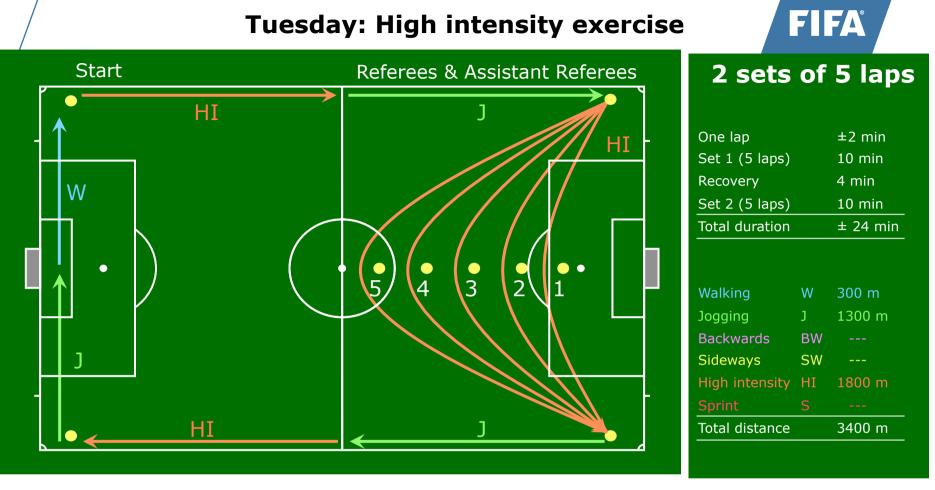


Set 1:5 sprints make 1 set; walk back slowly after every sprint; start each run on every 60 secSee picture: Start by jogging 20 m - 20m backwards - finish with a sprint of 30m with a U-turn

Recovery: 5 min

Set 2: Repeat set 1

**Eventually: Set 3:** Same exercise, again 5 sprints.



**Set 1:** From the start, run at the indicated intensity around the field perimeter. For the first lap 1, run around cone 1, for the second lap, run around cone 2 and so on up to cone 5 for lap 5, thus increasing the run distance at high intensity with each subsequent lap. The high intensity running should be at 85-95% of the maximal running speed.

#### Recovery: 4 min

**Set 2:** Now run around cone 5 on lap 1, and work down to cone 1 on lap 5, thus decreasing the run distance with each subsequent lap.

### **Tuesday: High Intensity exercise – alternative**



### Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 70 min cycling at 76% Hrmax + after each 10 min a longer acceleration of 5/4/3/2/1 min (at 86% Hrmax)
- Total of 75 min = 10 (at 76%) + 5 (at 86%) + 10 + 4 + 10 + 3 + 10 + 2 + 10 + 1 + 10

### • Alternative INDOOR

- **'indoor-treadmill'-**workload:
  - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% 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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NOV 10, W4 / NOV13, W5												
HI-workload TREADMILL												
Level	Time (min)											TOTAL TIME
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10												
11		5										
12			4									
13				3								
14					2							
15						1						
16												
												35

#### <u>Nov 10, w4 / Nov13, w5</u>



### Wednesday: REST day







## Success!

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