

Training plan – March 2018

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Objectives & Planning

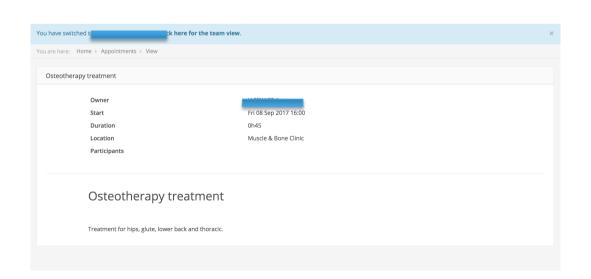
- First of all once more congratulations for the performances of the referees in Doha. Great improvements
 visible for all ladies!
- In general the performances during the different checks for AR's in Algarve were better as well.

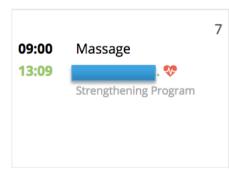
 Nevertheless we must make an additional comments: some AR's performed much better, a few others unfortunately no progress at all. So there is still work to do.
- TO DO: Flexibility & Strength check + ARIET
 - AR's not present at the Algaeve Cup have one month the time to do Flexibility and Strength check. Send us the results before the end of the month March please!
- Keep your focus and continue your hard work!
- Enjoy your next exiting game!
- Fitness team



Use of Topsportslab

- TSL is making progress step-by-step to get everything more and more in line.
 - For example 'holiday' is not longer a 'difficulty'. You can have 2 holiday periods per year.
- To fill in correctly adjust: massage, visit of a doctor, travelling, ... has to be filled in via 'new appointment' and not longer via 'training'. (When you do this correctly you get it in 'black' in TSL.)
- Secondly, medical issues has to be correctly filled in in TSL! See 'medical' bottom.
- Fitness team









Week 1

Fitness team



Week 1

• Thursday Strength / S / SE

Strength

Speed Endurance exercise total time: 90 min

FridayS

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

• Saturday GAME

• Sunday AR

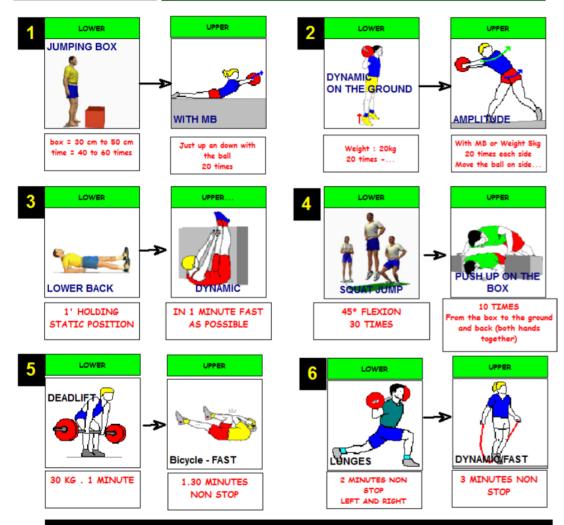
Active recovery total time: 60 min



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CORE STABILITY AND PLIOMETRIC EXERCISES



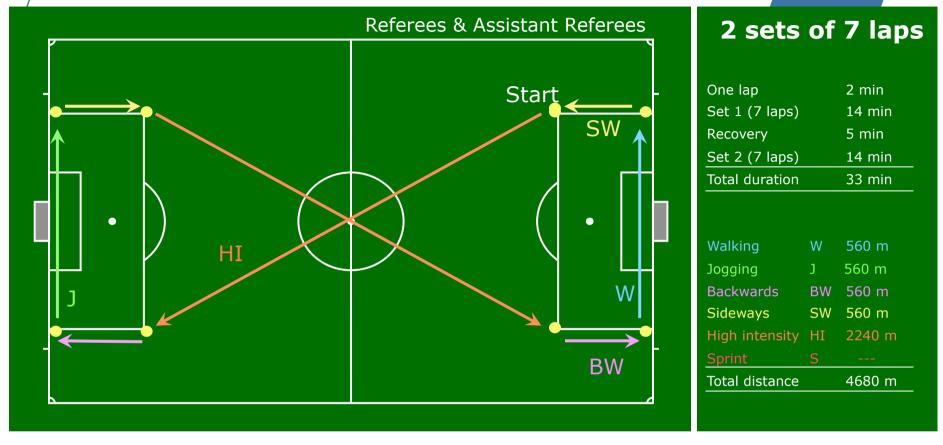


6 STATIONS IN TOTAL.

EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4)
REST 1' TO THE OTHER STATION.

Thursday: Speed endurance exercise





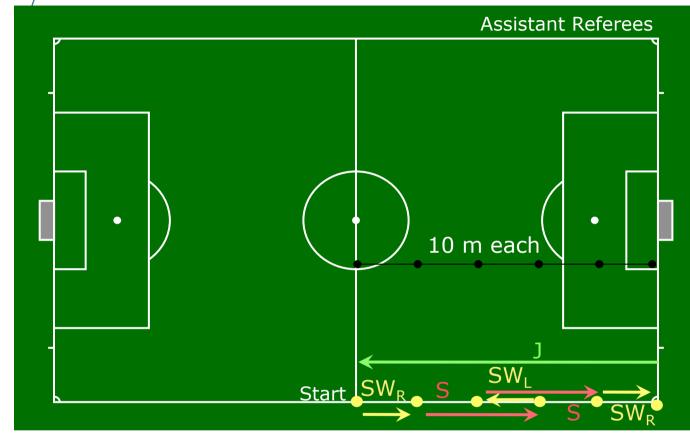
Set 1: From the start, perform as indicated and run at the indicated intensity. The high intensity running should be at \pm 90% Hrmax (86-93%). With a minimum running speed between 18 and 20 km/h.

Recovery: 3-4 min

Set 2: The start of set 2 is on the opposite side so that referees turn on the other shoulder.

Thursday: Speed endurance exercise for AR





of	8 laps
	45 sec
	6 min
	4 min
	6 min
	4 min
	6 min
	26 min
W	
J	1200 m
BW	
SW	720 m
HI	
S	960 m
	2880 m
	W J BW SW HI

Set 1: Run 8 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2 & 3: Run again 8 laps of the same exercise.

Or

Set 1: Perform 10 min to 12 of the speed endurance exercise as indicated in the picture. Recovery: 4 min

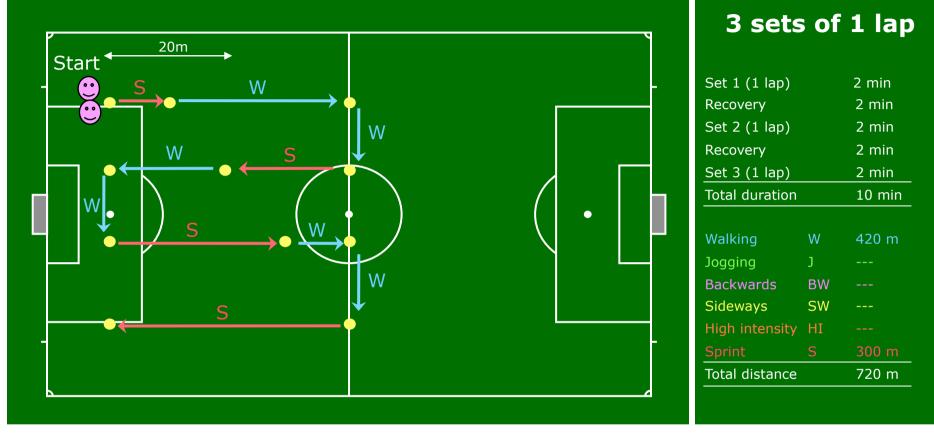
Set 2: Repeat the same exercise.

All together this exercise takes 10 + 4 + 10 = +/-24 min

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

Friday: Speed exercise





Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m. (In stead of walking is jogging also possible)

Recovery: 2 min.

Set 2: Now start first with 40m and then work 'down' to 10m.

Recovery: 2 min. **Set 3:** Repeat set 1

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

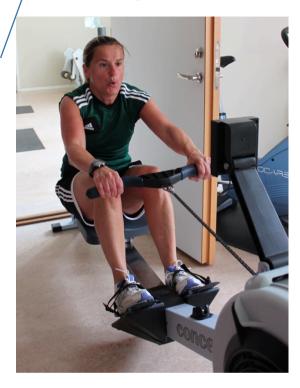
Saturday: Game





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'.

Sunday: Alternative ... (if weekend without game) FIFA

- 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



Week 2

Normal week with game on Saturday.

Monday CORE

Extra CORE & basic strength exercises total time: 50 min

Tuesday
 S / Agi&Coo / HI

Speed – reactive ex.

Agility & Coo icw Speed

HI-endurance run / jogging total time: 90 min

Wednesday Rest

• Thursday Strength / S / RSA

Strength

RSA field run exercise total time: 90 min

FridayS

• 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 you know ...

- Bench alternate legs
 - · Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
 - Exercise: left each leg in turn and touch the heel of the other foot.
 - · Your body should be in a straight line. Do not sway or arch your back
 - · 2x 20 reps
- Sideways bench knee raise & lower hip
 - 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.
 - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
 - · 2x 20 reps
- *In addition* to the set of strength and injury prevention exercises
 - Sit-ups 2 x 25 reps
 - Push ups (with one knee on the ground) 2 x 20 reps

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

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Tuesday: Speed – reactive exercises

FIFA

'Reactive exercises' (CLIP 18)

- Step off the bench + high knees on the spot (3 sec)
 - + hold for 1 sec + sprint
 - 3x 10 m; 3x 15 m
- Jump from sitting position (chair or bench) to 'stand up' position + sprint
 - 3x 5 m; 3x 10 m
 - The 'jump' must be really very dynamic.
- Total of 110 m at full speed.

• NOTE:

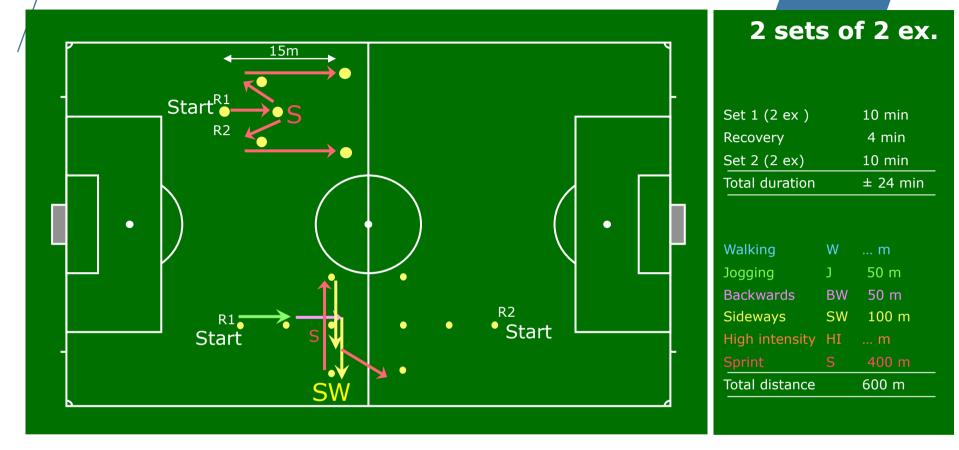
- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.





Tuesday: Speed & Agility exercise





Exercise 1: Sprint forward 5m, cut back diagonally left/right, then turn and accelerate forwards 12m

Variations: sprint – backwards or sideways L or R – sprint

2 sets of 5 reps

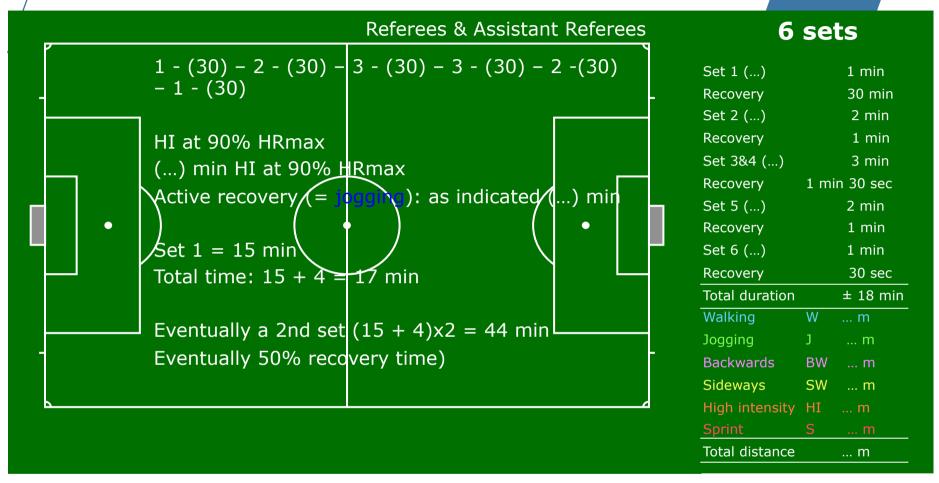
Rest: full rest in between reps (90 sec); 3-4 min in between sets

Exercise 2: 5m dynamic start, jog backwards 5m, sidestep left 5m, sprint forwards 10m, sidestep right 5m, sprint forward 10m

2 sets of 5 reps

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: 1 min at 90% HRmax (HI tempo run) followed by 30 sec of jogging (active recovery); ...

Recovery: 4 min

Set 2: eventually, repeat the same exercise. (Eventually, walking as recovery)

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. 50 min cycling at 76% Hrmax + after each 10 min a longer acceleration of 3/2 min (at 86% Hrmax)
- $_{\circ}$ Total of 50 min = 10 (at 76%) + 3 (at 86%) + 10 + 2 + 10 + 3 + 10 + 2

Alternative INDOOR

- o '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.

HI-workload TREADMILL												
Level Time (min)											TOTAL TIME	
8												
9	5							5				
10												
11			2									
12		3			2							
13				3			2					
14						3						
15												
16												
												25

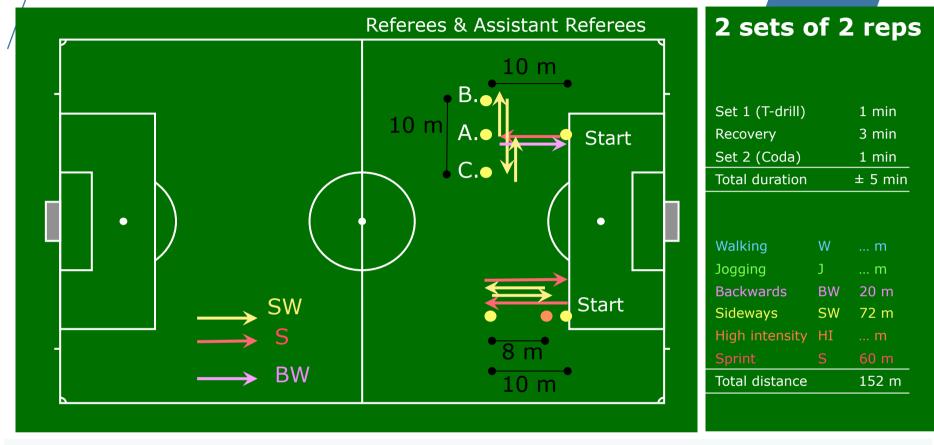
Wednesday: REST day





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.

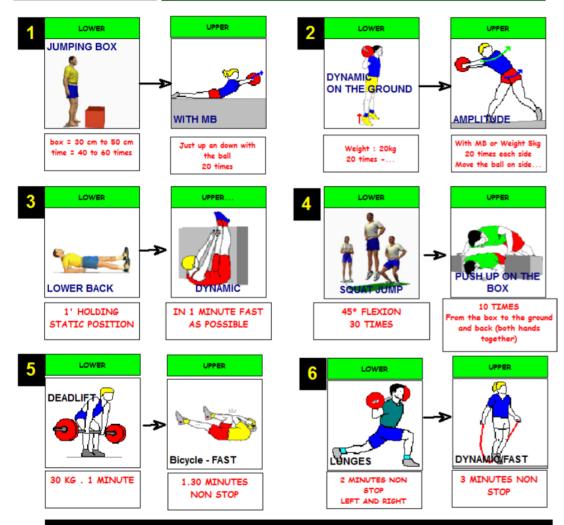
(By preference timed with micro gate)



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CORE STABILITY AND PLIOMETRIC EXERCISES



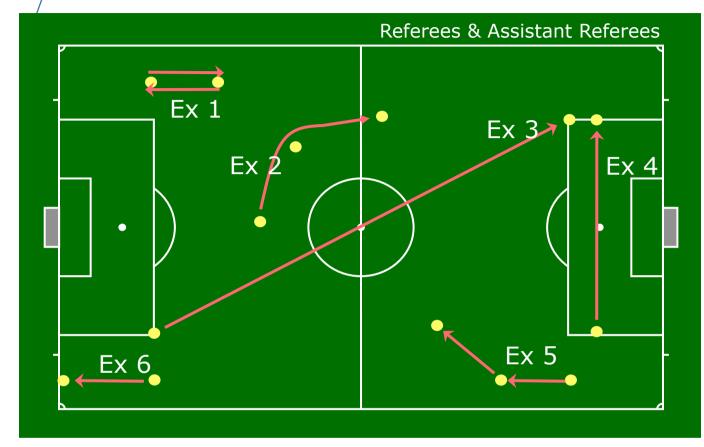


6 STATIONS IN TOTAL.

EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4)
REST 1' TO THE OTHER STATION.

Thursday: Repeated Speed Ability (RSA) ex.







Go to work in groups of 3. 2 persons start on the start cone, the other on the finish cone. rest ratio of 1:2. Recovery: 2 min between each set.

work:

Set 1: (15 + 15 m): 6 - 7 sec per run: 20 sec per group: X 10 = 300 m (3 min 5 sec)

Set 2: (25 m): 5 – 6 sec per run: 18 sec per group: X 12 = 300 m (3 min)

Set 3: (75 m): 13 - 14 sec per run: 40 sec per group: X 4,5 = 337,5 m (3 min)

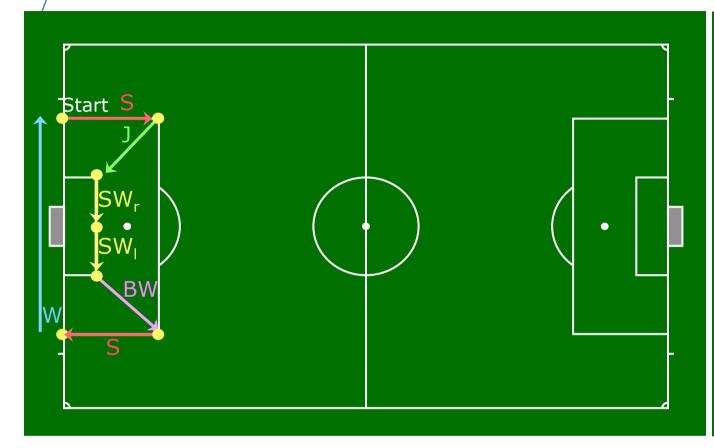
Set 4: (40 m): 7 – 8 sec per run: 24 sec per group: X 7,5 = 300 m (3 min 20 sec)

Set 5: (10 + 10 m): 4 – 5 sec per run: 12 sec per group: X 20 = 400 m (3 min 40 sec)

Set 6: (16,5m): 3 – 4 min per run: 9 sec per group: X 20 = 330 m (3 min 25 sec)

Friday: Speed exercise





2 sets	of	5 laps					
One lap		1 min					
Set 1 (5 laps)		5 min					
Recovery	5 min						
Set 2 (5 laps)		5 min					
Total duration		15 min					
Walking	W	400 m					
Jogging	J	100 m					
Backwards	BW	100 m					
Sideways	SW	200 m					
High intensity	HI						
Sprint	S	320 m					
Total distance		1120 m					

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

Recovery: 5 min.

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

Use your polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

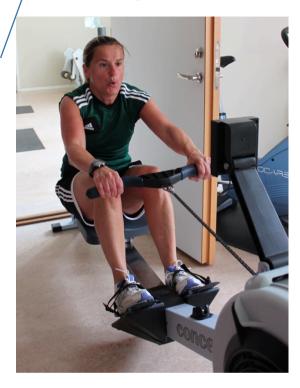
Saturday: Game





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

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 /HI

Speed – reactive ex.

Agility & Coo icw Speed

HI-field run exercise
 total time: 90 min

• Wednesday Rest

Thursday Strength / S / SE

• Strength

SE-endurance exercise total time: 90 min

FridayS

• 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 you know ...

- Bench alternate legs
 - · Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
 - Exercise: left each leg in turn and touch the heel of the other foot.
 - · Your body should be in a straight line. Do not sway or arch your back
 - · 2x 20 reps
- Sideways bench knee raise & lower hip
 - 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.
 - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
 - · 2x 20 reps
- *In addition* to the set of strength and injury prevention exercises
 - Sit-ups 2 x 25 reps
 - Push ups (with one knee on the ground) 2 x 20 reps

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

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Tuesday: Speed - reactive exercises

FIFA

'Reactive exercises' (CLIP 19 & CLIP 20)

- Jump from sitting position (chair or bench) to 'stand up' position + high knees on the spot (3 sec) + sprint
 - 3x 10 m; 3x 15 m
- Jump from standing position active on bench + Step off the bench + high knees on the spot (3 sec) + sprint
 - 2x 10 m; 2x 15 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.
- Total of 125 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 - reactive exercises

FIFA

'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:

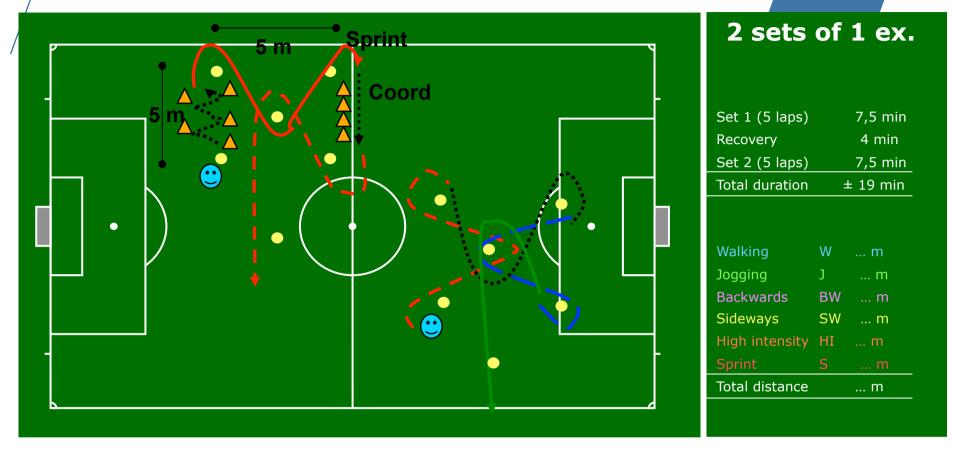
- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.





Tuesday: Speed & Agility exercise





Set 1: Both agility exercises take place in a square of 5 by 5 m. Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool.

Variation: back & fort in stead of L&R // 5 reps make one set.

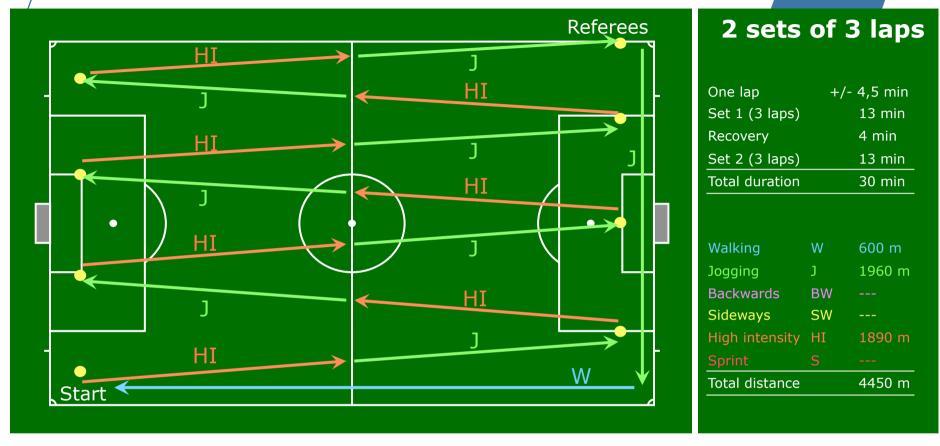
Recovery: 4 min active recovery in between each set and 2 min in between the repetitions

Set 2: Repeat the same exercise.

Variation, Ex.2: a long 'agility sprint', turn around each cone of the square after each time turning around the middle cone.

Tuesday: High intensity exercise





Set 1: One lap consists of 7 sub-maximal sprints followed by 7 recovery jogs. The high intensity running should be at +/- 90% Hrmax (86-93%), with a minimum running speed between 18 and 20 km/h. The jogging should take 2 to 3x longer than the duration of the tempo run. After reaching the finish, referees jog along the goal line until the next corner and then walk back to the starting position.

Recovery: 4 min

Set 2: Again 3 laps of the same exercise.

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 3 min (at 86% Hrmax)
- $_{\circ}$ Total of 62 min = 10 (at 76%) + 3 (at 86%) + 10 + 3 + 10 + 3 + 10 + 3 + 10

Alternative INDOOR

- o '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).
- 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.

HI-workload TREADMILL												
Level	Time (min)										TOTAL TIME	
8										5		
9	5											
10			3		3		3		3			
11												
12												
13												
14		3		3		3		3				
15												
16												
												34

Wednesday: REST day



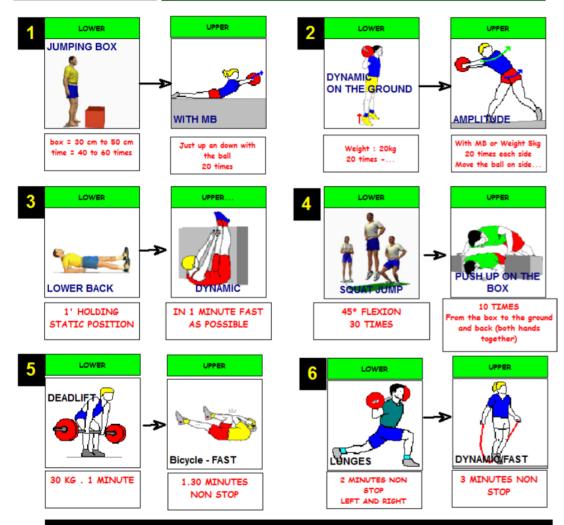




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CORE STABILITY AND PLIOMETRIC EXERCISES



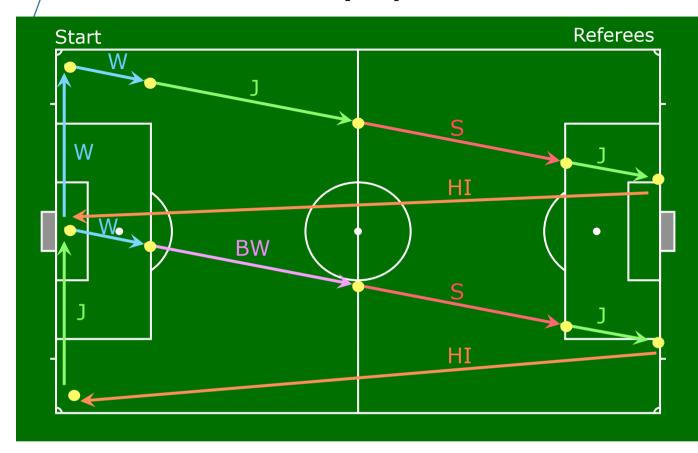


6 STATIONS IN TOTAL.

EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4)
REST 1' TO THE OTHER STATION.

Thursday: Speed endurance exercise





2 sets	of	4 laps				
One lap	max 3 min					
Set 1 (4 laps)		12 min				
Recovery		4 min				
Set 2 (4 laps)		12 min				
Total duration		28 min				
Walking	W	600 m				
Jogging	J	760 m				
Backwards	BW	240 m				
Sideways	SW					
High intensity	ΗI	1600 m				
Sprint	S	480 m				
Total distance		3680 m				

Set 1: Run 4 laps of the speed endurance exercise as indicated in the picture.

Speed indication: HI = 18 to 20 km/h; Max Speed at S.

Heart rate during HI in between 86 – 93% Hrmax.

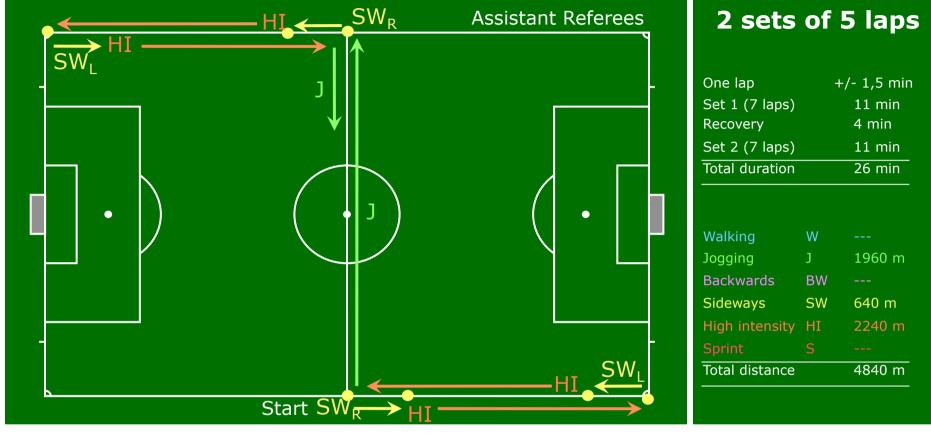
Recovery: 4 min

Set 2: Again 4 laps of the same exercise.

(Optional 5 in stead of 4 laps)

Thursday: Speed endurance exercise for AR





Set 1: Run 7 laps of field run exercise as indicated in the picture.

(Speed indication: HI = 18 to 20 km/h); Heart rate during HI in between 86 - 93% Hrmax.)

Recovery: 4 min

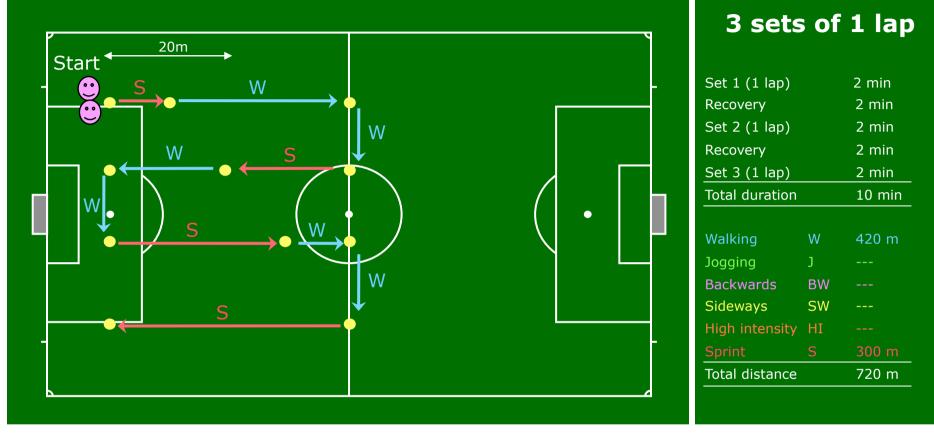
Set 2: Run again 7 laps of the same exercise.

Variant: 1x full Speed in stead of HI, in this case 5 laps is fine.

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

Friday: Speed exercise





Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m. (In stead of walking is jogging also possible)

Recovery: 2 min.

Set 2: Now start first with 40m and then work 'down' to 10m.

Recovery: 2 min. **Set 3:** Repeat set 1

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

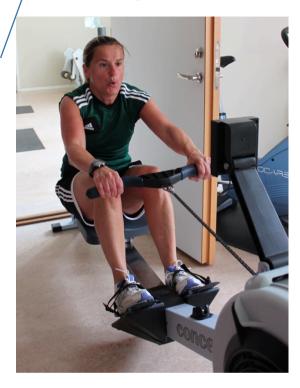
Saturday: Game





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 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 / HI

Speed – reactive ex.

Agility & Coo icw Speed

HI-endurance run
 total time: 90 min

• Wednesday Rest

Thursday Strength / S / RSA

Strength

RSA field run exercise total time: 90 min

FridayS

• 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 you know ...

- Bench alternate legs
 - · Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
 - Exercise: left each leg in turn and touch the heel of the other foot.
 - · Your body should be in a straight line. Do not sway or arch your back
 - · 2x 20 reps
- Sideways bench knee raise & lower hip
 - 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.
 - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
 - · 2x 20 reps
- *In addition* to the set of strength and injury prevention exercises
 - Sit-ups 2 x 25 reps
 - Push ups (with one knee on the ground) 2 x 20 reps

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

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Tuesday: Speed – reactive exercises

FIFA

'Reactive exercises' (CLIP 18)

- Step off the bench + high knees on the spot (3 sec)
 - + hold for 1 sec + sprint
 - 3x 10 m; 3x 15 m
- Jump from sitting position (chair or bench) to 'stand up' position + sprint
 - 3x 5 m; 3x 10 m
 - The 'jump' must be really very dynamic.
- Total of 110 m at full speed.

• NOTE:

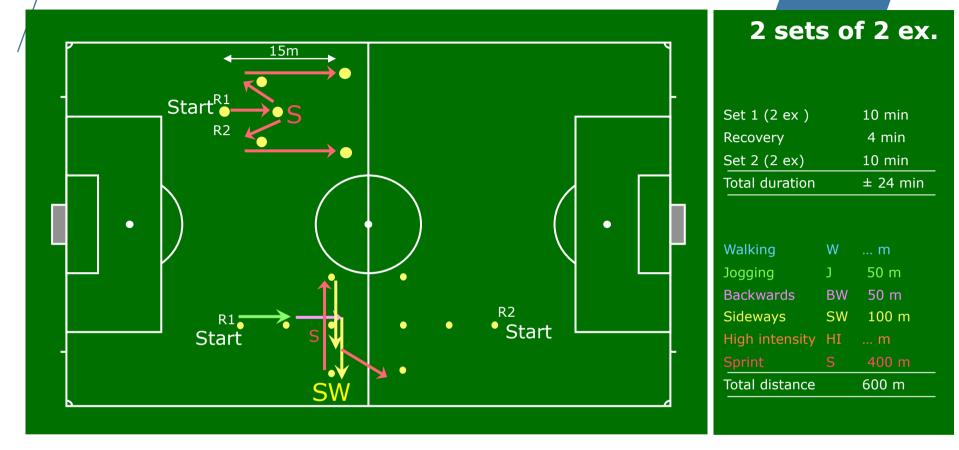
- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.





Tuesday: Speed & Agility exercise





Exercise 1: Sprint forward 5m, cut back diagonally left/right, then turn and accelerate forwards 12m

Variations: sprint – backwards or sideways L or R – sprint

2 sets of 5 reps

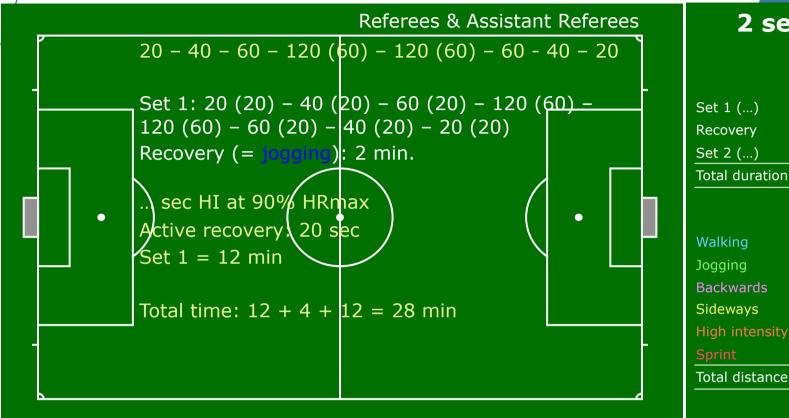
Rest: full rest in between reps (90 sec); 3-4 min in between sets

Exercise 2: 5m dynamic start, jog backwards 5m, sidestep left 5m, sprint forwards 10m, sidestep right 5m, sprint forward 10m

2 sets of 5 reps

Tuesday: High Intensity exercise





2 sets of								
Set 1 ()		min						
Recovery		min						
Set 2 ()		min						
Total duration		± min						
Walking	W	m						
Jogging	J	m						
Backwards	BW	m						
Sideways	SW	m						
High intensity	HI	m						
Sprint	S	m						
Total distance		m						

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 20 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
- Min. min cycling at 76% Hrmax + after each 10 min a longer acceleration of min (at 86% Hrmax)
- $_{\circ}$ Total of 64 min = 10 (at 76%) + 3 (at 86%) + 10 + 4 + 10 + 3 + 10 + 4 + 10

Alternative INDOOR

- o '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).
- 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.

HI-workload TREADMILL												
Level Time (min)											TOTAL TIME	
8										5		
9	5											
10			3		3		3		3			
11												
12		3										
13				3								
14						3						
15								3				
16												
												34

Wednesday: REST day



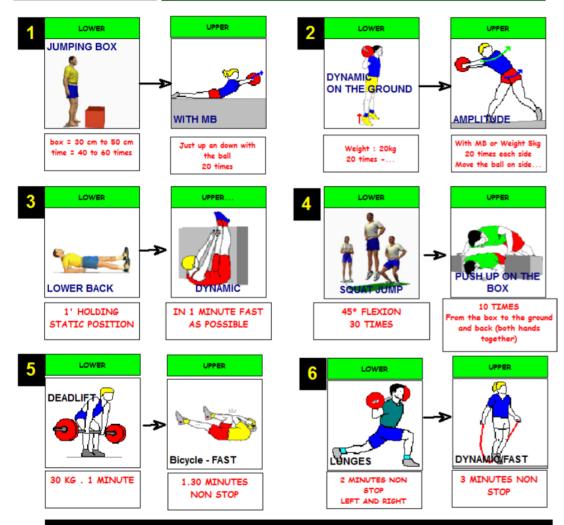




JB AND KADER FIFA FITNESS INSTRUCTORS

CORE STABILITY AND PLIOMETRIC EXERCISES



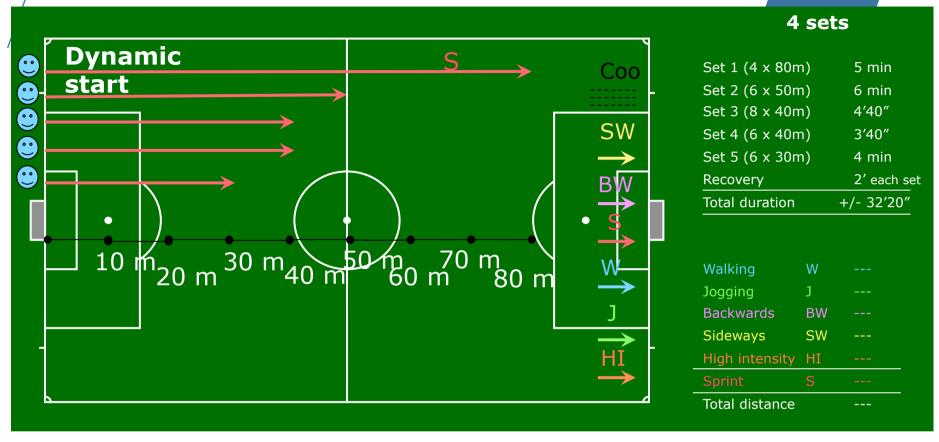


6 STATIONS IN TOTAL.

EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4)
REST 1' TO THE OTHER STATION.

Thursday: Repeated Speed Ability (RSA) ex.





Set 1: 4 sprints over 80 m (+/- 12 sec), 1:5 recovery. 5 min in total.

Set 2: 6 sprints over 50 m (+/-7,5 sec), 1:5 recovery. 6 min in total.

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

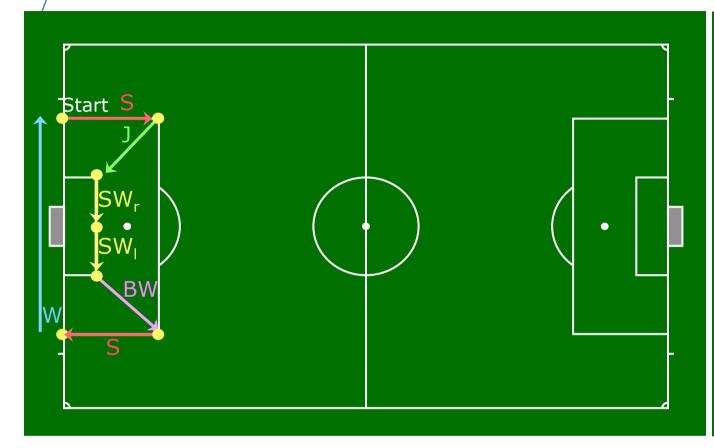
Set 4: 6 sprints over 40 m (+/-6 sec), 1:5 recovery. 3 min 40 sec in total.

Set 5: 6 sprints over 30 m (+/-4,5 sec), 1:5 recovery. 4 min in total.

Recovery: 2 min between each set.

Friday: Speed exercise





2 sets	of	5 laps						
One lap		1 min						
Set 1 (5 laps)	5 min							
Recovery	5 min							
Set 2 (5 laps) 5 min								
Total duration		15 min						
Walking	W	400 m						
Jogging	J	100 m						
Backwards	BW	100 m						
Sideways	SW	200 m						
High intensity	HI							
Sprint	S	320 m						
Total distance		1120 m						

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

Recovery: 5 min.

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

Use your polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

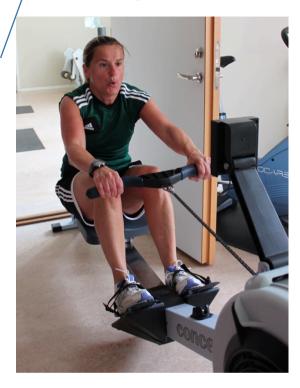
Saturday: Game





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 5

Fitness team



Week 5

Normal week with game on Saturday.

Monday CORE

Extra CORE & basic strength exercises total time: 50 min

Tuesday
 S / Agi&Coo /HI

Speed – reactive ex.

Agility & Coo icw Speed

HI-field run exercise total time: 90 min

• Wednesday Rest

• Thursday Strength / S / SE

Strength

SE-endurance exercise 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 you know ...

- Bench alternate legs
 - · Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
 - Exercise: left each leg in turn and touch the heel of the other foot.
 - · Your body should be in a straight line. Do not sway or arch your back
 - · 2x 20 reps
- Sideways bench knee raise & lower hip
 - 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.
 - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
 - · 2x 20 reps
- *In addition* to the set of strength and injury prevention exercises
 - Sit-ups 2 x 25 reps
 - Push ups (with one knee on the ground) 2 x 20 reps

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

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Tuesday: Speed - reactive exercises

FIFA

'Reactive exercises' (CLIP 19 & CLIP 20)

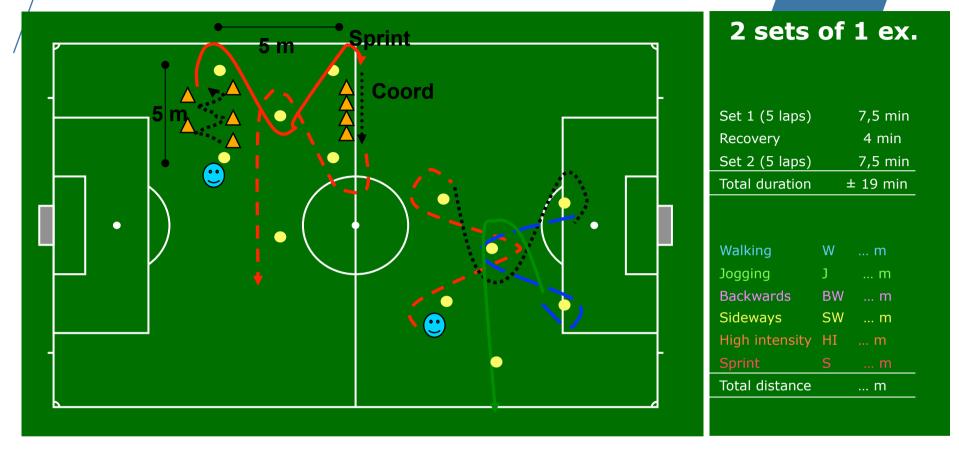
- Jump from sitting position (chair or bench) to 'stand up' position + high knees on the spot (3 sec) + sprint
 - 3x 10 m; 3x 15 m
- Jump from standing position active on bench + Step off the bench + high knees on the spot (3 sec) + sprint
 - 2x 10 m; 2x 15 m
 - 'Step off the bench':
 - It's not jumping, make just a step.
 - But, the landing must be active on the forefeet!
 - Land also with your body almost straight up.
- Total of 125 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





Set 1: Both agility exercises take place in a square of 5 by 5 m. Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool.

Variation: back & fort in stead of L&R // 5 reps make one set.

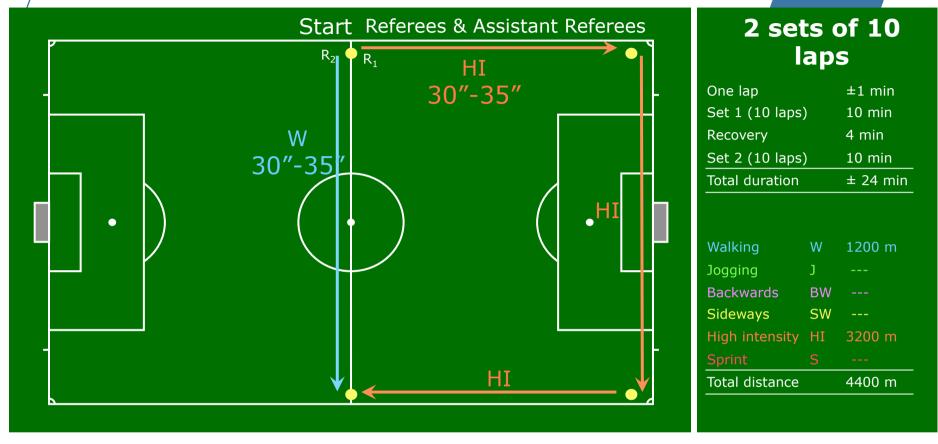
Recovery: 4 min active recovery in between each set and 2 min in between the repetitions

Set 2: Repeat the same exercise.

Variation, Ex.2: a long 'agility sprint', turn around each cone of the square after each time turning around the middle cone.

Tuesday: High intensity exercise





Set 1: Referees work in pairs. From the start, R_1 runs around half of the field of play in 30 to 35 sec. At the same time, R_2 walks along the midline. R_1 and R_2 need to arrive at the same time at the sideline and then R_2 runs around half of the field of play and R_1 walks back along the midline to the start. Repeat this 10 times. (individual is possible as well: run each time in the opposite direction)

Speed indication = 18 to 20 km/h; Heart rate in between 86 - 93% Hrmax.

Recovery: 4 min

Set 2: Same as set 1, however, run in the opposite direction.

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 min (at 86% Hrmax)
- $_{\circ}$ Total of 70 min = 10 (at 76%) + 5 (at 86%) + 10 + 5 + 10 + 5 + 10 + 5 + 10

Alternative INDOOR

- o '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).
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	HI-workload TREADMILL										
Level Time (min)											TOTAL TIME
8											
9	10										
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13											
14			5								
15											
16											
											35

Wednesday: REST day



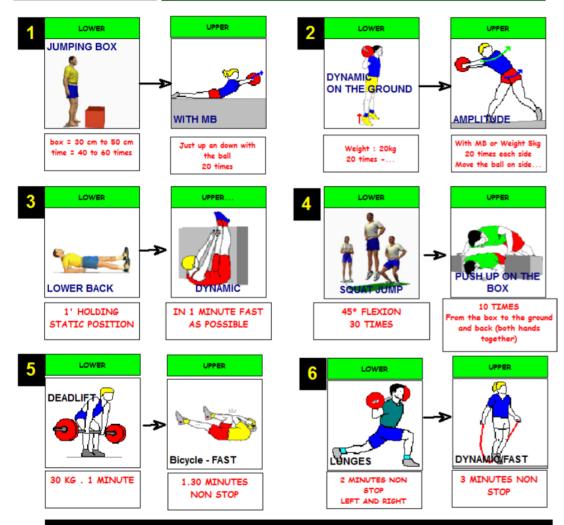




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CORE STABILITY AND PLIOMETRIC EXERCISES



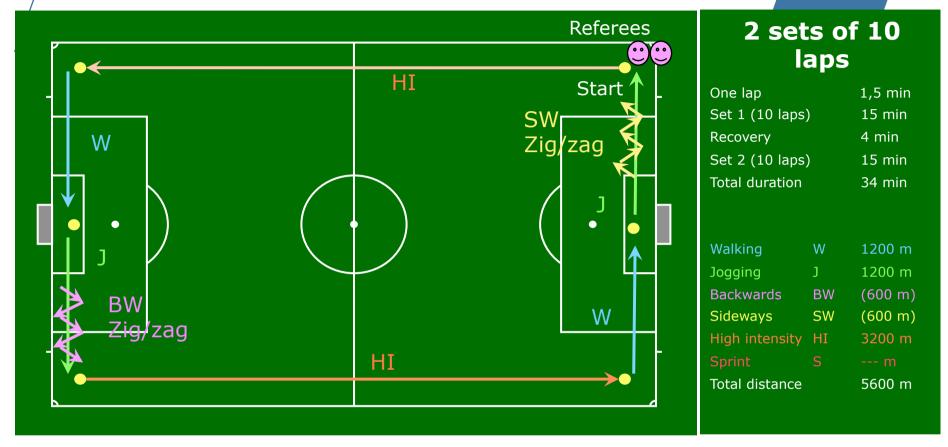


6 STATIONS IN TOTAL.

EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4)
REST 1' TO THE OTHER STATION.

Thursday: Speed endurance exercise





Set 1: Run 10 laps of the speed endurance exercise as indicated in the picture. Run at 90% of the maximal running speed in the length of the field, followed by walking & jogging in the width of the field and then run again at 90% of the maximal running speed (+/- 15 sec) in the length of the field of play. Finally walk and jog back to the start! Alternatively: zigzag sideways in stead of jogging

(Speed indication: HI = 18 to 20 km/h); Heart rate during HI in between 86 - 93% Hrmax.)

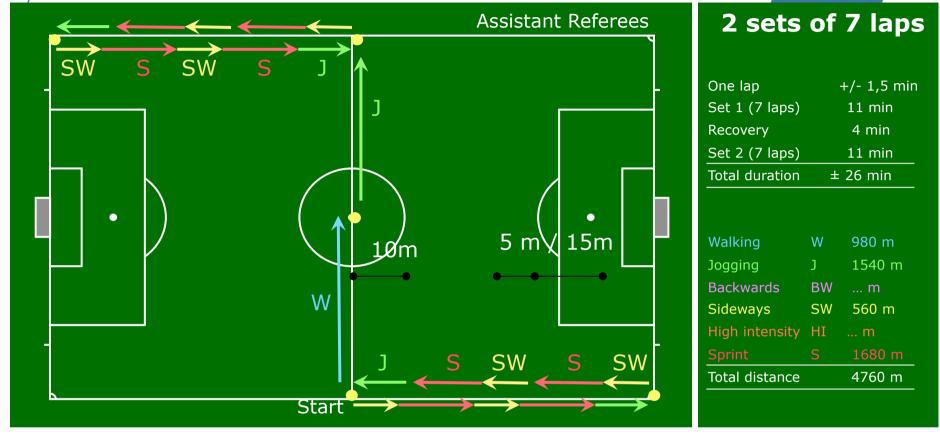
Recovery: 3 min

Set 2: Again 10 laps of the same exercise.

Note: Look always 'inside the field of play towards your assistant referee!

Thursday: Speed endurance exercise for AR





Set 1: Perform 7 laps or +/-11 min of the field run exercise as indicated in the picture.

Recovery: 4 min

Set 2: Repeat the same exercise.

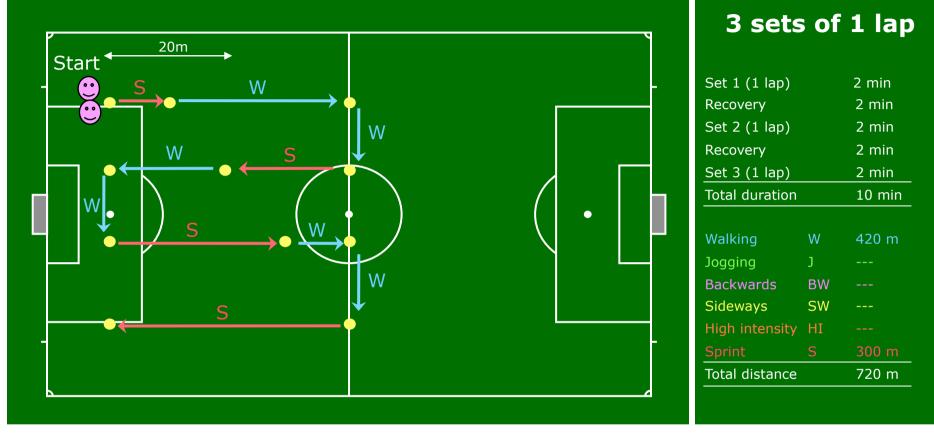
NOTE:

The use of your flag is very useful!

Look always towards the field (towards your referee)! (As AR has to overview ball and R)

Friday: Speed exercise





Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m. (In stead of walking is jogging also possible)

Recovery: 2 min.

Set 2: Now start first with 40m and then work 'down' to 10m.

Recovery: 2 min. **Set 3:** Repeat set 1

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

Saturday: Game









Success!

