



## Training plan – April 2018

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## Objectives & Planning

- After the good performances in Doha and Algarve straight forward towards U20 and U17 WWC France and Uruguay!
- **We received only a few results from the remaining assistant referees: Flexibility & Strength check + ARIET. Can you all fulfill this duty please.**
- Keep your focus and continue your hard work!
- Enjoy your next exiting game!
- Fitness team

# *Week 1*

## *Fitness team*

## Week 1



### Normal week with game on Saturday.

- Sunday AR  
• Active recovery total time: 60 min
- 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
- Friday S  
• Speed work in preparation for the game total time: 60 min
- Saturday GAME
- Sunday AR  
• Active recovery total time: 60 min



## Sunday: Active Recovery - Light Intensity exercise

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### 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'.

# Monday: CORE & basic strength exercises

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

- ***Bench – alternate legs Bench – with leg lift***

- Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
- Exercise: lift one leg a few centimetres off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 sec (each leg)**

- ***Bridge***

- Lie on your back. Lift your body up, supported on your elbows, pull your navel in, and hold the position.
- Exercise: lift your hips off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 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.
- **3x 30 sec**

- ***Lying on stomach with arm and leg lift***

- Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
- **3x 30 sec**

- ***In addition*** to the set of strength and injury prevention exercises

- Sit-ups **2 x 30 reps**
- Push ups (with one knee on the ground) **2 x 25 reps**

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

## Tuesday: Speed – reactive exercises

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### 'Reactive exercises' (CLIP 21)

- Jump from sitting position on the bench - Step off the bench + backwards move of 2 m + sprint
  - 3x 10 m; 3x 15 m
- Jump from standing position to 'stand up' position on the bench + Step off the bench + backwards move of 2 m + 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

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**2 sets of 2 laps**

|                       |              |
|-----------------------|--------------|
| One lap               | 1,25 min     |
| Set 1 (2 laps)        | 2,5 min      |
| Recovery              | 4 min        |
| Set 2 (2 laps)        | 2,5 min      |
| <b>Total duration</b> | <b>9 min</b> |

|                       |     |              |
|-----------------------|-----|--------------|
| Walking               | W   | ---          |
| Jogging               | J   | 160 m        |
| Backwards             | BW  | 20 m         |
| Sideways              | SW  | 40 m         |
| Coordination          | Coo | 40 m         |
| High intensity        | HI  | ---          |
| Sprint                | S   | 200 m        |
| <b>Total distance</b> |     | <b>460 m</b> |

**Set 1:** Combine 5 mobilization exercises (5 m) with a sprint in the mid circle. Accelerate 10 m and jog 8 m before starting the next mobilization 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 mobilization exercises.

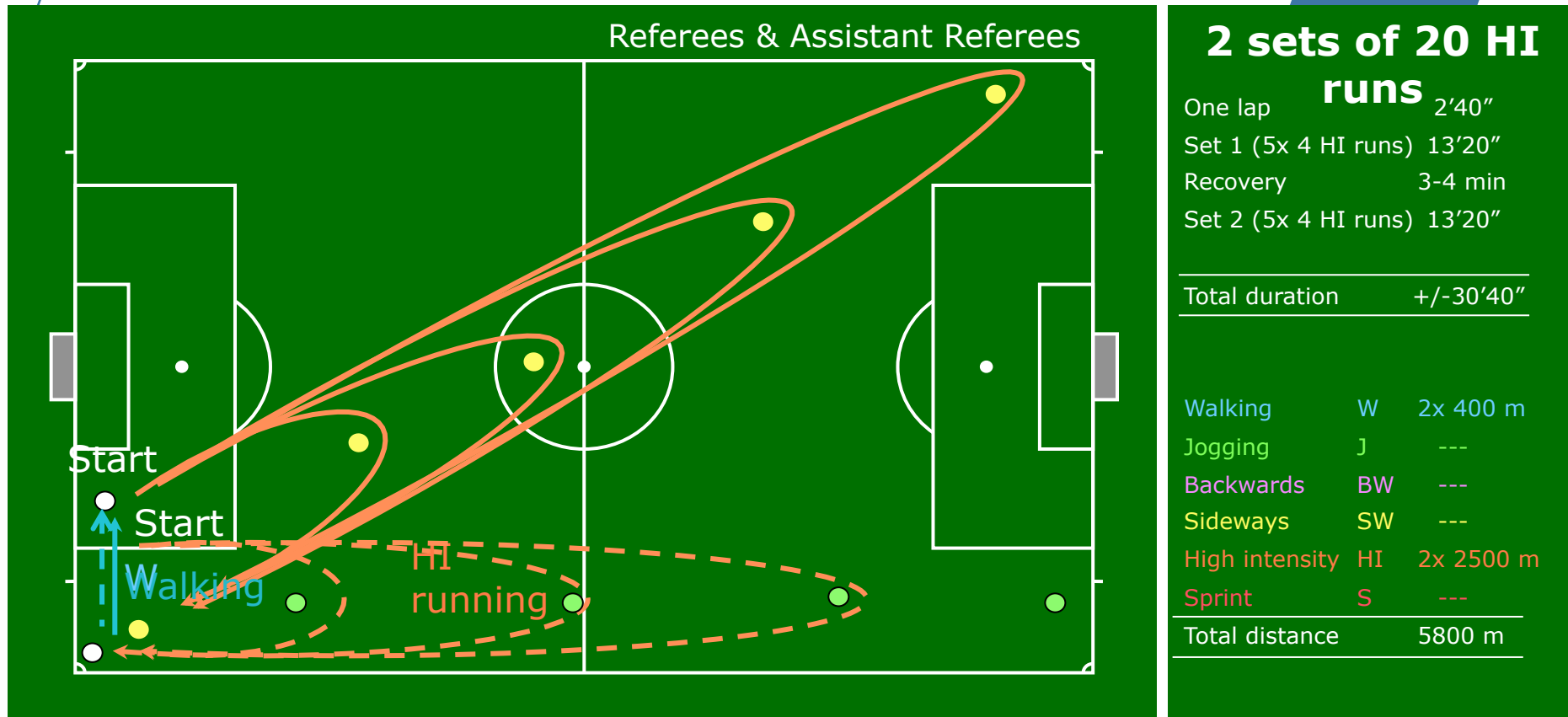
**Recovery:** 4 min active recovery in between sets

**Set 2:** Repeat the same exercise.

In total 20 sprints of 10 m in the Centre-circle = 200 m

## Tuesday: High intensity exercise

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**Set 1:** Referees, from the start, run at the indicated intensity 4 different distances (+/- 25 – 50 – 75 – 100 m) on the diagonal. The recovery period (walking = 20 m of max 15 sec) is quite short. The high intensity running should be at 80 to 90% of the maximal running speed and minimum 87% HR max.

Assistant referees perform the same exercise on the sideline.

Target tempo is 18 km/h

**Recovery:** 3-4 min

**Set 2:** OPTIONAL: Perform in the opposite order, start with the cone at the other side and get closer and closer.



- Referees & Assistant Referees

- Alternative INDOOR

- Dec 10, w4 / Nov 12, w5 / Dec14, w4)

34

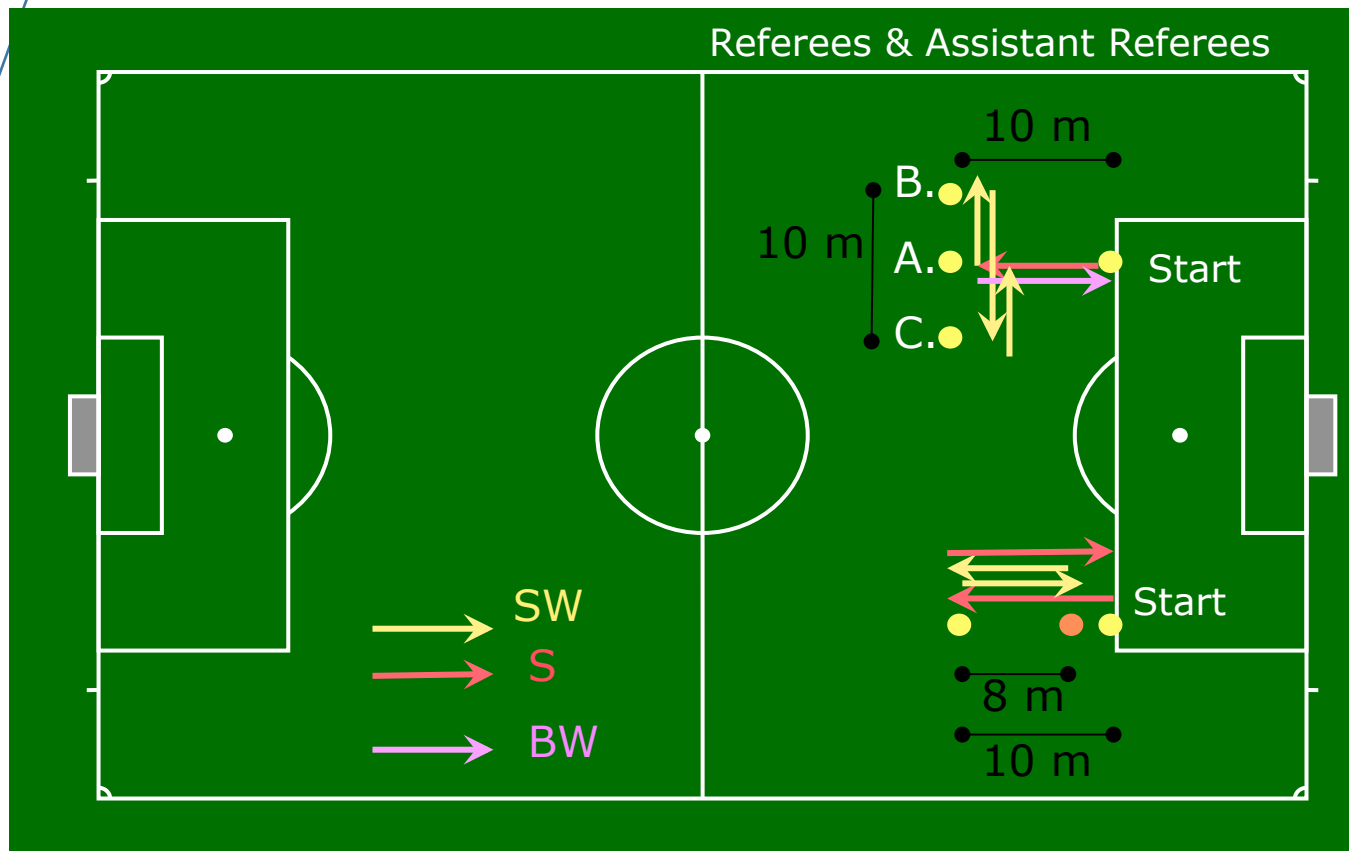
**Wednesday: REST day**

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## Thursday: Speed & Agility exercise

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### 2 sets of 2 reps

|                 |         |
|-----------------|---------|
| Set 1 (T-drill) | 1 min   |
| Recovery        | 3 min   |
| Set 2 (Coda)    | 1 min   |
| Total duration  | ± 5 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | ... m |
| Jogging        | J  | ... m |
| Backwards      | BW | 20 m  |
| Sideways       | SW | 72 m  |
| High intensity | HI | ... m |
| Sprint         | S  | 60 m  |
| Total distance |    | 152 m |

**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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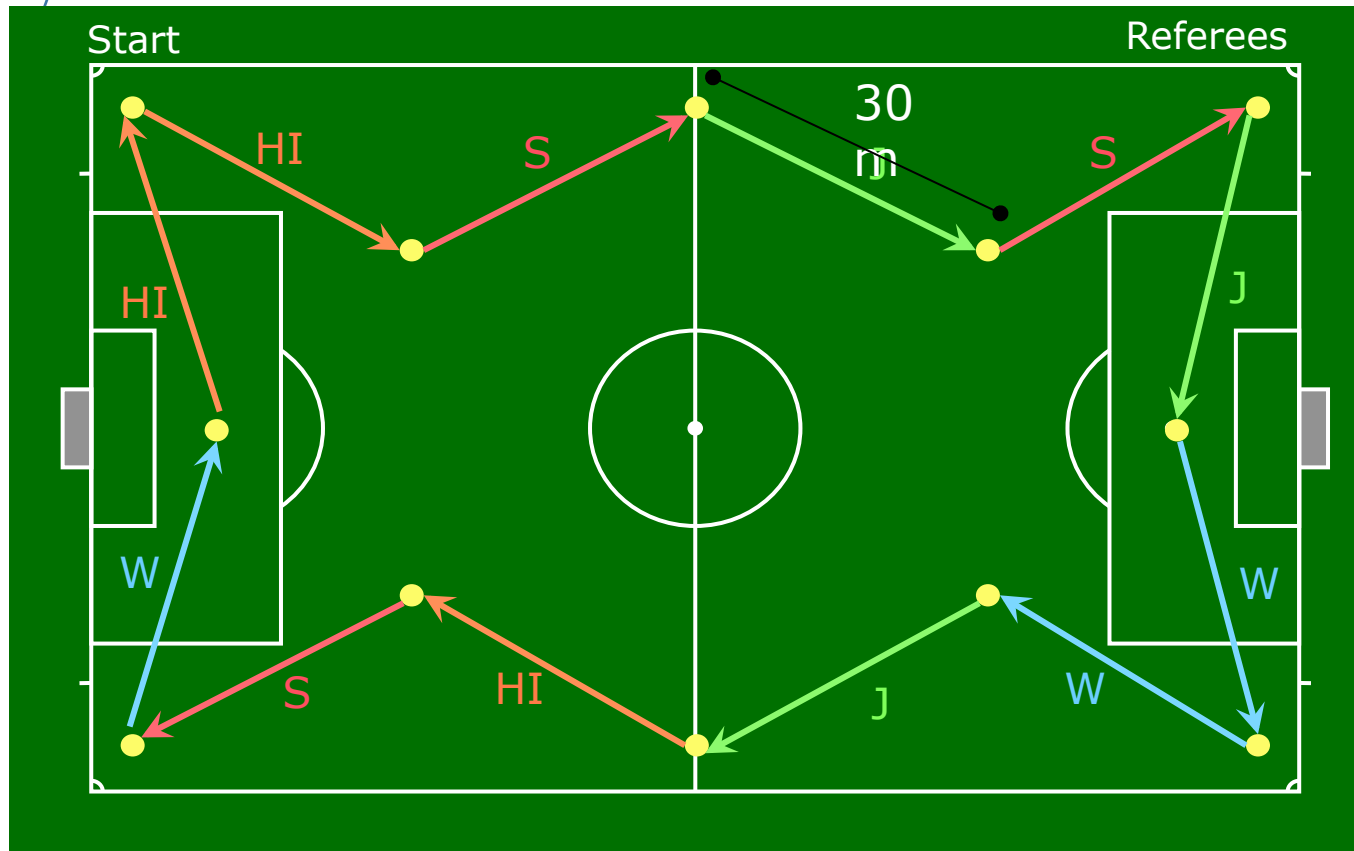
BODY STRENGTH

|  |  |   |   |
|--|--|---|---|
| <p>(15 to 25 kg) Extend one leg back landing on forefoot. Lower body by flexing knee and hip of standing leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending hip and knee of standing leg. Repeat using other leg.</p>                       | <p>1</p>   | <p>Stand straight, feet shoulder width apart. Lower your body by bending the knees, stop when thighs are parallel with the floor. Power through forcefully so that you jump slightly using your thighs and calves, raise yourself up on the balls of your feet to add stability and shock resistance on the return to the ground.</p> | <p>2</p>   |
| <p>Pull dumbbell up towards shoulder until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched forward. Continue with opposite arms.</p>   | <p>3</p>   | <p>Lower dumbbell or ball (5 to 8 kg) extending off of bench acts as counter balance to resistance and keeps upper back fixed on bench. Avoid hips from raising up significantly. Actual range of motion is dependant upon individual shoulder flexibility. Keep elbows fixed at small bend throughout exercise.</p>                  | <p>4</p>   |
| <p>Lie supine on floor with lower legs on exercise ball. Extended arms out to sides. Straighten knees and hips raising lower back and hips off floor. Keeping hips straight, bend knees pulling heels backwards. Allow feet to roll onto ball. Lower to original position by straightening knees..</p> | <p>5</p>  | <p>While keeping the medicine ball in place lower your legs to the side until of your thigh touches the floor. Raise your legs back into the starting place and repeat movement on the opposite side.</p>   | <p>6</p>  |

1 MINUTE EACH EXERCISE. 3 TO 5 SETS - RECOVERY BETWEEN EACH EXERCISE 30 SECONDS AND 2 MINUTES BETWEEN EACH SET

## Thursday: Speed endurance exercise

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### 2 sets of 5 laps

|                |        |
|----------------|--------|
| One lap        | 2 min  |
| Set 1 (5 laps) | 12 min |
| Recovery       | 4 min  |
| Set 2 (5 laps) | 12 min |
| Total duration | 28 min |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 1080 m |
| Jogging        | J  | 1080 m |
| Backwards      | BW | ---    |
| Sideways       | SW | ---    |
| High intensity | HI | 1080 m |
| Sprint         | S  | 1080 m |
| Total distance |    | 4240 m |

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

Or perform minimal 12 min of this specific field exercise (SE/RSA) as indicated in the picture.

**Recovery:** 4 min

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

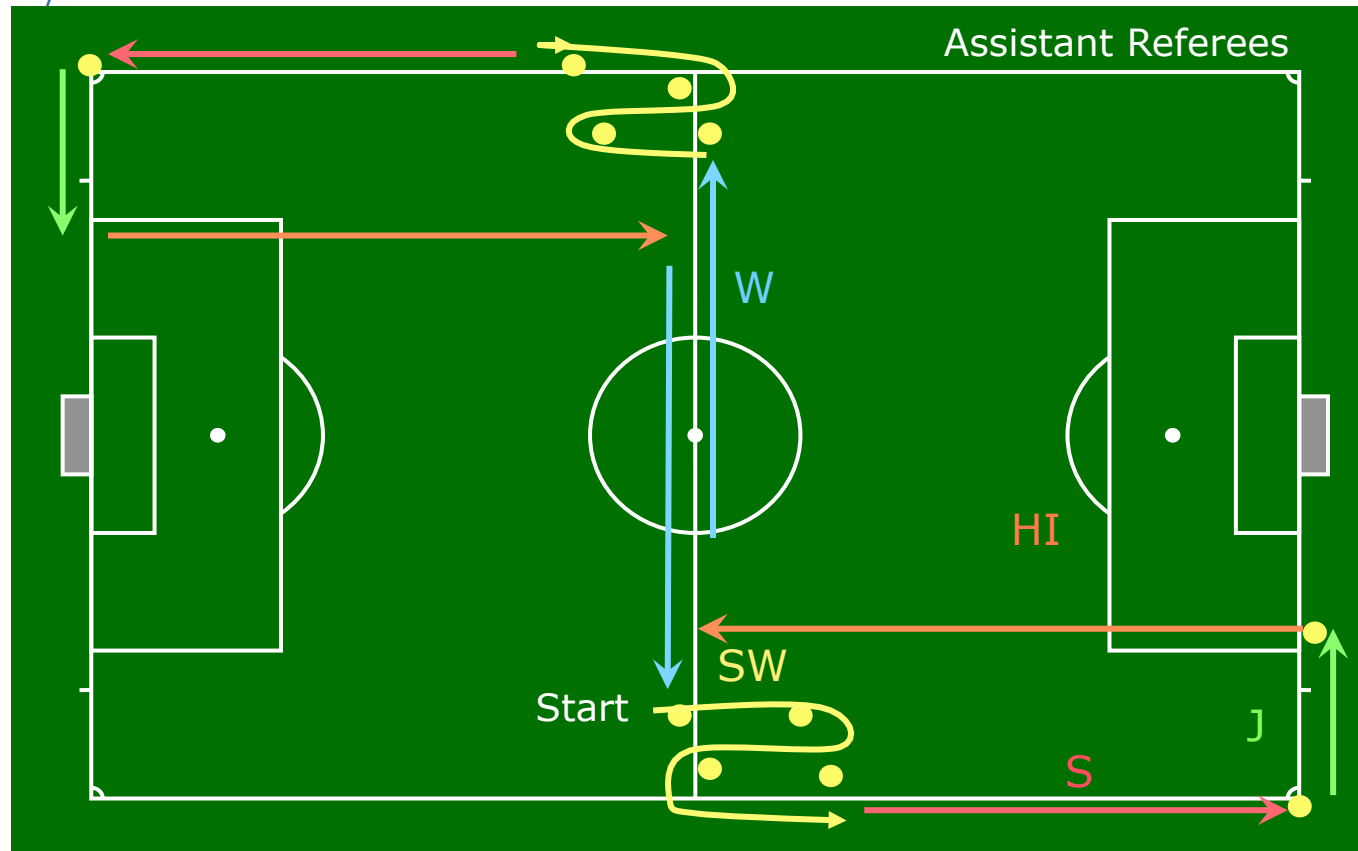
*Note: Look always 'inside' towards your assistant!*

**Visual concentration:** At any time, the coach can show a card (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.



## Thursday: Speed endurance exercise for AR

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### 2 sets of 6 laps

|                |             |
|----------------|-------------|
| One lap        | +/- 1,5 min |
| Set 1 (6x)     | 10 min      |
| Recovery       | 4 min       |
| Set 2 (6x)     | 10 min      |
| Total duration | ± 24 min    |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 600 m  |
| Jogging        | J  | 400 m  |
| Backwards      | BW | ... m  |
| Sideways       | SW | 300 m  |
| High intensity | HI | 1000 m |
| Sprint         | S  | 800 m  |
| Total distance |    | 3100 m |

**Set 1:** Perform 10 min of the field run exercise as indicated in the picture. From Start, AR run sideways with flag in the left hand, has to turn twice, change flag hand also twice. Sprint to the corner flag, followed by a little jog and a HI-acceleration towards the middle. Finally cross the field of play by walking.

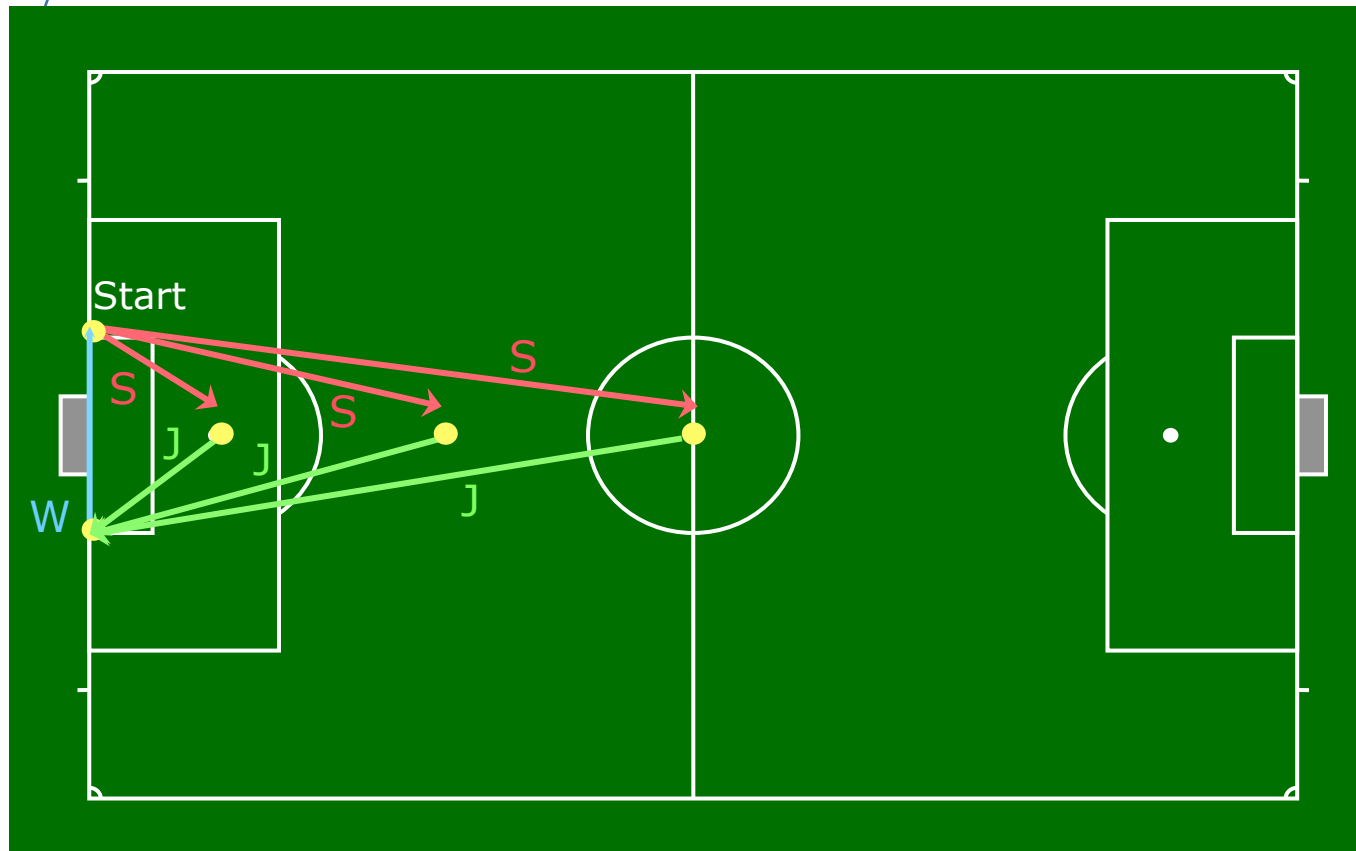
**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

**Visual concentration :** the coach can show a card at every moment (red= free kick defender, green=free kick attacker, black=offside, yellow=out defender, orange=out attacker). The assistant referee has to decide with a flag signal.

## Friday: Speed exercise

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### 2 sets of 7 sprints

|                   |        |
|-------------------|--------|
| Set 1 (7 sprints) | 5 min  |
| Recovery          | 5 min  |
| Set 2 (7 sprints) | 5 min  |
| Total duration    | 15 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | 256 m |
| Jogging        | J  | 288 m |
| Backwards      | BW | ---   |
| Sideways       | SW | ---   |
| High intensity | HI | ---   |
| Sprint         | S  | 288 m |
| Total distance |    | 832 m |

**Set 1:** Combination of 3 sprints on a different distance

- 1) 11m sprint, 11m jogging, walking to start, 4x
- 2) 25 m sprint, 25m jogging, walking to start, 2x
- 3) 50m sprint, 50m jogging, walking to start, 1x

**Recovery:** 5 min

**Set 2:** Same exercise, again 7 sprints

## Saturday: Game

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## Sunday: Active Recovery - Light Intensity exercise

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### 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, ...

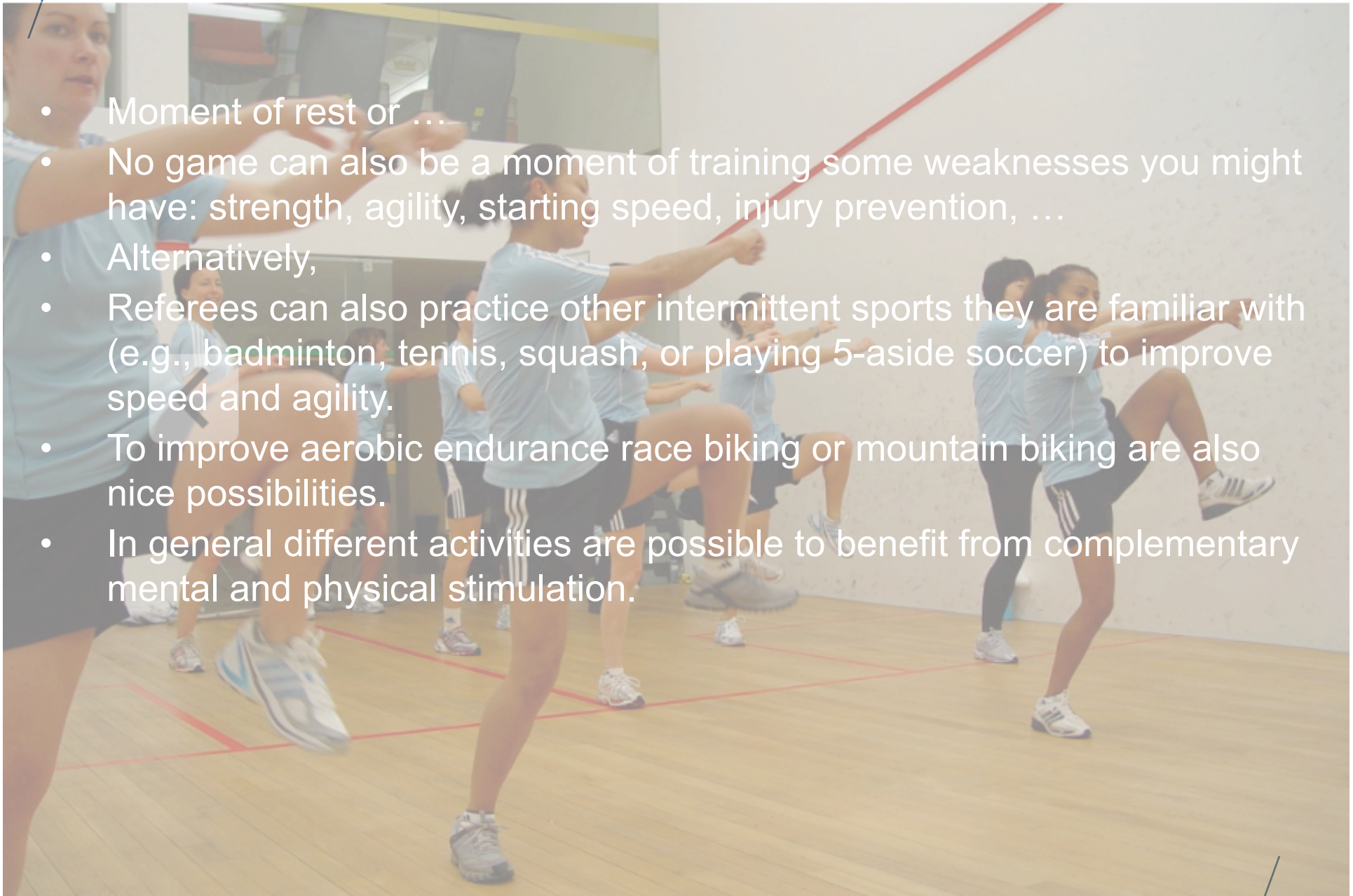
Total duration: +/-60 min

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)

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- 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-a-side 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
- 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

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

- ***Bench – alternate legs Bench – with leg lift***

- Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
- Exercise: lift one leg a few centimetres off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 sec (each leg)**

- ***Bridge***

- Lie on your back. Lift your body up, supported on your elbows, pull your navel in, and hold the position.
- Exercise: lift your hips off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 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.
- **3x 30 sec**

- ***Lying on stomach with arm and leg lift***

- Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
- **3x 30 sec**

- ***In addition*** to the set of strength and injury prevention exercises

- Sit-ups **2 x 30 reps**
- Push ups (with one knee on the ground) **2 x 25 reps**

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



## Tuesday: Speed – reactive exercises

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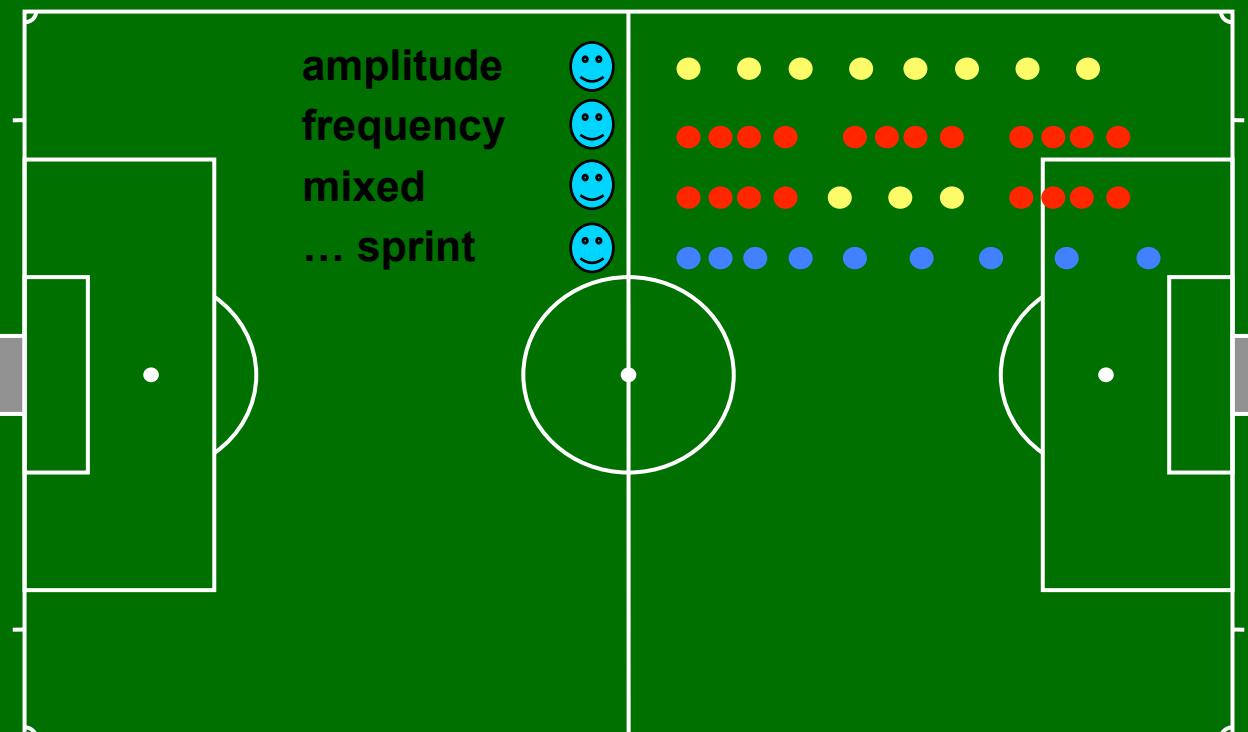
### ‘Reactive exercises’ (CLIP 21)

- Jump from sitting position on the bench - Step off the bench + backwards move of 2 m + sprint
  - 3x 10 m; 3x 15 m
- Jump from standing position to ‘stand up’ position on the bench + Step off the bench + backwards move of 2 m + 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 & Coordination exercise

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### 2 sets of Coord. Ex.

|                |           |
|----------------|-----------|
| 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 |

Speed combined with **agility/coordination**. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.

**Set 1.** Four different ex. Each 4x reps

Amplitude (put the cones at 160m to 180cm from each other) – full speed & large steps

Frequency (ladder or cones + 6 to 8m sprint + ... cones + sprint) – fast feed + sprint

Sprint (distance increasing in between cones) – enlarging your steps while sprinting

Mixed ... - smaller and larger steps ...

**Set 2:** Optional



# High Intensity exercise

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Referees & Assistant Referees

3 – (1,5) – 2 – (1) – 1 – (0,5) – 0,5 – (1) – 3 – (1,5) – 2 – (1) – 1 – (0,5) – 0,5 – (1)

(...) min HI at 90% HRmax  
Active recovery: as indicated (...) min  
Set 1 = 21 min  
Total time: 21 + 4 + 21 = 46 min

*Note: The maximum recovery time (jogging time! Don't forget) is equal to the HI running time.*  
*Example: 3 min HI run – 3 min jog – ...*  
*The minimum recovery time might be half the HI running time.*  
*Example: 3 min HI run – 1,5 min jog – ...*

## 2 sets of ...

|                       |                  |
|-----------------------|------------------|
| Set 1 (...)           | ... min          |
| Recovery              | ... min          |
| Set 2 (...)           | ... min          |
| <b>Total duration</b> | <b>± ... min</b> |

|                       |    |              |
|-----------------------|----|--------------|
| Walking               | W  | ... m        |
| Jogging               | J  | ... m        |
| Backwards             | BW | ... m        |
| Sideways              | SW | ... m        |
| High intensity        | HI | ... m        |
| Sprint                | S  | ... m        |
| <b>Total distance</b> |    | <b>... m</b> |

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: 3 min at 90% HRmax (HI tempo run) *followed by 1,5 min jogging (active recovery)*; ...

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

- Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 70 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 2 min (at 86% Hrmax)
- Total of 70 min = 10 (at 76%) + 2 (at 86%) + 10 + 2 + 10 + 2 + 10 + 2 + 10 + 2 + 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.

Jan 11, w1/ Dec 12 w1 / Nov 14, w1

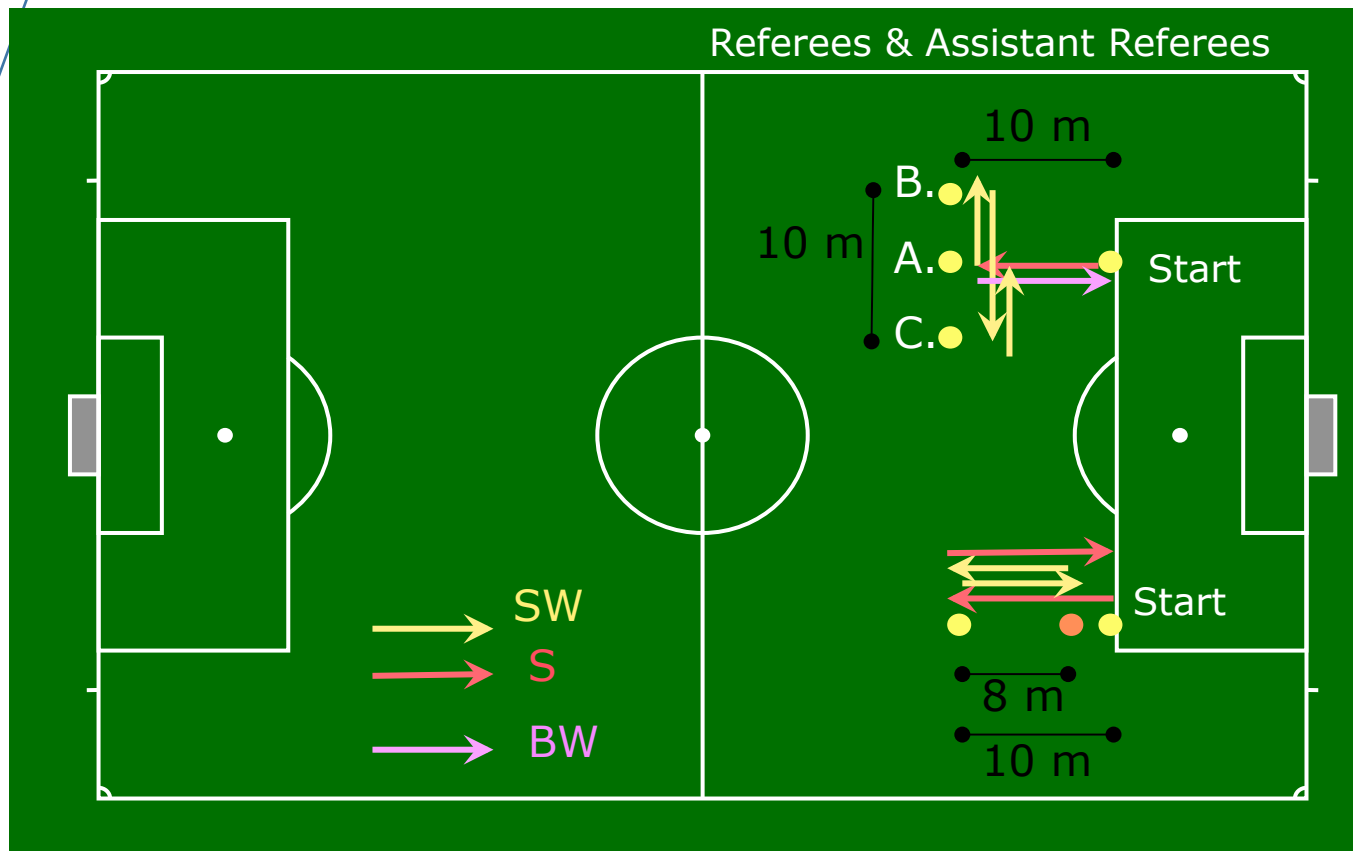
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**Wednesday: REST day**



## Thursday: Speed & Agility exercise

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### 2 sets of 2 reps

|                 |         |
|-----------------|---------|
| Set 1 (T-drill) | 1 min   |
| Recovery        | 3 min   |
| Set 2 (Coda)    | 1 min   |
| Total duration  | ± 5 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | ... m |
| Jogging        | J  | ... m |
| Backwards      | BW | 20 m  |
| Sideways       | SW | 72 m  |
| High intensity | HI | ... m |
| Sprint         | S  | 60 m  |
| Total distance |    | 152 m |

**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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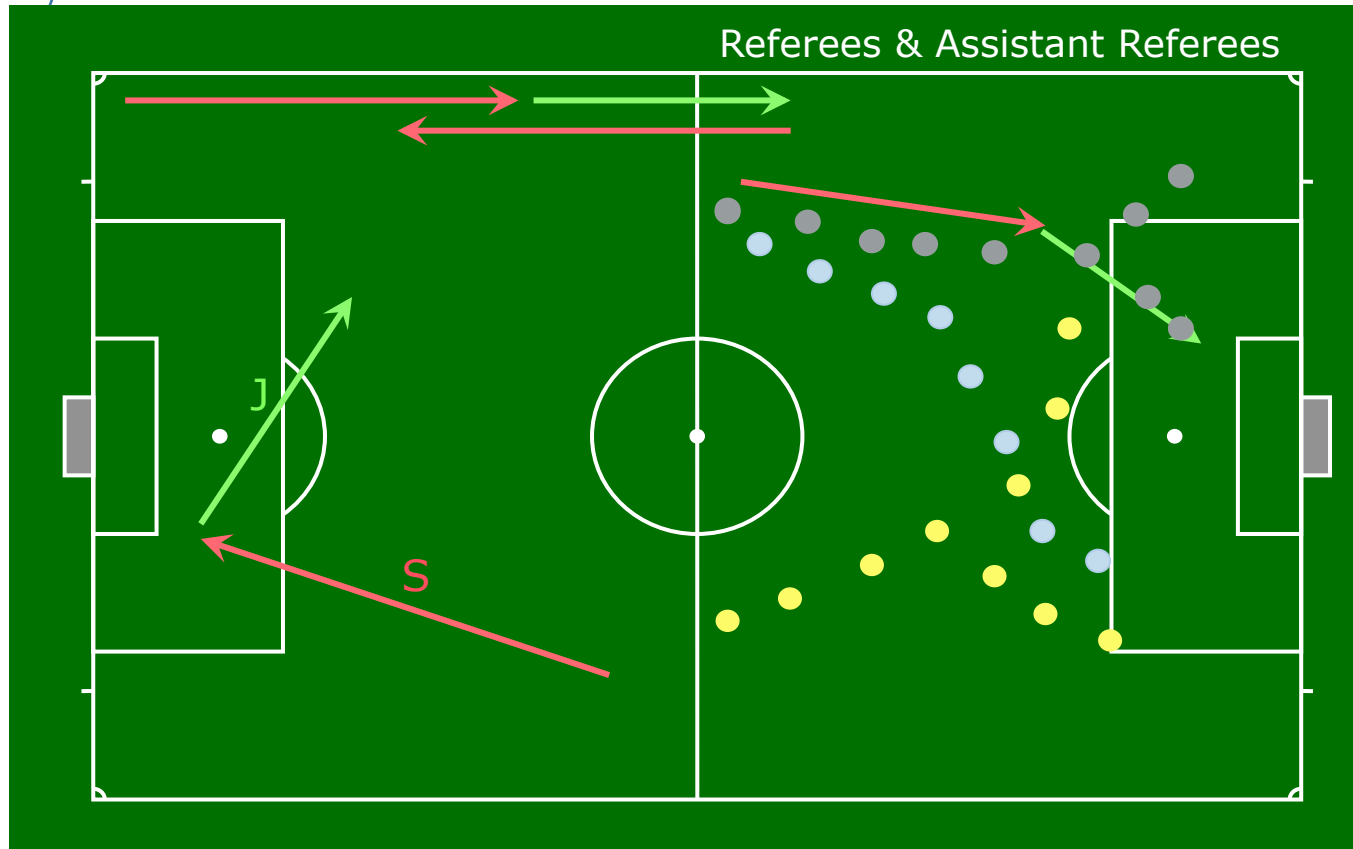
BODY STRENGTH

|  |  |   |   |
|--|--|---|---|
| <p>(15 to 25 kg) Extend one leg back landing on forefoot. Lower body by flexing knee and hip of standing leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending hip and knee of standing leg. Repeat using other leg.</p>                       | <p>1</p>   | <p>Stand straight, feet shoulder width apart. Lower your body by bending the knees, stop when thighs are parallel with the floor. Power through forcefully so that you jump slightly using your thighs and calves, raise yourself up on the balls of your feet to add stability and shock resistance on the return to the ground.</p> | <p>2</p>   |
| <p>Pull dumbbell up towards shoulder until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched forward. Continue with opposite arms.</p>   | <p>3</p>   | <p>Lower dumbbell or ball (5 to 8 kg) extending off of bench acts as counter balance to resistance and keeps upper back fixed on bench. Avoid hips from raising up significantly. Actual range of motion is dependant upon individual shoulder flexibility. Keep elbows fixed at small bend throughout exercise.</p>                  | <p>4</p>   |
| <p>Lie supine on floor with lower legs on exercise ball. Extended arms out to sides. Straighten knees and hips raising lower back and hips off floor. Keeping hips straight, bend knees pulling heels backwards. Allow feet to roll onto ball. Lower to original position by straightening knees..</p> | <p>5</p>  | <p>While keeping the medicine ball in place lower your legs to the side until of your thigh touches the floor. Raise your legs back into the starting place and repeat movement on the opposite side.</p>   | <p>6</p>  |

1 MINUTE EACH EXERCISE. 3 TO 5 SETS - RECOVERY BETWEEN EACH EXERCISE 30 SECONDS AND 2 MINUTES BETWEEN EACH SET

## Thursday: Repeated Speed Ability (RSA) ex.

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### 3 sets of 4 min

|                |           |
|----------------|-----------|
| 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 |

**Set 1:** Full speed for 2 – 3 or 4 sec. Respectively 28 – 27 or 26 sec recovery by jogging. In 1,5 sec 10m should be covered; 3 sec – 20 m and in 4 sec 30m. Total duration of 4min.

**Recovery:** 2-3 min stretching individually

**Set 2 and 3:** Repeat the same exercise for another 4 min.

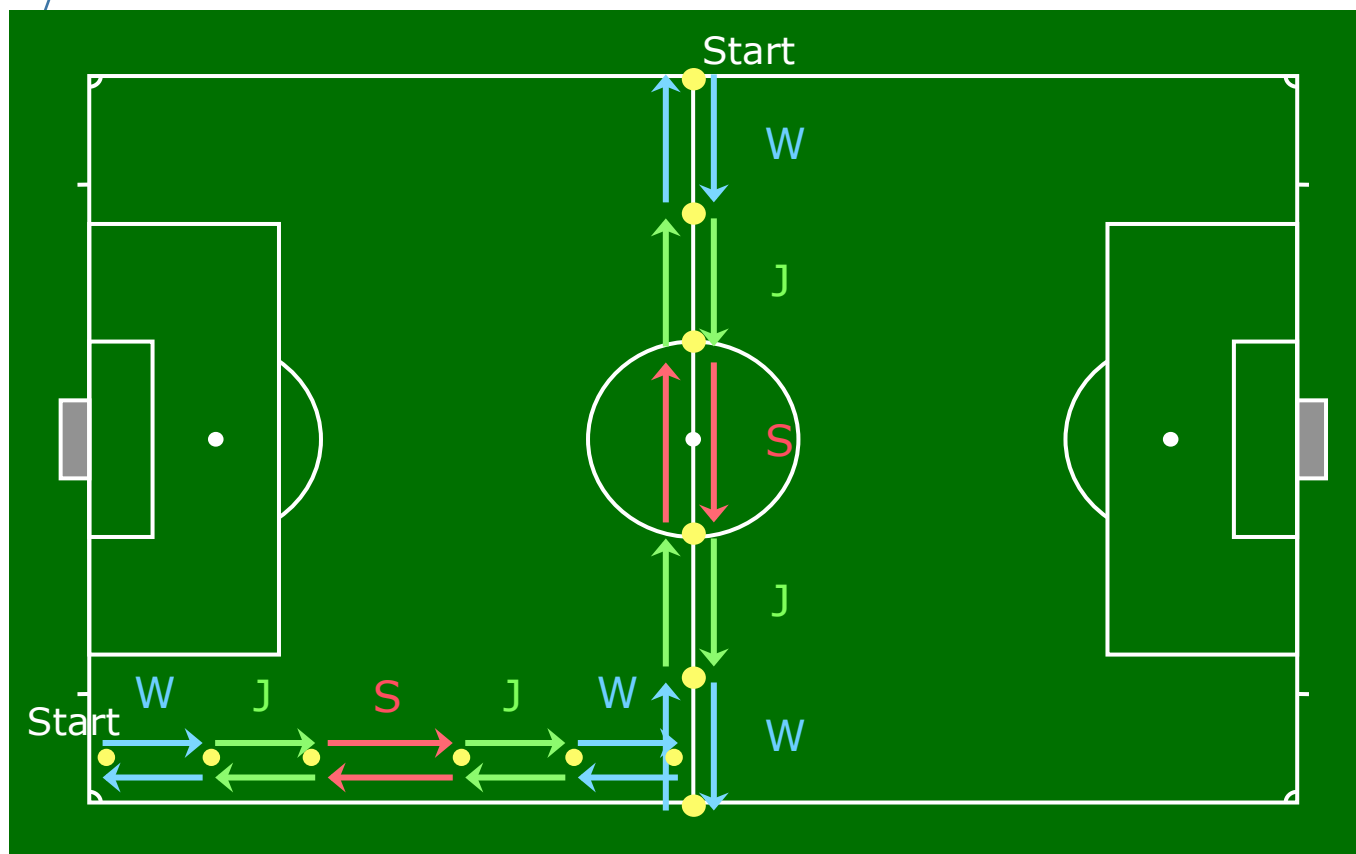
NOTE:

The different colored cones indicate different referee-running-patterns. Try those so that you are used to do them when such situation appears in a game. Simulate as ell with your focus real game situations.

Assistant referees should perform this exercise along the sideline with focus inside the field.

## Friday: Speed exercise

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### 2 sets of 5 laps

|                |        |
|----------------|--------|
| One lap        | 1 min  |
| Set 1          | 5 min  |
| Recovery       | 5 min  |
| Set 2          | 5 min  |
| Total duration | 15 min |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 400 m  |
| Jogging        | J  | 400 m  |
| Backwards      | BW | ---    |
| Sideways       | SW | ---    |
| High intensity | HI | ---    |
| Sprint         | S  | 400 m  |
| Total distance |    | 1200 m |

### Centre-Circle-Sprint

**Set 1:** Sprint exercise as indicated in the figure (5 laps). The match officials line up as a team (the referee, the two assistant referees and the 4<sup>th</sup> official) and run at the same level.

Variation: on the sideline

**Recovery:** 5 minutes

**Set 2:** Sprint exercise, again 5 minutes in total. Now, the referees run backwards before the sprint and the assistant referees sideways.

*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

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## Sunday: Active Recovery - Light Intensity exercise

FIFA®



### 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
- 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

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

- ***Bench – alternate legs Bench – with leg lift***

- Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
- Exercise: lift one leg a few centimetres off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 sec (each leg)**

- ***Bridge***

- Lie on your back. Lift your body up, supported on your elbows, pull your navel in, and hold the position.
- Exercise: lift your hips off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 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.
- **3x 30 sec**

- ***Lying on stomach with arm and leg lift***

- Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
- **3x 30 sec**

- ***In addition*** to the set of strength and injury prevention exercises

- Sit-ups **2 x 30 reps**
- Push ups (with one knee on the ground) **2 x 25 reps**

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



## Tuesday: Speed – reactive exercises

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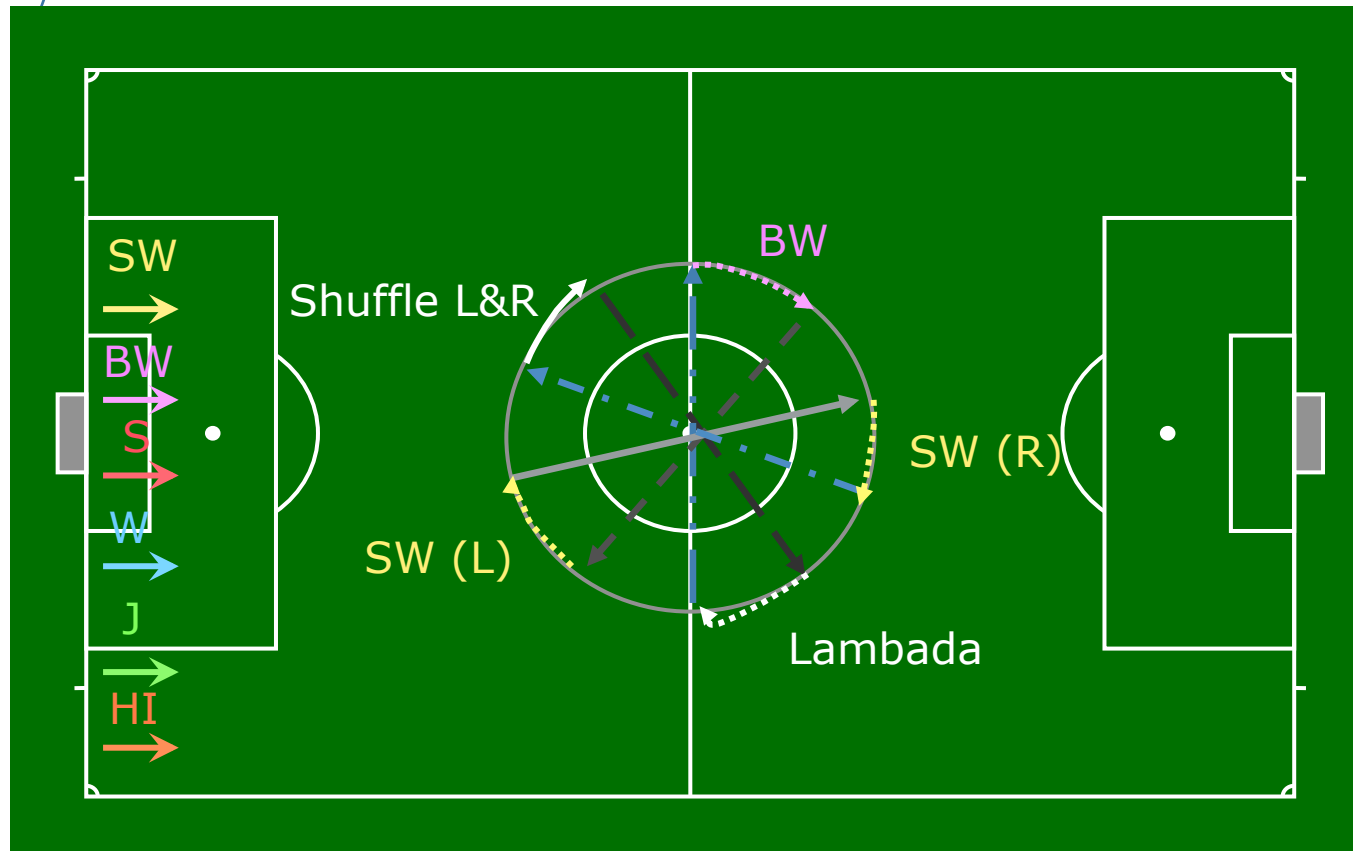
### 'Reactive exercises' (CLIP 21)

- Jump from sitting position on the bench - Step off the bench + backwards move of 2 m + sprint
  - 3x 10 m; 3x 15 m
- Jump from standing position to 'stand up' position on the bench + Step off the bench + backwards move of 2 m + 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

FIFA®



### 2 sets of 2 laps

|                |          |
|----------------|----------|
| One lap        | 1,25 min |
| Set 1 (2 laps) | 2,5 min  |
| Recovery       | 4 min    |
| Set 2 (2 laps) | 2,5 min  |
| Total duration | 9 min    |

|                |     |       |
|----------------|-----|-------|
| Walking        | W   | ---   |
| Jogging        | J   | 160 m |
| Backwards      | BW  | 20 m  |
| Sideways       | SW  | 40 m  |
| Coordination   | Coo | 40 m  |
| High intensity | HI  | ---   |
| Sprint         | S   | 200 m |
| Total distance |     | 460 m |

**Set 1:** Combine 5 mobilization exercises (5 m) with a sprint in the mid circle. Accelerate 10 m and jog 8 m before starting the next mobilization 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 mobilization exercises.

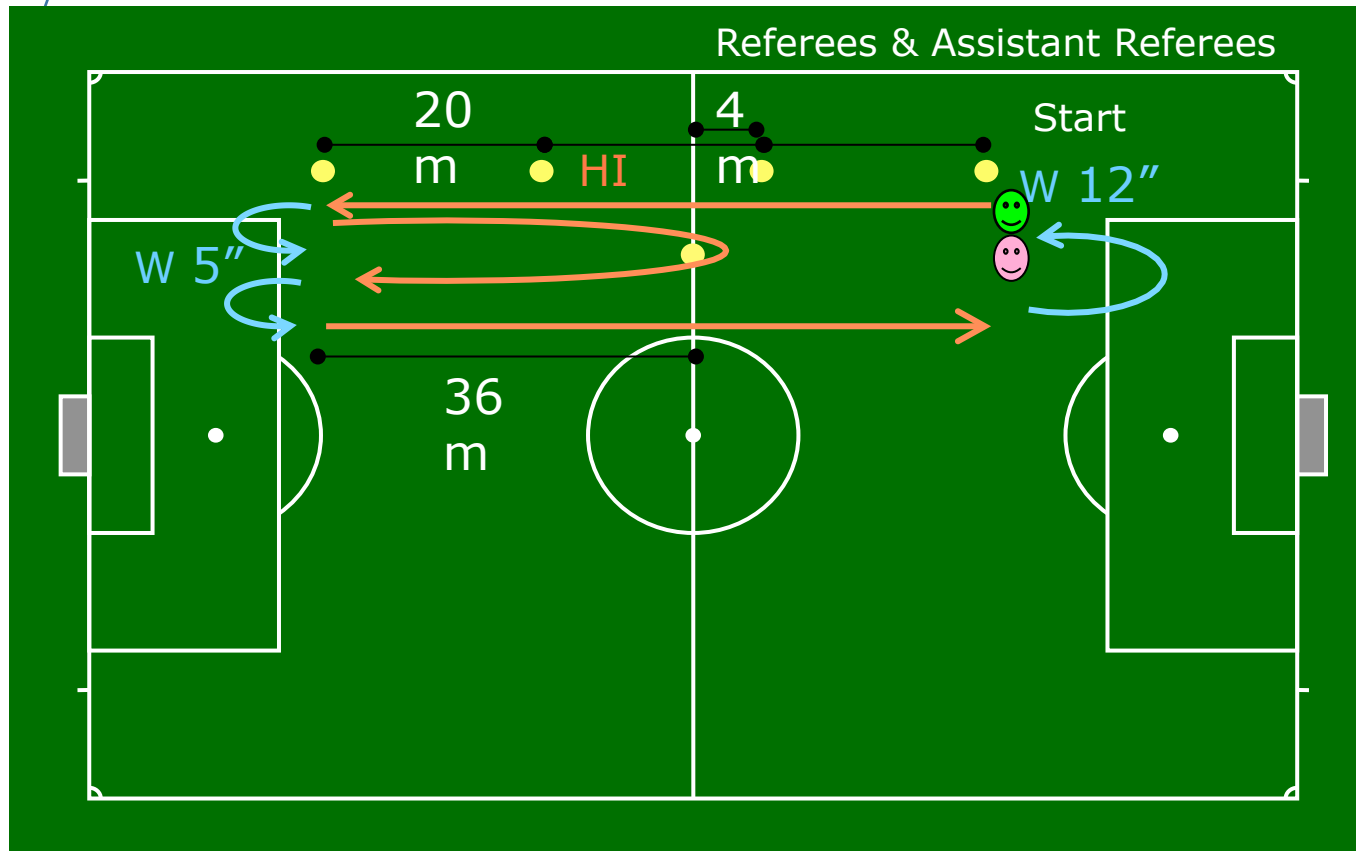
**Recovery:** 4 min active recovery in between sets

**Set 2:** Repeat the same exercise.

In total 20 sprints of 10 m in the Centre-circle = 200 m

## Tuesday: High Intensity exercise

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### 1 or 2 sets of SDS

|                |          |
|----------------|----------|
| Set 1 (...)    | 15,5 min |
| Recovery       | 4 min    |
| Set 2 (...)    | 11,5 min |
| Total duration | ± 31 min |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | ... m  |
| Jogging        | J  | ... m  |
| Backwards      | BW | ... m  |
| Sideways       | SW | ... m  |
| High intensity | HI | 4516 m |
| Sprint         | S  | ... m  |
| Total distance |    | 4516 m |

**SDS (single – double – single), created by Paul BALSOM (Leicester City Fitness Coach)**

VARIATION 1.

**Set 1:** single HI run – 5 sec rest – double HI run – 5 sec rest - single HI run – 12 sec rest - repeat 3 reps (13,5 & 18 sec)–90 sec rest – 5 reps (12,5 & 17 sec) –60 sec rest – 5 reps (12,5 & 17 sec)

Target tempo 17 km/h: Single: 12,5 sec & Double: 17 sec; Single = 60 m & Double = 72 m

**Recovery:** 4 min

**Set 2:** OPTIONAL: Repeat the 2 sets of 5 reps.

- 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)
- Total of 70 min = 10 (at 76%) + 5 (at 86%) + 10 + 5 + 10 + 5 + 10 + 5 + 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.

Jan 11, w2/ Dec 12 w2/ Nov 14, w2

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**Wednesday: REST day**





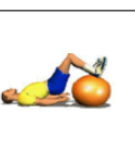



# Thursday: Strength exercises

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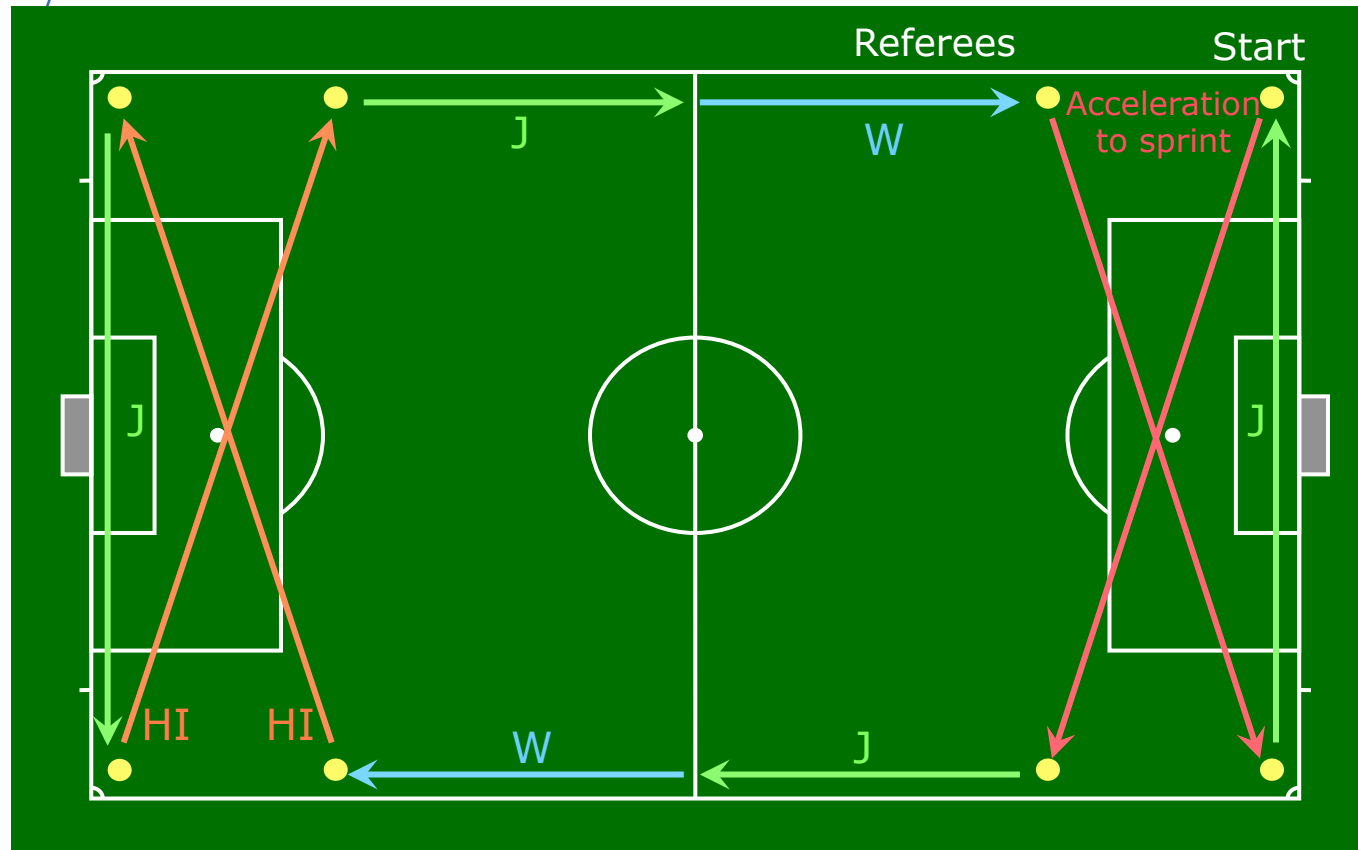
BODY STRENGTH

|  |  |   |   |
|--|--|---|---|
| <p>(15 to 25 kg) Extend one leg back landing on forefoot. Lower body by flexing knee and hip of standing leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending hip and knee of standing leg. Repeat using other leg.</p>                       | <p>1</p>   | <p>Stand straight, feet shoulder width apart. Lower your body by bending the knees, stop when thighs are parallel with the floor. Power through forcefully so that you jump slightly using your thighs and calves, raise yourself up on the balls of your feet to add stability and shock resistance on the return to the ground.</p> | <p>2</p>   |
| <p>Pull dumbbell up towards shoulder until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched forward. Continue with opposite arms.</p>   | <p>3</p>   | <p>Lower dumbbell or ball (5 to 8 kg) extending off of bench acts as counter balance to resistance and keeps upper back fixed on bench. Avoid hips from raising up significantly. Actual range of motion is dependant upon individual shoulder flexibility. Keep elbows fixed at small bend throughout exercise.</p>                  | <p>4</p>   |
| <p>Lie supine on floor with lower legs on exercise ball. Extended arms out to sides. Straighten knees and hips raising lower back and hips off floor. Keeping hips straight, bend knees pulling heels backwards. Allow feet to roll onto ball. Lower to original position by straightening knees..</p> | <p>5</p>  | <p>While keeping the medicine ball in place lower your legs to the side until of your thigh touches the floor. Raise your legs back into the starting place and repeat movement on the opposite side.</p>   | <p>6</p>  |

1 MINUTE EACH EXERCISE. 3 TO 5 SETS - RECOVERY BETWEEN EACH EXERCISE 30 SECONDS AND 2 MINUTES BETWEEN EACH SET

## Thursday: Speed endurance exercise

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### 2 sets of 5 laps

|                |        |
|----------------|--------|
| One lap        | 2' 20" |
| Set 1 (5 laps) | 11 min |
| Recovery       | 4 min  |
| Set 2 (5 laps) | 11 min |
| Total duration | 26 min |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 600 m  |
| Jogging        | J  | 1700 m |
| Backwards      | BW | ---    |
| Sideways       | SW | ---    |
| High intensity | HI | 1200 m |
| Sprint         | S  | 1200 m |
| Total distance |    | 4700 m |

**Set 1:** Run 5 laps of the field specific exercise as indicated in the picture.

Or perform minimal 11 min of this specific field exercise (SE/RSA) as indicated in the picture.

**Recovery:** 4 min

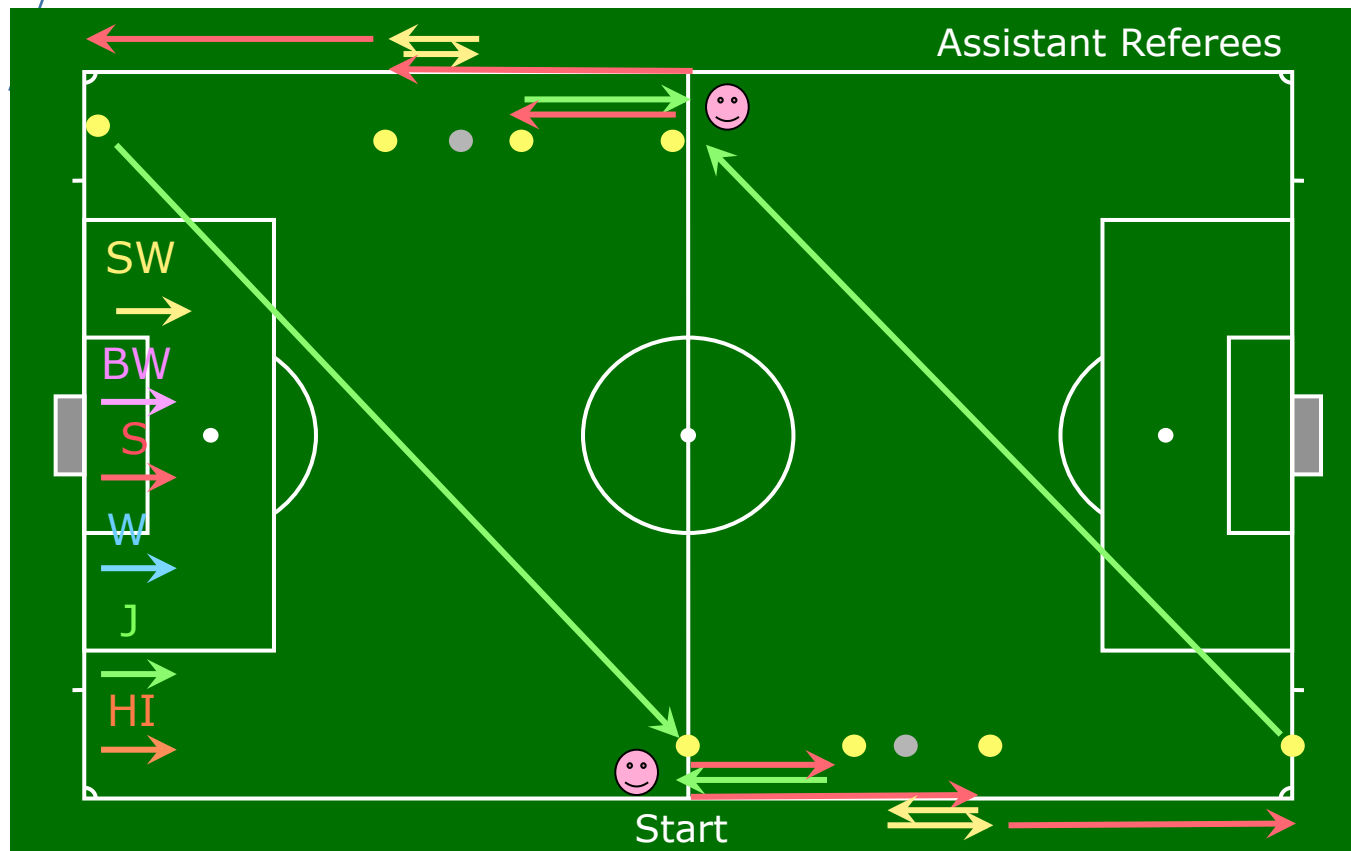
**Set 2:** Again 5 laps of the same exercise.

*Note: Look always 'inside' towards your assistant!*

**Visual concentration:** At any time, the coach can show a card (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.

## Thursday: Speed endurance exercise for AR

FIFA®



### 2 sets of 6 laps

|                |           |
|----------------|-----------|
| One lap        | +/- 2 min |
| Set 1 (...)    | 12 min    |
| Recovery       | 4 min     |
| Set 2 (...)    | 12 min    |
| Total duration | ± 28 min  |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | ... m  |
| Jogging        | J  | 2040 m |
| Backwards      | BW | ... m  |
| Sideways       | SW | 240 m  |
| High intensity | HI | ... m  |
| Sprint         | S  | 1200 m |
| Total distance |    | 3480 m |

**Set 1:** Perform 12 min of the speed endurance exercise as indicated in the picture.  
(6 laps; max 1'45 to 2' for each lap)

**Recovery:** 4 min

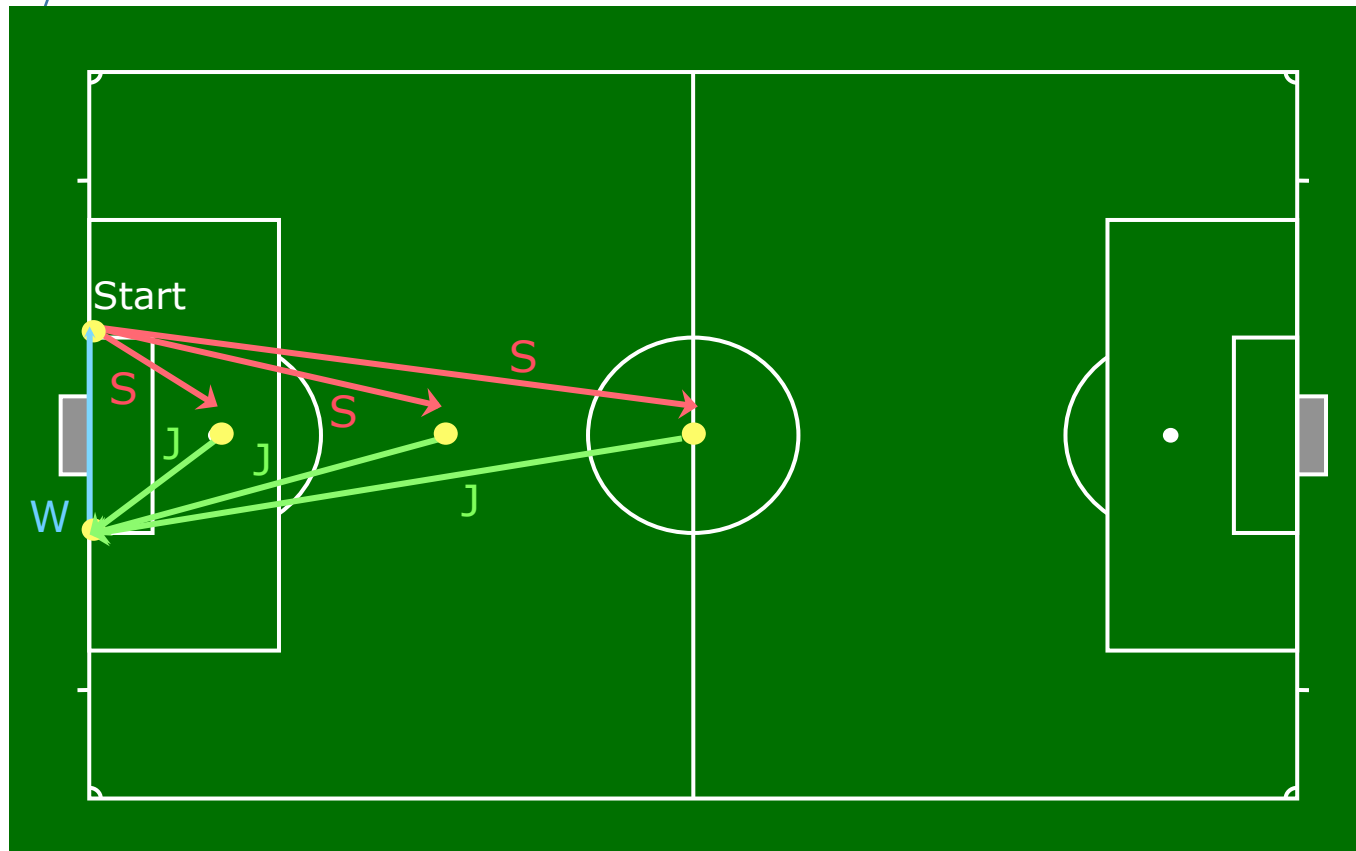
**Set 2:** Repeat the same exercise.

All together this exercise takes  $12 + 4 + 12 = \pm 28$  min

**Visual concentration:** the coach can show a card at every moment (red= free kick defender, green=free kick attacker, black=offside, yellow=out defender, orange=out attacker) The assistant referee has to decide with a flag signal.

## Friday: Speed exercise

FIFA®



### 2 sets of 7 sprints

|                   |        |
|-------------------|--------|
| Set 1 (7 sprints) | 5 min  |
| Recovery          | 5 min  |
| Set 2 (7 sprints) | 5 min  |
| Total duration    | 15 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | 256 m |
| Jogging        | J  | 288 m |
| Backwards      | BW | ---   |
| Sideways       | SW | ---   |
| High intensity | HI | ---   |
| Sprint         | S  | 288 m |
| Total distance |    | 832 m |

**Set 1:** Combination of 3 sprints on a different distance

- 1) 11m sprint, 11m jogging, walking to start, 4x
- 2) 25 m sprint, 25m jogging, walking to start, 2x
- 3) 50m sprint, 50m jogging, walking to start, 1x

**Recovery:** 5 min

**Set 2:** Same exercise, again 7 sprints



## Saturday: Game

FIFA®





## Sunday: Active Recovery - Light Intensity exercise

FIFA®



### 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
- 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

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

- ***Bench – alternate legs Bench – with leg lift***

- Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
- Exercise: lift one leg a few centimetres off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 sec (each leg)**

- ***Bridge***

- Lie on your back. Lift your body up, supported on your elbows, pull your navel in, and hold the position.
- Exercise: lift your hips off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 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.
- **3x 30 sec**

- ***Lying on stomach with arm and leg lift***

- Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
- **3x 30 sec**

- ***In addition*** to the set of strength and injury prevention exercises

- Sit-ups **2 x 30 reps**
- Push ups (with one knee on the ground) **2 x 25 reps**

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



## Tuesday: Speed – reactive exercises

FIFA®

### 'Reactive exercises' (CLIP 21)

- Jump from sitting position on the bench - Step off the bench + backwards move of 2 m + sprint
  - 3x 10 m; 3x 15 m
- Jump from standing position to 'stand up' position on the bench + Step off the bench + backwards move of 2 m + 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 & Coordination exercise

**FIFA®**

amplitude  
frequency  
mixed  
... sprint

### 2 sets of Coord. Ex.

|                |           |
|----------------|-----------|
| 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 |

Speed combined with **agility/coordination**. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.

**Set 1.** Four different ex. Each 4x reps

Amplitude (put the cones at 160m to 180cm from each other) – full speed & large steps

Frequency (ladder or cones + 6 to 8m sprint + ... cones + sprint) – fast feed + sprint

Sprint (distance increasing in between cones) – enlarging your steps while sprinting

Mixed ... - smaller and larger steps ...

**Set 2:** Optional

## Tuesday: High Intensity exercise

FIFA®

Referees & Assistant Referees

30 sec – (30) – 45 sec – (45) – 60 sec – (60) –  
 75 sec – (75) – 75 sec – (75) – 60 sec – (60) –  
 – 45 sec – (45) – 30 sec – (30)  
  
 (...) sec HI at 90% HRmax  
 Active recovery: as indicated (...) sec  
 Set 1 = 14 min  
 2nd set in the opposite order  
 Total time: 14 + 4 + 14 = 32 min

### 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 (75% HRmax) as active recovery. This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

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

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 2, 3, 4 or 5 min (at 86% Hrmax)
- Total of 64 min = 10 (at 76%) + 2 (at 86%) + 10 + 3 + 10 + 4 + 10 + 5 + 10

●

- **'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.

Jan 11, w3 / Dec 12 w3 / Nov 14, w3

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**Wednesday: REST day**





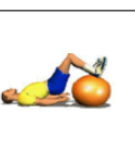



# Thursday: Strength exercises

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BODY STRENGTH

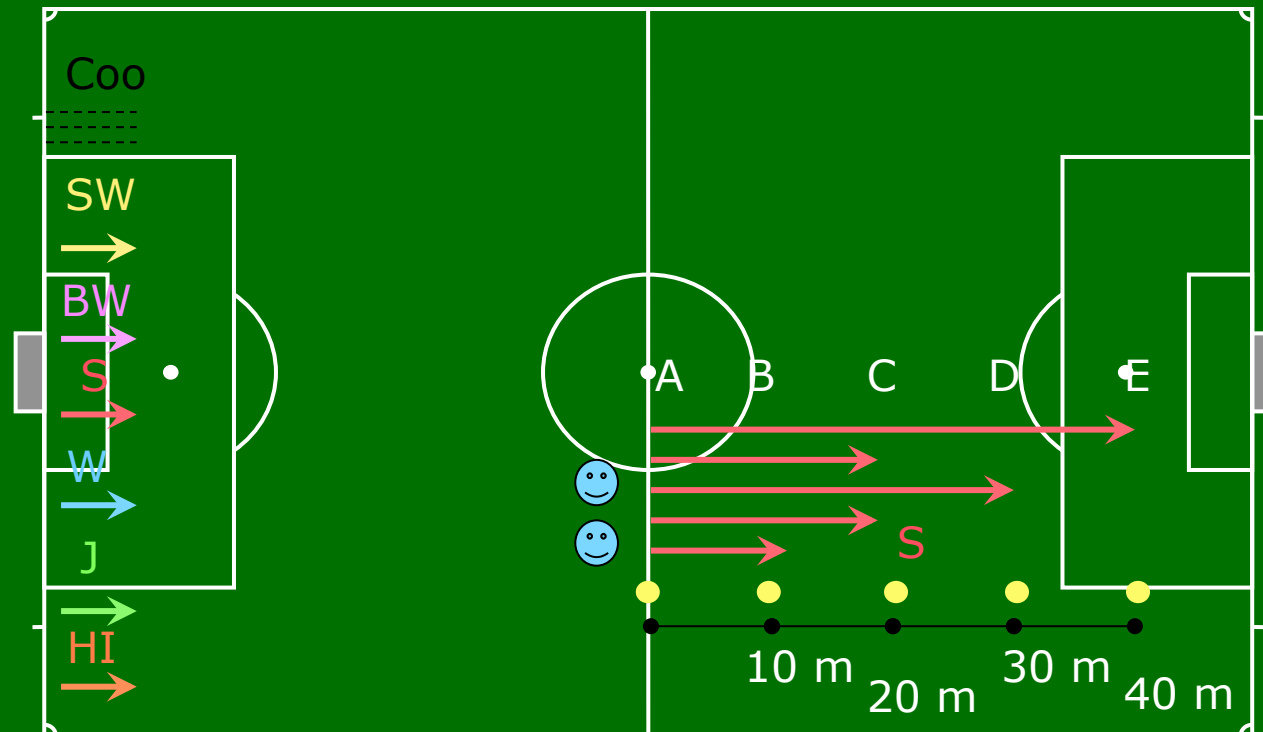
|  |  |   |   |
|--|--|---|---|
| <p>(15 to 25 kg) Extend one leg back landing on forefoot. Lower body by flexing knee and hip of standing leg until knee of rear leg is almost in contact with floor. Return to original standing position by extending hip and knee of standing leg. Repeat using other leg.</p>                       | <p>1</p>   | <p>Stand straight, feet shoulder width apart. Lower your body by bending the knees, stop when thighs are parallel with the floor. Power through forcefully so that you jump slightly using your thighs and calves, raise yourself up on the balls of your feet to add stability and shock resistance on the return to the ground.</p> | <p>2</p>   |
| <p>Pull dumbbell up towards shoulder until it makes contact with ribs or until upper arm is just beyond horizontal. Return until arm is extended and shoulder is stretched forward. Continue with opposite arms.</p>   | <p>3</p>   | <p>Lower dumbbell or ball (5 to 8 kg) extending off of bench acts as counter balance to resistance and keeps upper back fixed on bench. Avoid hips from raising up significantly. Actual range of motion is dependant upon individual shoulder flexibility. Keep elbows fixed at small bend throughout exercise.</p>                  | <p>4</p>   |
| <p>Lie supine on floor with lower legs on exercise ball. Extended arms out to sides. Straighten knees and hips raising lower back and hips off floor. Keeping hips straight, bend knees pulling heels backwards. Allow feet to roll onto ball. Lower to original position by straightening knees..</p> | <p>5</p>  | <p>While keeping the medicine ball in place lower your legs to the side until of your thigh touches the floor. Raise your legs back into the starting place and repeat movement on the opposite side.</p>   | <p>6</p>  |

1 MINUTE EACH EXERCISE. 3 TO 5 SETS - RECOVERY BETWEEN EACH EXERCISE 30 SECONDS AND 2 MINUTES BETWEEN EACH SET

## Thursday: Repeated Speed Ability (RSA) ex.

FIFA®

3 sets of 5 sprints



|                 |        |
|-----------------|--------|
| One lap         | -- min |
| Set 1 (-- laps) | -- min |
| Recovery        | -- min |
| Set 2 (-- laps) | -- min |
| Total duration  | -- min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | ---   |
| Jogging        | J  | ---   |
| Backwards      | BW | ---   |
| Sideways       | SW | ---   |
| High intensity | HI | ---   |
| Sprint         | S  | 360 m |
| Total distance |    | 360 m |

### RSA exercise:

**For (MD-2) – 2 sets of 5 sprints (10 sprints) - 240 m Total distance**

10m ( A ⇌ B ); 20m ( A ⇌ C ); 30m ( A ⇌ D ); 20m ( A ⇌ C ); 40m ( A ⇌ E ) .

**For (MD-3) – 3 sets of 5 sprints (15 sprints) - 360 m Total distance**

10m ( A ⇌ B ); 20m ( A ⇌ C ); 30m ( A ⇌ D ); 20m ( A ⇌ C ); 40m ( A ⇌ E )

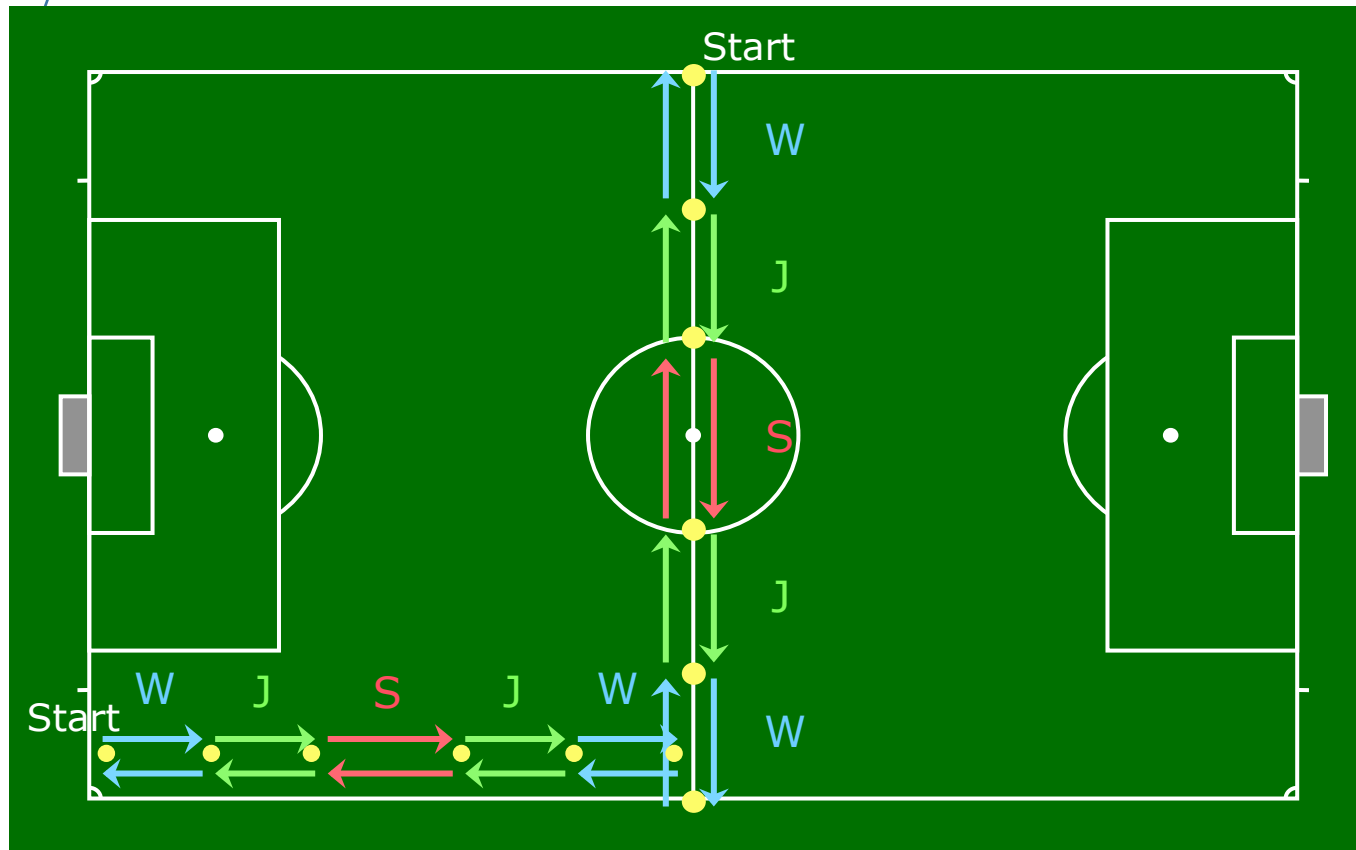
Jog each time back to starting position in less than 30 sec. So start each sprint every 30 sec.

Rest: 4 min between sets

Intensity: 95% of your max. speed Total distance: 360 m

## Friday: Speed exercise

FIFA®



### 2 sets of 5 laps

|                       |               |
|-----------------------|---------------|
| One lap               | 1 min         |
| Set 1                 | 5 min         |
| Recovery              | 5 min         |
| Set 2                 | 5 min         |
| <b>Total duration</b> | <b>15 min</b> |

|                       |    |               |
|-----------------------|----|---------------|
| Walking               | W  | 400 m         |
| Jogging               | J  | 400 m         |
| Backwards             | BW | ---           |
| Sideways              | SW | ---           |
| High intensity        | HI | ---           |
| Sprint                | S  | 400 m         |
| <b>Total distance</b> |    | <b>1200 m</b> |

### Centre-Circle-Sprint

**Set 1:** Sprint exercise as indicated in the figure (5 laps). The match officials line up as a team (the referee, the two assistant referees and the 4<sup>th</sup> official) and run at the same level.

Variation: on the sideline

**Recovery:** 5 minutes

**Set 2:** Sprint exercise, again 5 minutes in total. Now, the referees run backwards before the sprint and the assistant referees sideways.

*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

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## Sunday: Active Recovery - Light Intensity exercise

FIFA®



### 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'.

A photograph of two female referees in blue FIFA-branded shirts celebrating on a grass field at night. They are holding hands and looking upwards with joyful expressions. The referee in the foreground is also holding a smartphone and an orange. The background is dark, suggesting a night-time setting.

# *Week 5*

## *Fitness team*

## Week 5



Normal week with game on Saturday.

- Monday CORE  
• Extra CORE & basic strength exercises total time: 50 min



# Monday: CORE & basic strength exercises

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

- ***Bench – alternate legs Bench – with leg lift***

- Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
- Exercise: lift one leg a few centimetres off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 sec (each leg)**

- ***Bridge***

- Lie on your back. Lift your body up, supported on your elbows, pull your navel in, and hold the position.
- Exercise: lift your hips off the ground and hold this position
- Your body should be in a straight line. Do not sway or arch your back
- **3 x 30 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.
- **3x 30 sec**

- ***Lying on stomach with arm and leg lift***

- Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
- **3x 30 sec**

- ***In addition*** to the set of strength and injury prevention exercises

- Sit-ups **2 x 30 reps**
- Push ups (with one knee on the ground) **2 x 25 reps**

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



**Success!**

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