



Training plan – May 2018

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Objectives & Planning

- **General Fitness Check**
- The half year general fitness check is a must for each of you. The referees have done this completely in Doha. Some assistant referees did it correctly in March and April, some others did only partly (Jordan, Costa Rica, Chile). A lot of assistants didn't do it at all. It's in your personal benefit to provide us with all information. This is the only way to follow your step-by-step improvement. The remaining results have to arrive before the end of the week (Friday 04 May). You can easily do it during your personal training sessions.
- For some it's almost the end of the season, for other the season just restarted! Anyway in both cases keep your focus and continue your hard work!
- Enjoy your next exiting game!
- Fitness team

Week 1

Fitness team

Week 1



Normal week with a game on Saturday.

- Tuesday S / Agi&Coo / HI
 - Speed – reactive ex.
 - Agility & Coo icw Speed
 - HI-endurance run / joggingtotal time: 90 min
- Wednesday Rest
- Thursday Strength / S / SE
 - Strength
 - SE field run exercisetotal time: 90 min
- Friday S
 - Speed work in preparation for the gametotal time: 60 min
- Saturday GAME
- Sunday AR
 - Active recoverytotal time: 60 min

Tuesday: Speed – reactive exercises

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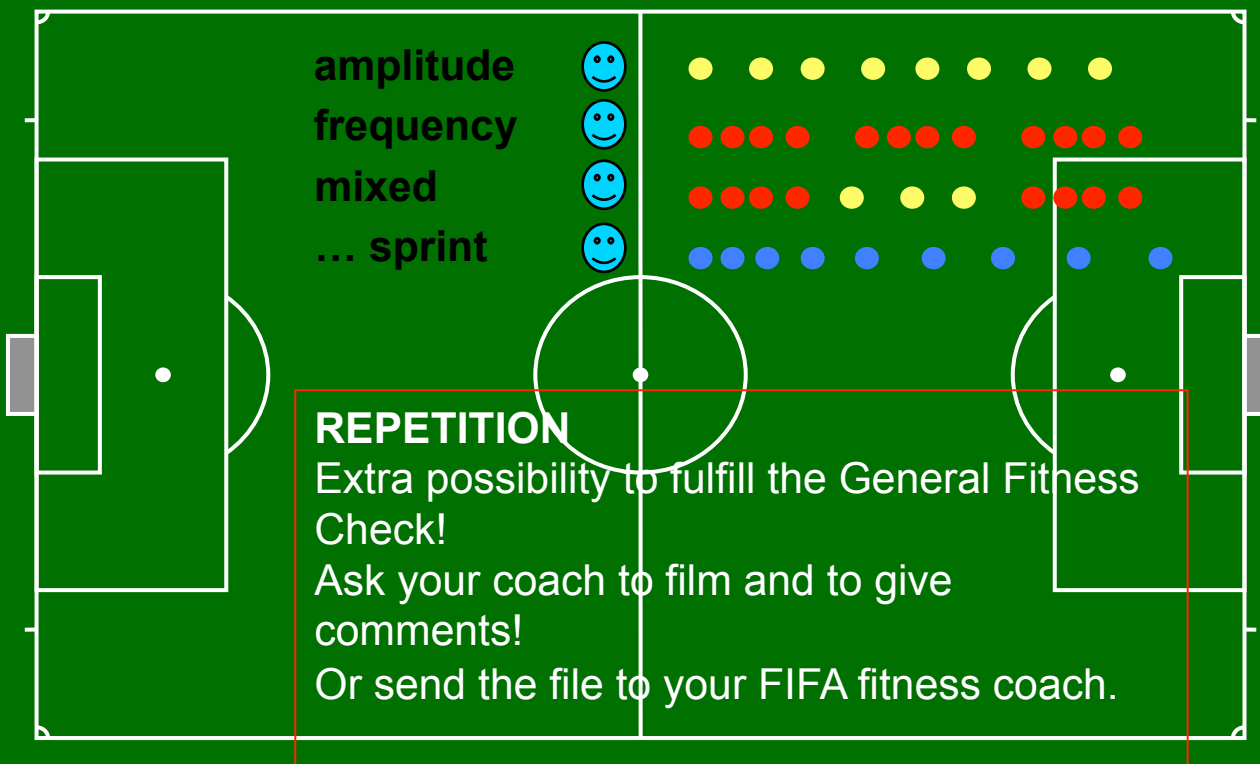
‘Reactive exercises’ (CLIP //)

- In & out squats (10 times) + sprint in an other direction
 - Distance: 3x 10 m; 3x 15 m
 - The ‘squats must be really very dynamic.
- Total of 75 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 REPETITION

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amplitude
frequency
mixed
... sprint

REPETITION
Extra possibility to fulfill the General Fitness Check!
Ask your coach to film and to give comments!
Or send the file to your FIFA fitness coach.

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

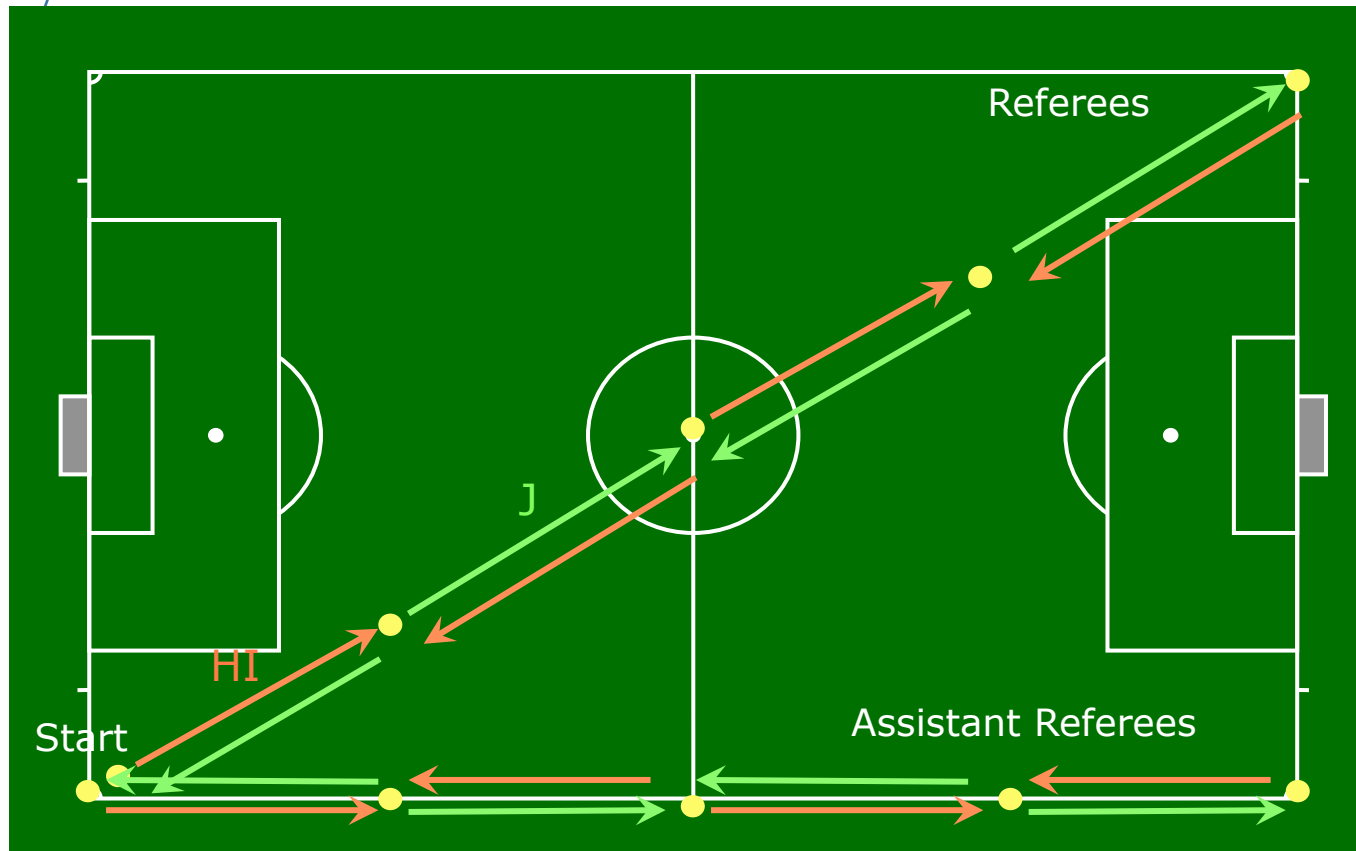
Sprint (distance increasing in between cones) – enlarging your steps while sprinting

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

Set 2: Optional

Tuesday: High Intensity exercise

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3 sets of Diagonal Runs

Set 1 (8 length)	+/- 11 min
Recovery	2 min
Set 2 (8 length)	+/- 11 min
Recovery	2 min
Set 3 (8 length)	+/- 11 min
Total duration	± ...35 min

Walking	W	300 m
Jogging	J	1200 m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	1200 m
Sprint	S	... m
Total distance		2700 m

Set 1: Referees and assistant-referees perform the same exercise at a different spot on the field. Referees use the diagonal, assistant-referees a part of the side line. Cones divide both 'lines' in 4 +/- equal parts (+/- 25 – 50 – 75 – 100 m). The recovery time changes each and every training session!

Accelerate / HI-run 'one-cone' distance – jogging 'one-cone' distance. 16 reps = 8 times the whole length (AR) or diagonal (R) of the pitch. **Recovery:** 2 to 4 min (walk one length and stretch)

Set 2: *Accelerate / HI-run 'two-cone' distance – jogging 'two-cone' distance. 8 reps = 8 times the whole length*

Set 3: *Accelerate / HI-run '3-cone' distance – jogging '3-cone' distance. 5 reps = 7,5 times the whole length*
(Integrated exercise: make a decision & react on the movement of the instructor)

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

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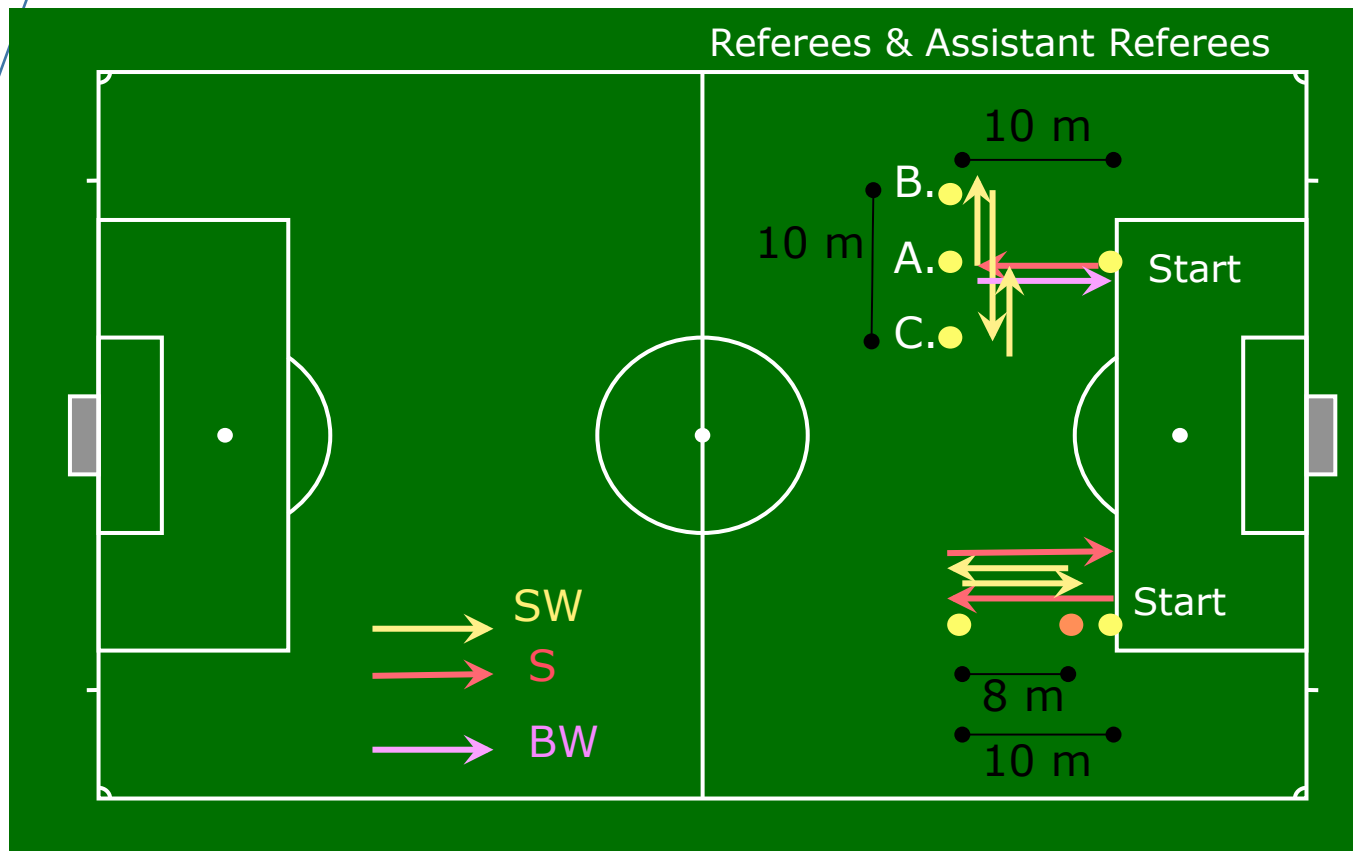
Wednesday: REST day

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Thursday: Speed & Agility exercise REPETITION

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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.





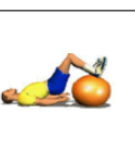

(By preference timed with micro gate)

Thursday: Strength exercises

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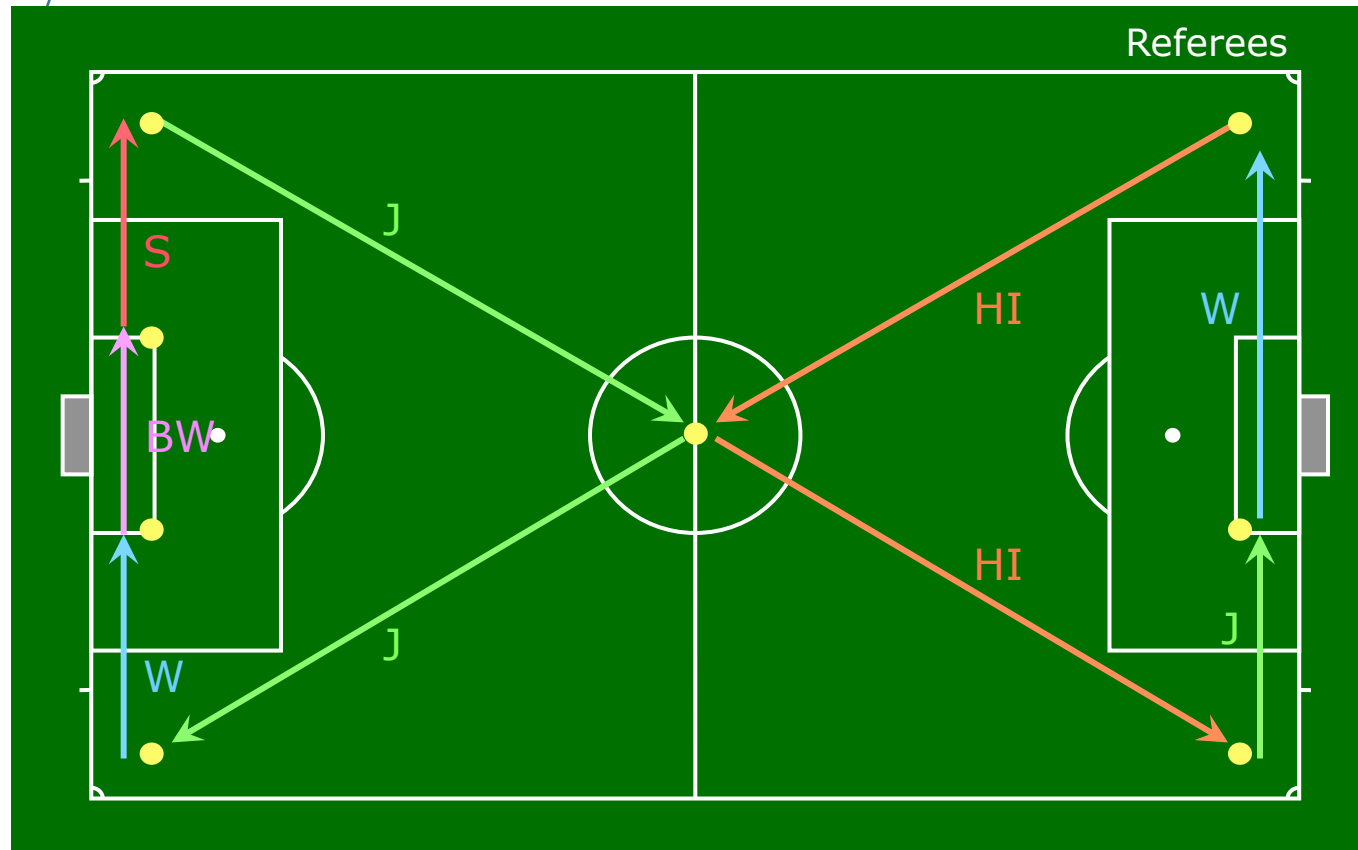
BODY STRENGTH

<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	max	2 min
Set 1 (6 laps)		12 min
Recovery		4 min
Set 2 (6 laps)		12 min
Total duration		28 min

Walking	W	720 m
Jogging	J	1440 m
Backwards	BW	216 m
Sideways	SW	---
High intensity	HI	1200 m
Sprint	S	240 m
Total distance		3816 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

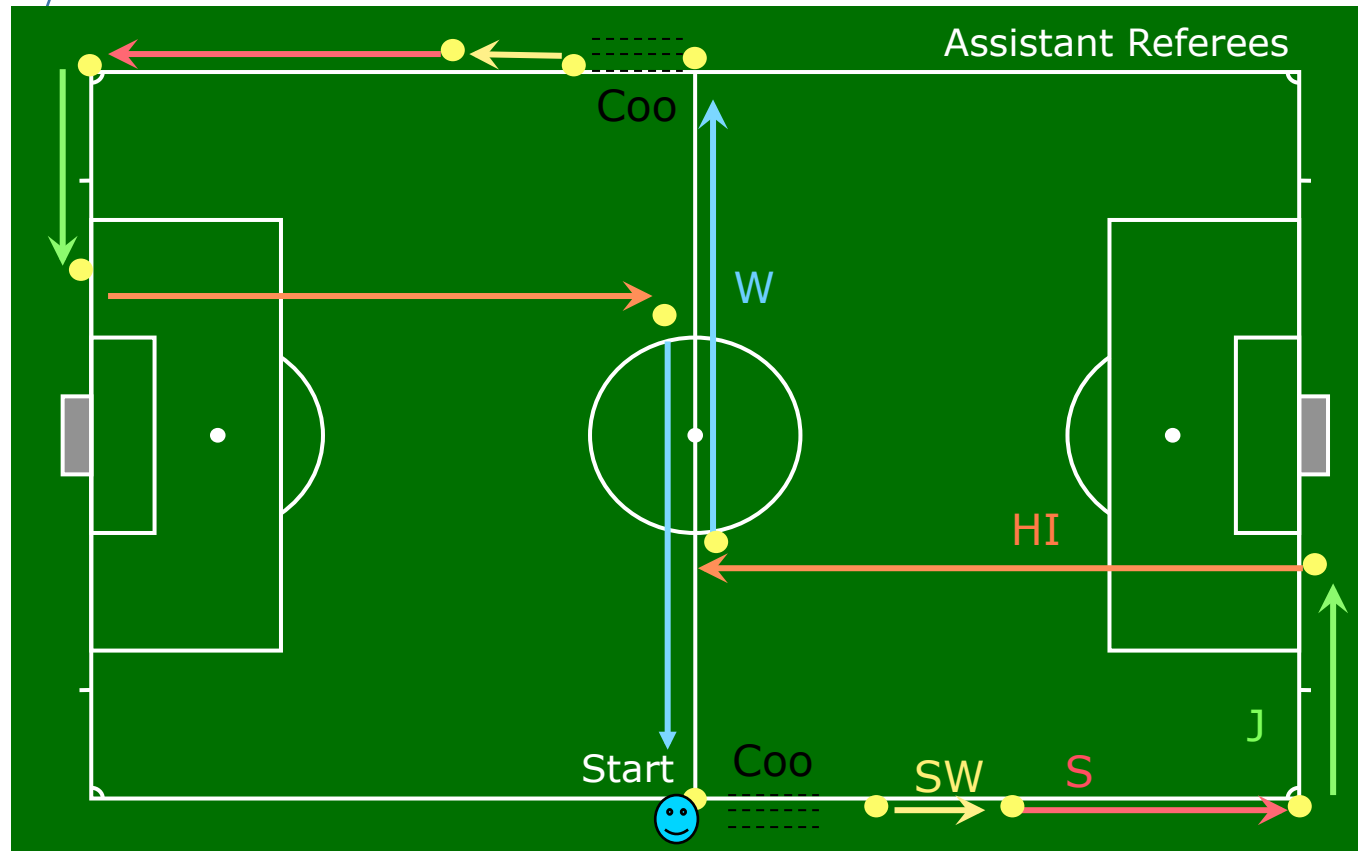
Set 2: Run again 6 laps of the same exercise.

Note: Look always 'inside' towards your assistant!

Visual concentration: At any time, the coach shows 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	± 2 min
Set 1 (6 laps)	12 min
Recovery	4 min
Set 2 (6 laps)	12 min
Total duration	± 28 min

Walking	W	1200 m
Jogging	J	360 m
Backwards	BW	... m
Sideways	SW	360 m
High intensity	HI	1200 m
Sprint	S	720 m
Total distance		3840 m

Set 1: Perform 12 min of the specific field run exercise as indicated in the picture. From Start, coordination, AR run sideways with flag in the left hand. 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 / jogging or walking & jogging.

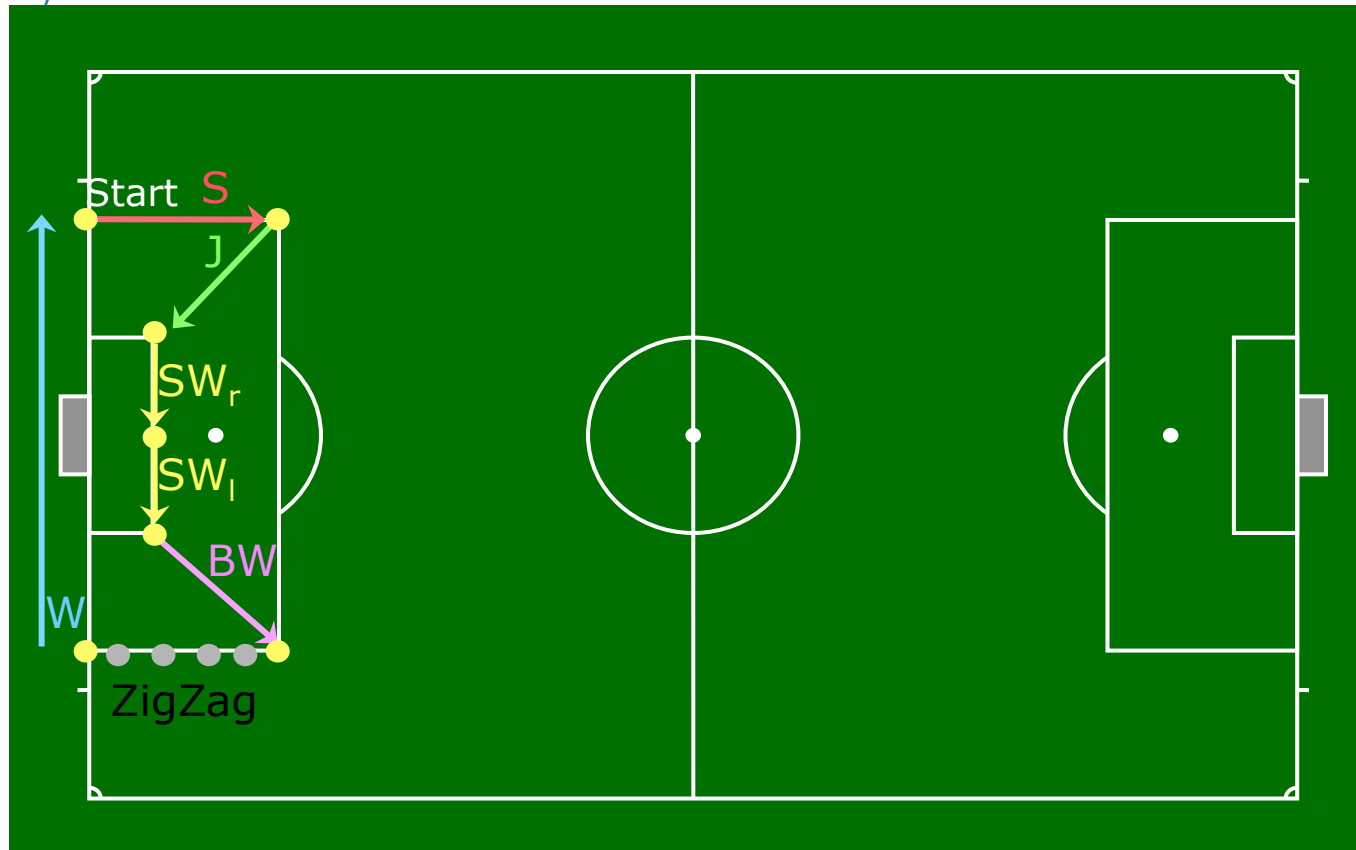
Recovery: 4 min

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 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.

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, ...

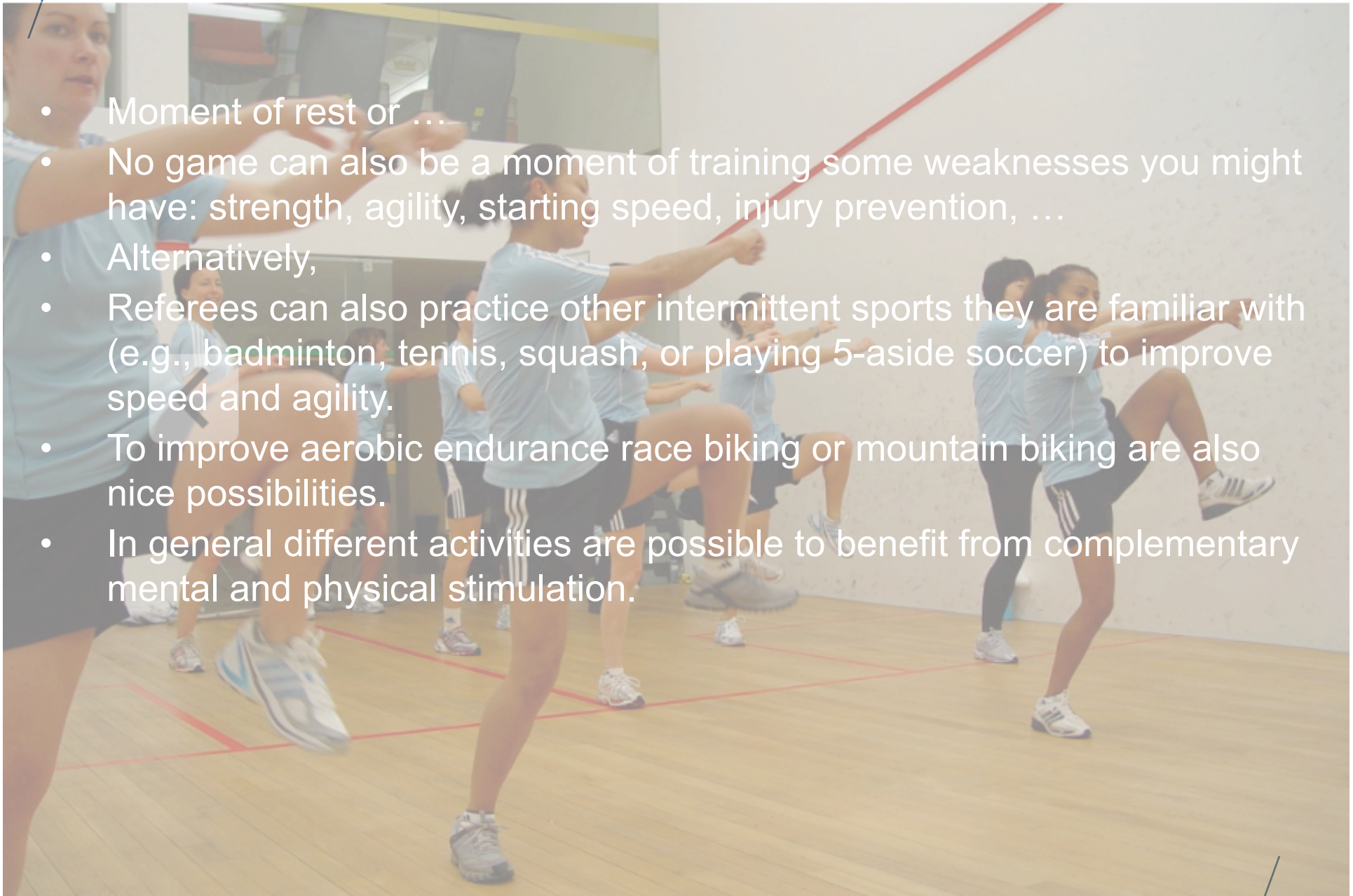
Total duration: +/-60 min

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.



A female athlete with blonde hair is captured in a dynamic running pose on a red track. She is wearing a blue training bib with the number 39, black shorts, black socks, and white sneakers with red laces. In the background, other athletes in similar blue bibs are visible on the track under a bright blue sky with scattered white clouds.

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 ...

- **Dynamic Bridge**

- Lie on your back; lift your body up, supported on your hands and feet.
- Exercise: Alternately lift each leg repeatedly and touch the toes of the supporting leg with the heel.
- Your body should be in a straight line. Do not sway or arch your back.

2 x 10 reps (each leg)

- **Lunges**

- Start from a straight upward position, both hands on the hips.
- Exercise: Using one leg, make a big step forward, brake the movement and push the same leg back to the starting position. Change leg after each trial.
- Do not let your knee cave inward

2 x 10 reps (each leg)

- **Ankle Raises**

- Stand with your feet hip-distance apart on a stair.
- Exercise: push your body fully upward, and stand up on your toes. Slowly return and lower down on 1 foot only.
- Your body should be in a straight line.

2 x 15 reps (each leg)

- **Single leg stands**

- Balance on one leg with your eyes closed.
- Exercise: Weight on the mid part of your foot.
- Do not let your knee cave inward

2 x 25 sec (each leg)

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

- **Sit-ups** crossed! **2 x 30 reps**
- **Push ups** (small hand position: your hands are placed directly under your shoulders) **2 x 10 reps**

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

Tuesday: Speed – reactive exercises

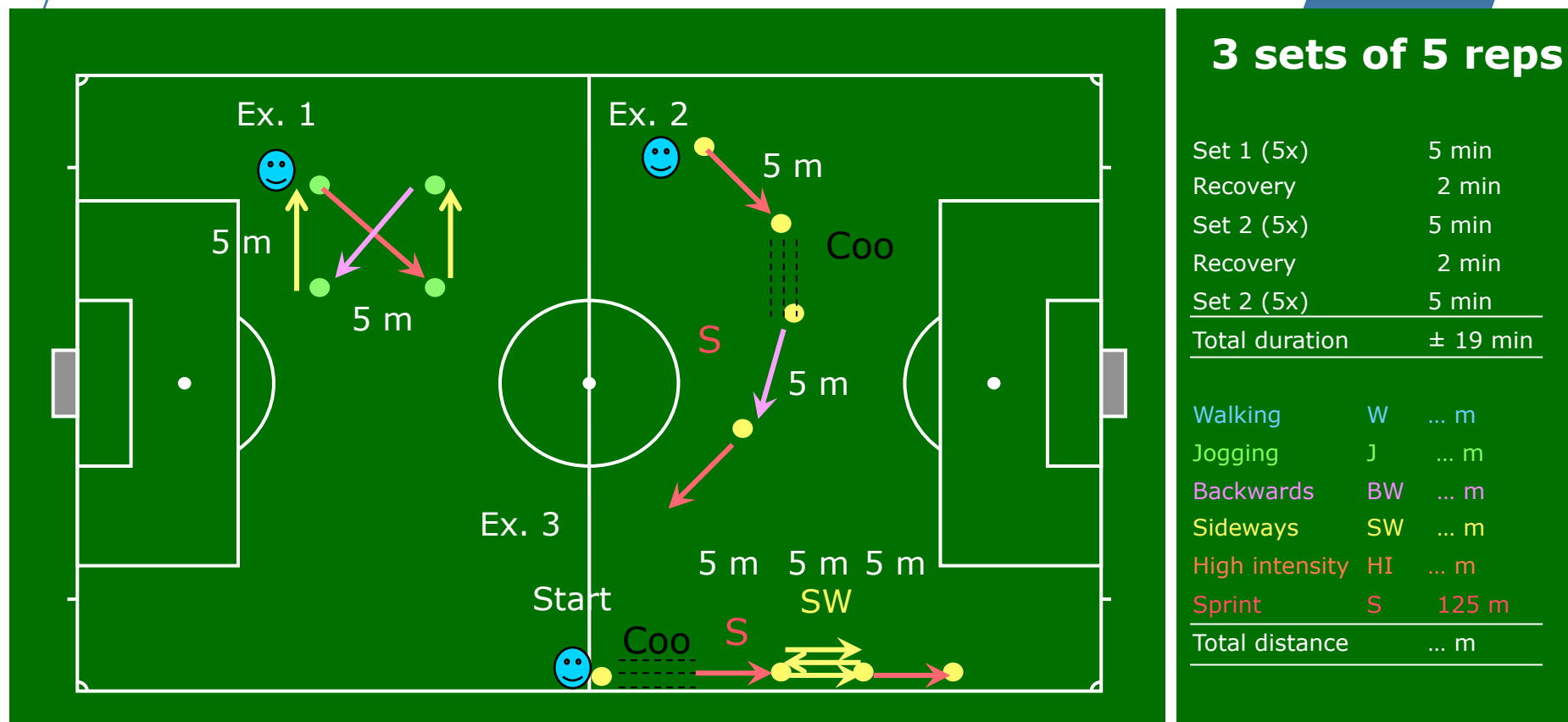
'Reactive exercises' (CLIP //)

- Jump on one foot over 4 consecutive cones (distance in between the cones +/- 40 cm) + sprint in an other direction
 - Alternate with your left and R leg.
 - Distance: 3x 10 m (L & R leg); 3x 15 m (L & R leg)
- Total of 75 x 2 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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Speed combined with **agility**. 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.

The S & Agi exercise consist of 3 different exercises:

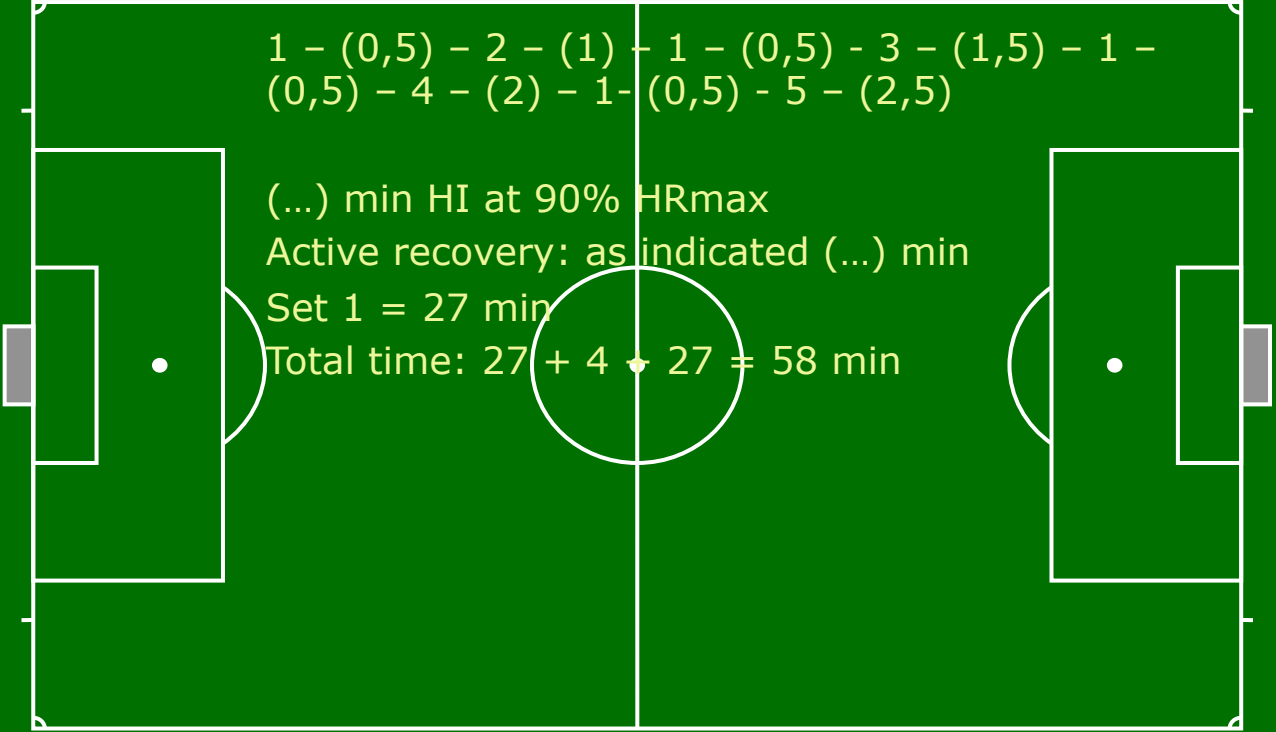
Ex. 1: S – SW L – BW – SW R; rest 45"; 3 to 5 reps and 2'

Ex. 2: S – Co – BW – S; rest 45" ; 3 to 5 reps and 2'

Ex. 3: Co – S – SW 3x – S; rest 45"; 3 to 5 reps and 2'

High Intensity exercise

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Referees & Assistant Referees

1 – (0,5) – 2 – (1) – 1 – (0,5) – 3 – (1,5) – 1 – (0,5) – 4 – (2) – 1 – (0,5) – 5 – (2,5)

(...) min HI at 90% HRmax
Active recovery: as indicated (...) min
Set 1 = 27 min
Total time: 27 + 4 + 27 = 58 min

1 sets of 27 min HI run

Set 1 (...)	27 min
Recovery	4 min
Set 2 (...)	... min
Total duration	± 31 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: 1 min at 90% HRmax (HI tempo run) *followed by 0,5 min jogging (active recovery)*; ...

Recovery: 4 min

Set 2: Eventually, repeat the same exercise.

- Referees & Assistant Referees

- Alternative INDOOR

- The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).

- *Do not forget a nice warm up at the start and a cool down at the end!*
- *The levels mentioned are just an indication. Adapt to your level and situation please.*
- *Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.*
- *The same exercise as outside can be done inside.*

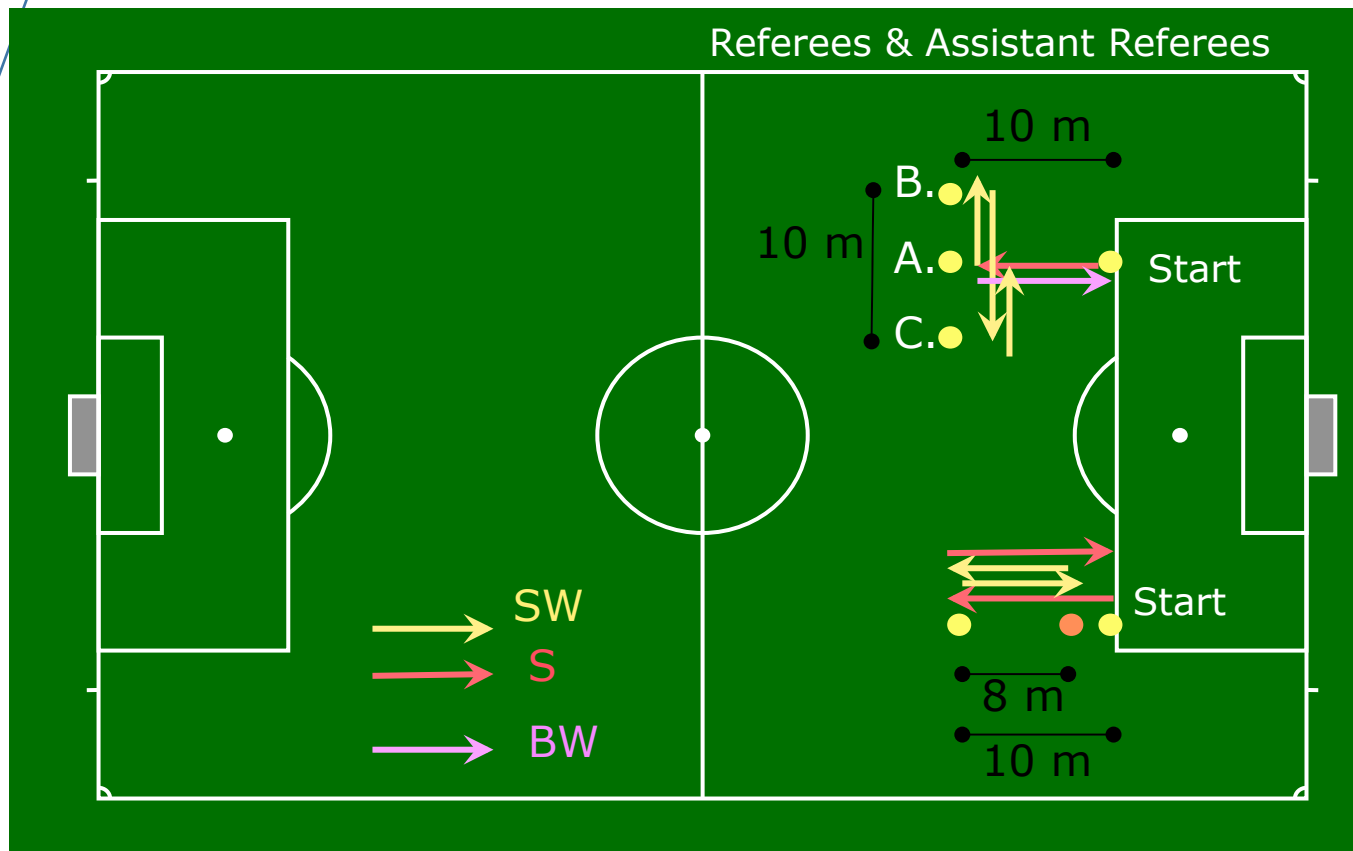
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Wednesday: REST day



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

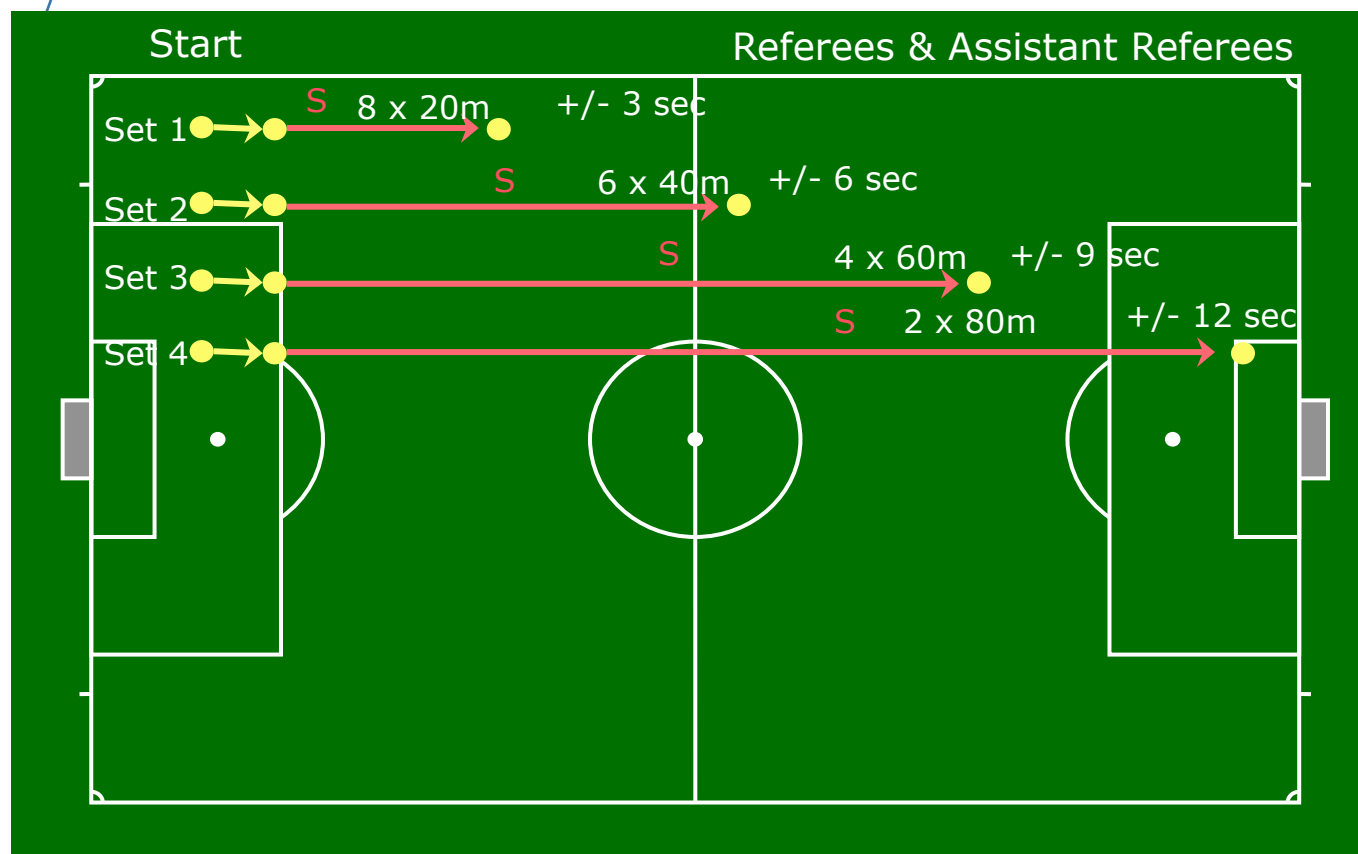
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BODY STRENGTH

<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



4 sets of fast runs

Set 1 (8 x 20m)	2'40"
Set 2 (6 x 40m)	4 min
Set 3 (4 x 60m)	3'20"
Set 4 (2 x 80m)	2 min
Recovery	2' each set
Total duration	18 min

Walking	W	---
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	800 m
Total distance		1600 m

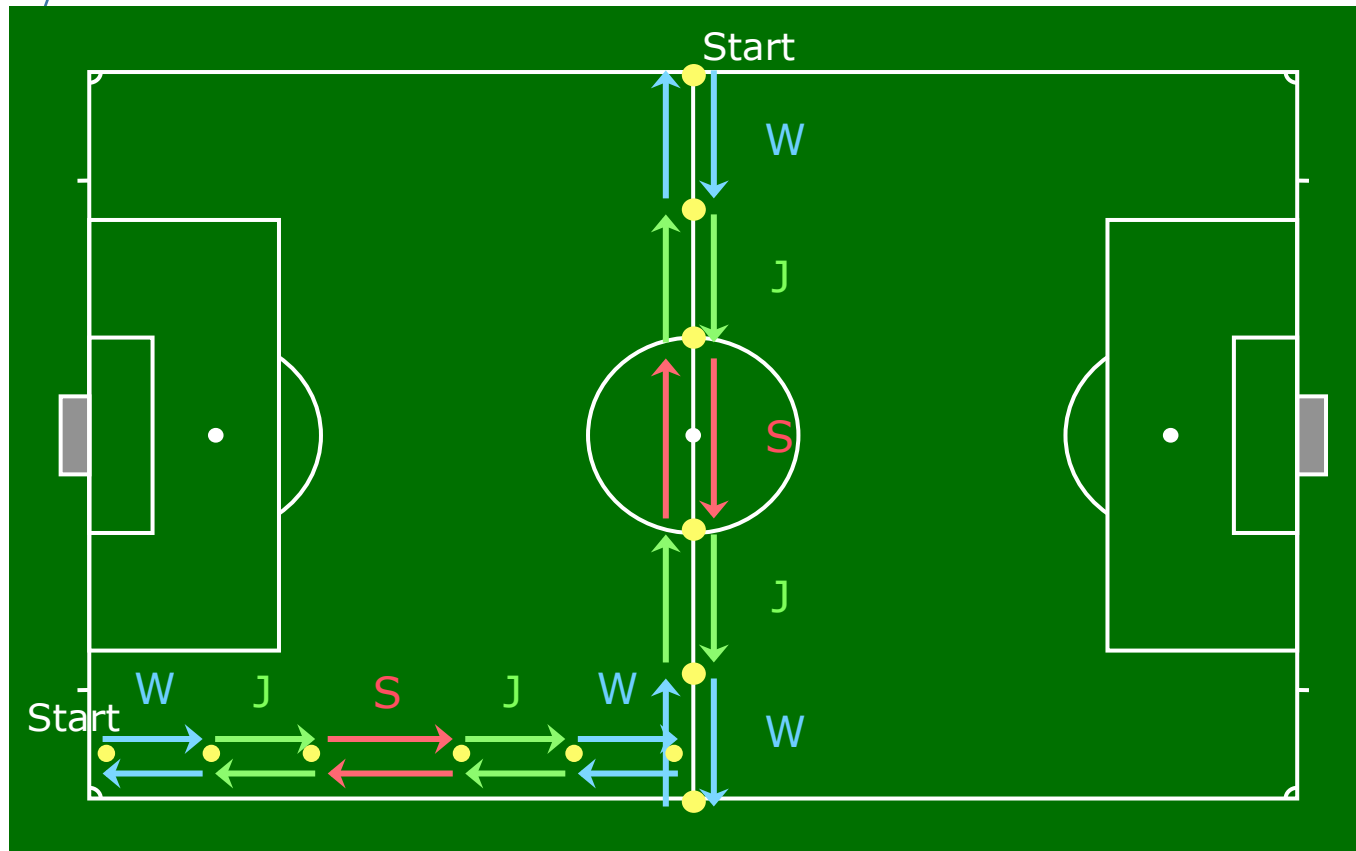
All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
• Set 1 every 20"	Set 1 every 25"
• Set 2 every 40"	Set 2 every 45"
• Set 3 every 50"	Set 3 every 55"
• Set 4 every 60"	Set 4 every 65"

Recovery: 2 min in between each set

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 4th official) and run at the same level.

Variation: on the sideline

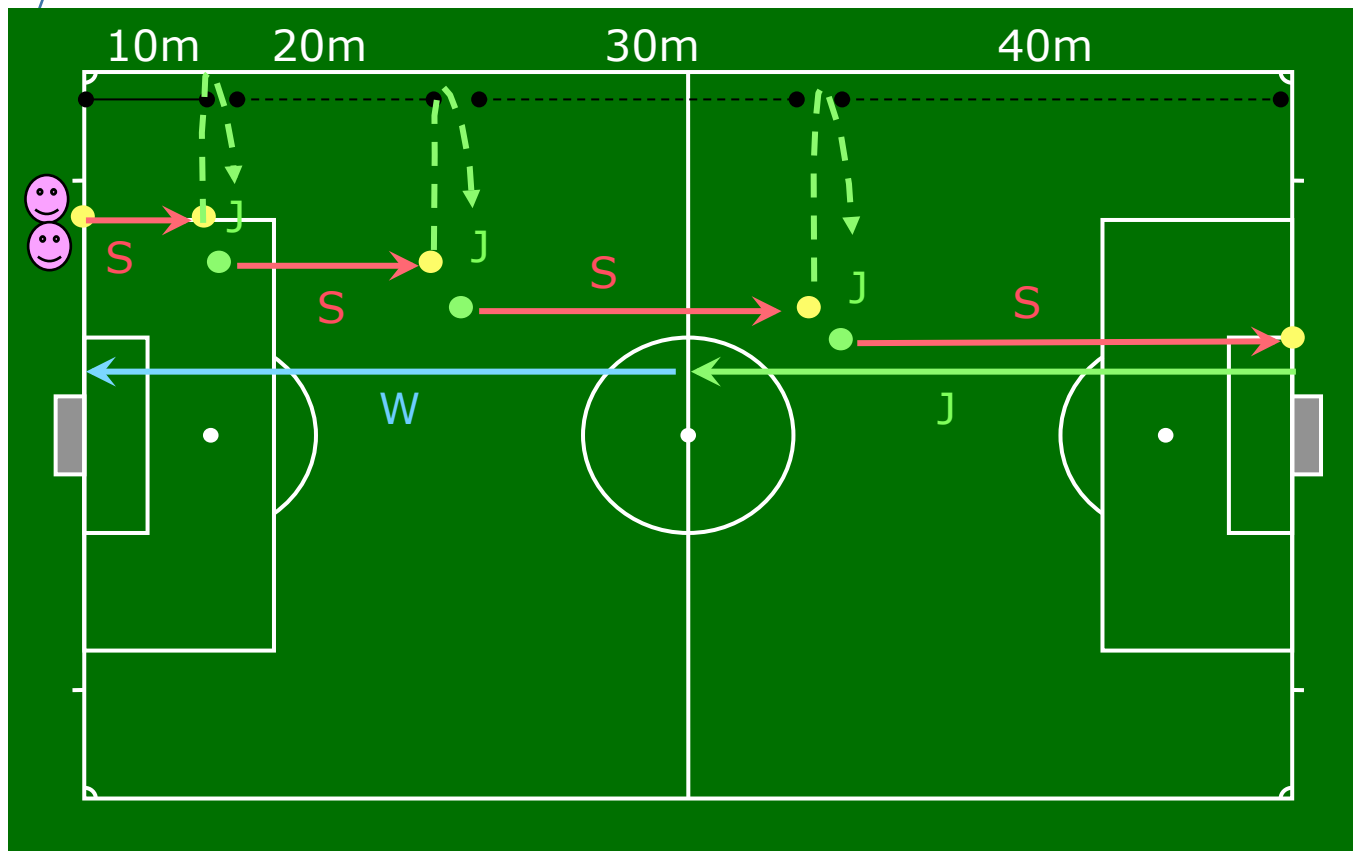
Recovery: 5 minutes

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)

Friday: Speed exercise

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2 sets of 3 laps

One lap	+/- 2 min
Set 1 (3 laps)	6 min
Recovery	4 min
Set 2 (3 laps)	6 min
Total duration	18 min

Walking	W	300 m
Jogging	J	660 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	600 m
Total distance		1960 m

Set 1: Four consecutive sprints of 10 – 20 – 30 and 40m. After each sprint undertake a recovery loop (jog or walk) to the edge of the field of play and back (as indicated). Repeat the sequence twice or 3 times.

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

Set 2: Repeat the same exercise.

In total $100\text{m} \times 3 \times 2 = 600\text{m}$.

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

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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'.

A female athlete in a blue and red jersey is running on a red track, with other athletes and equipment visible in the background.

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 ...

- **Dynamic Bridge**

- Lie on your back; lift your body up, supported on your hands and feet.
- Exercise: Alternately lift each leg repeatedly and touch the toes of the supporting leg with the heel.
- Your body should be in a straight line. Do not sway or arch your back.

2 x 10 reps (each leg)

- **Lunges**

- Start from a straight upward position, both hands on the hips.
- Exercise: Using one leg, make a big step forward, brake the movement and push the same leg back to the starting position. Change leg after each trial.
- Do not let your knee cave inward

2 x 10 reps (each leg)

- **Ankle Raises**

- Stand with your feet hip-distance apart on a stair.
- Exercise: push your body fully upward, and stand up on your toes. Slowly return and lower down on 1 foot only.
- Your body should be in a straight line.

2 x 15 reps (each leg)

- **Single leg stands**

- Balance on one leg with your eyes closed.
- Exercise: Weight on the mid part of your foot.
- Do not let your knee cave inward

2 x 25 sec (each leg)

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

- **Sit-ups** crossed! **2 x 30 reps**
- **Push ups** (small hand position: your hands are placed directly under your shoulders) **2 x 10 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 //)

- In & out squats (10 times) + sprint in an other direction
 - Distance: 3x 10 m; 3x 15 m
 - The ‘squats must be really very dynamic.
- Total of 75 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
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.

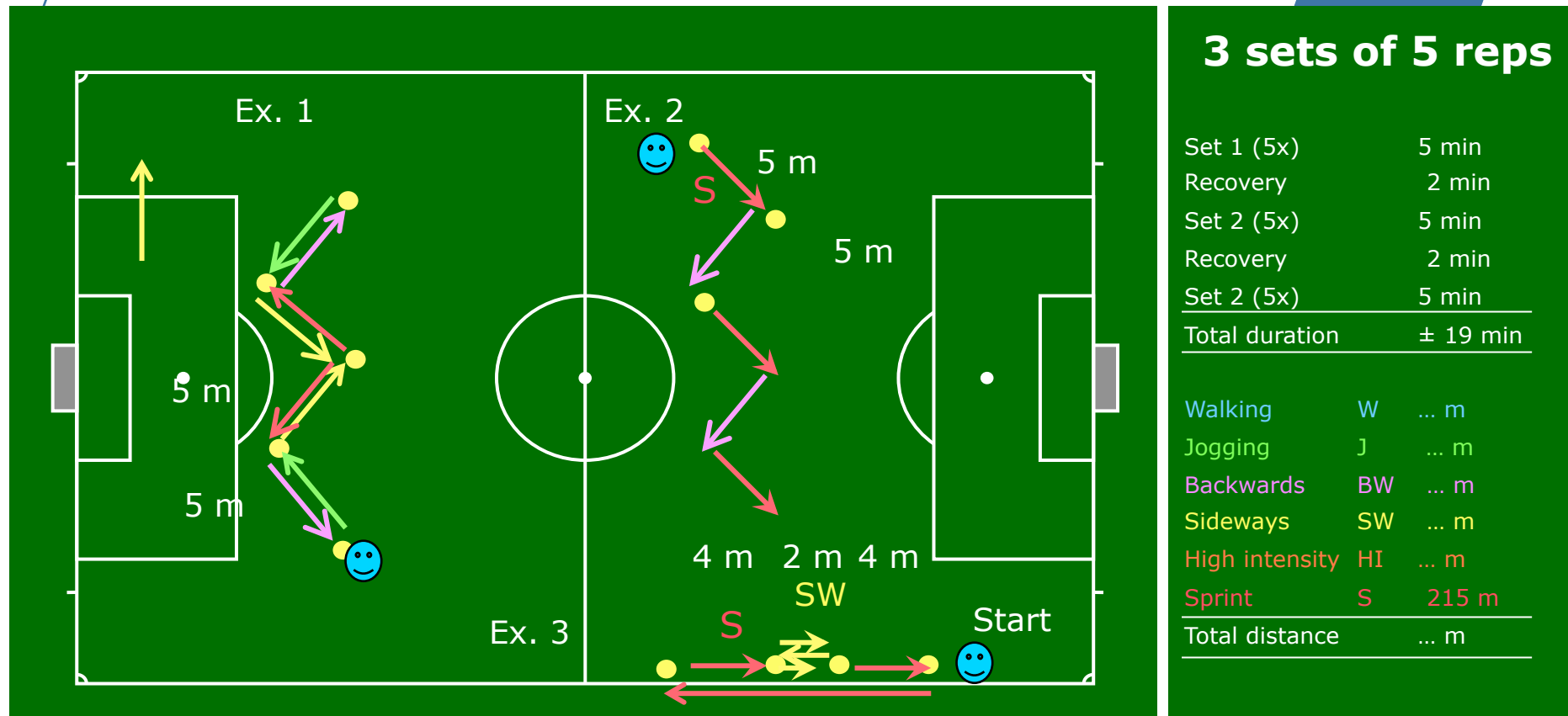
Recovery: 4 min active recovery in between sets

Set 2: Repeat the same exercise.

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

Tuesday: Speed & Agility exercise

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3 sets of 5 reps

Set 1 (5x)	5 min
Recovery	2 min
Set 2 (5x)	5 min
Recovery	2 min
Set 2 (5x)	5 min
Total duration	± 19 min

Walking	W	... m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	... m
Sprint	S	215 m
Total distance		... m

Speed combined with **agility**. 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.

The S & Agi exercise consist of 3 different exercises:

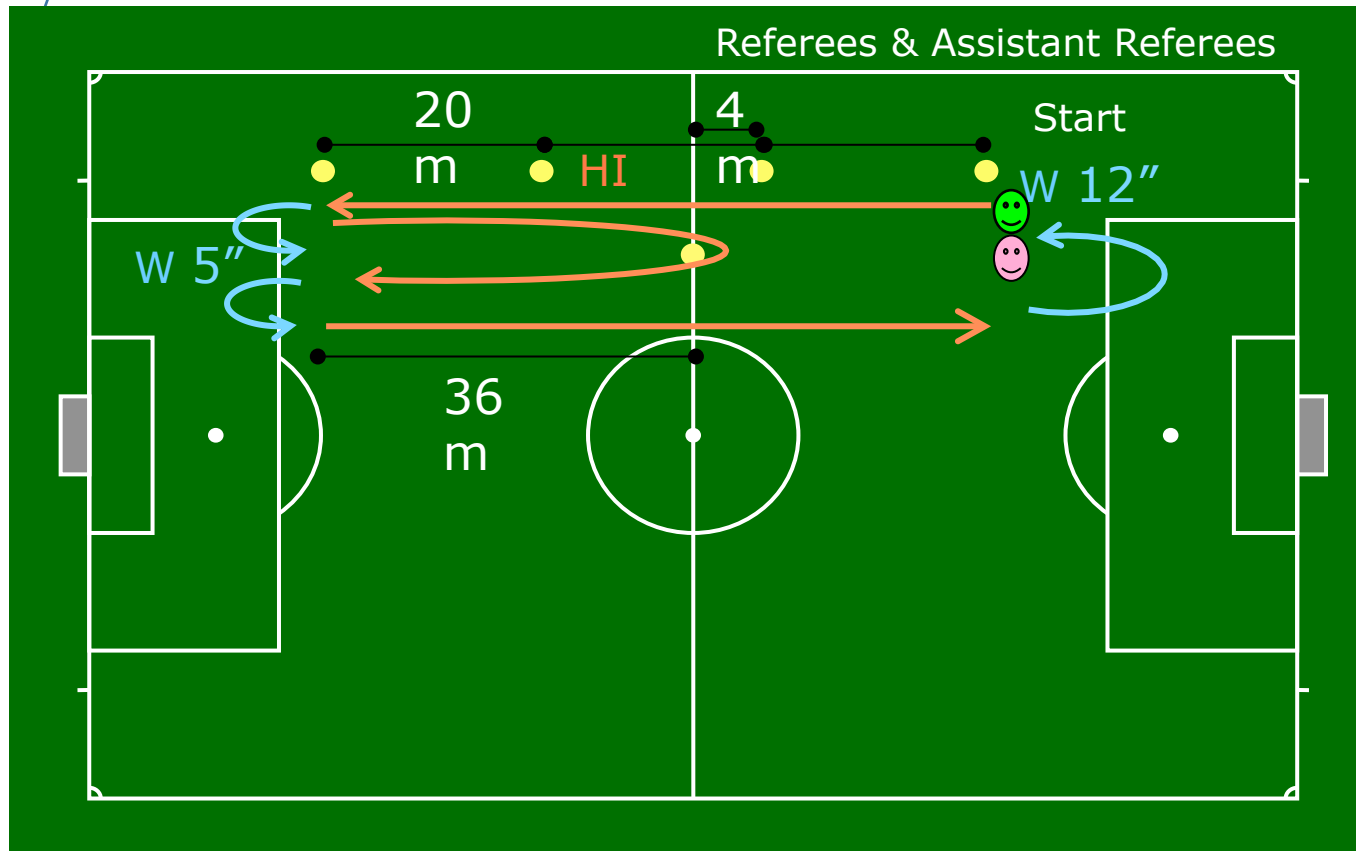
Ex. 1: J – SW R – S – BW – J – SW L – S BW; rest 45"; 3 to 5 reps and 2'

Ex. 2: S- BW – S – BW - S; rest 45" ; 3 to 5 reps and 2'

Ex. 3: S – turn S – SW 3x - S; rest 45"; 3 to 5 reps and 2'

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)

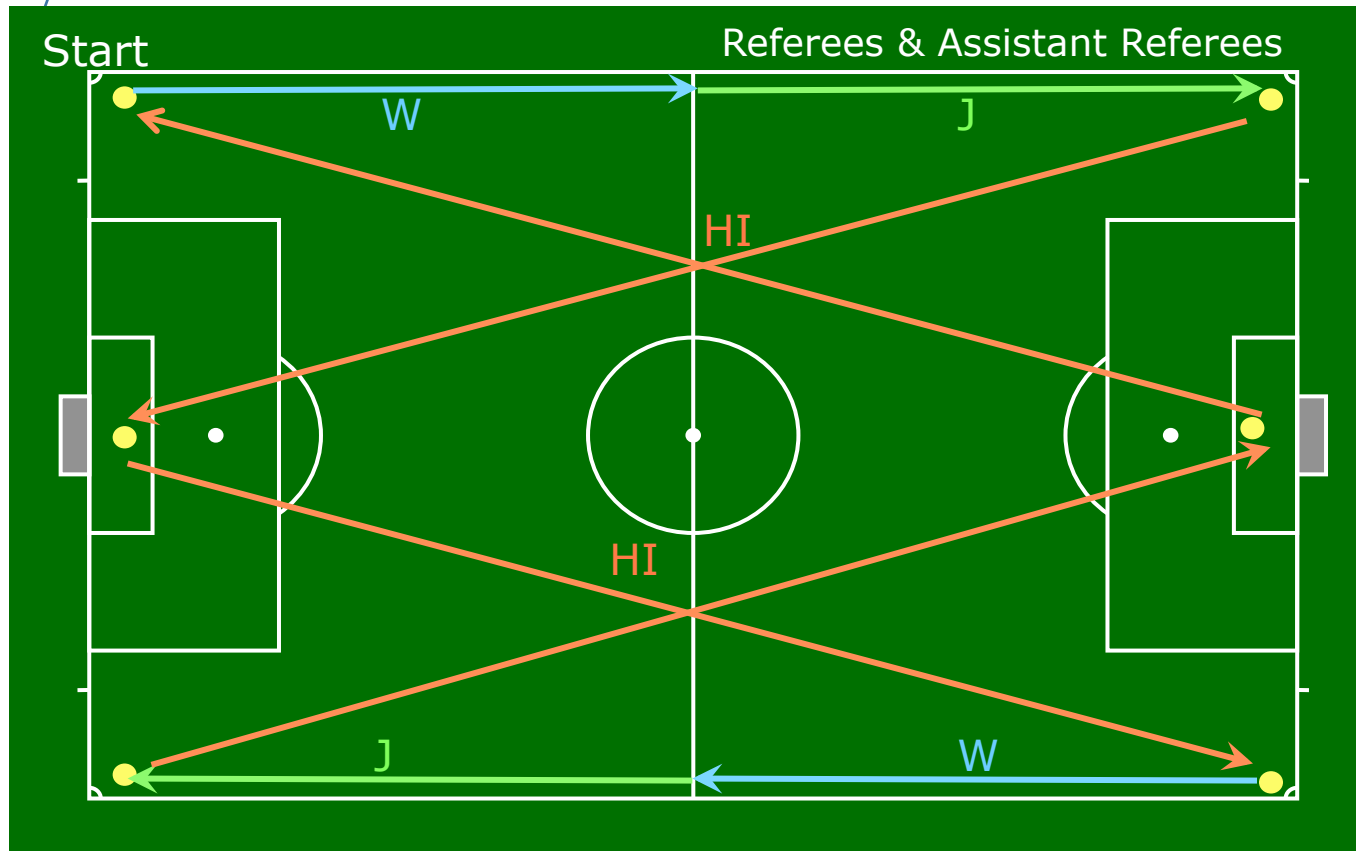
Target tempo 17 km/h: Single: 12,5 sec & Double: 17 sec; Single = 60 m & Double = 72 m

Recovery: 4 min

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

Tuesday: High Intensity exercise

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2 sets of 4 laps

One lap	2.5 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	800 m
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1920 m
Sprint	S	---
Total distance		3520 m

Set 1: Run 4 to 6 laps of the high intensity exercise as indicated in the picture.

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 5 or 2 min (at 86% Hrmax)
- Total of 64 min = 10 (at 76%) + 5 (at 86%) + 10 + 2 + 10 + 5 + 10 + 2 + 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.

/

Wednesday: REST day





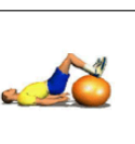



Thursday: Strength exercises

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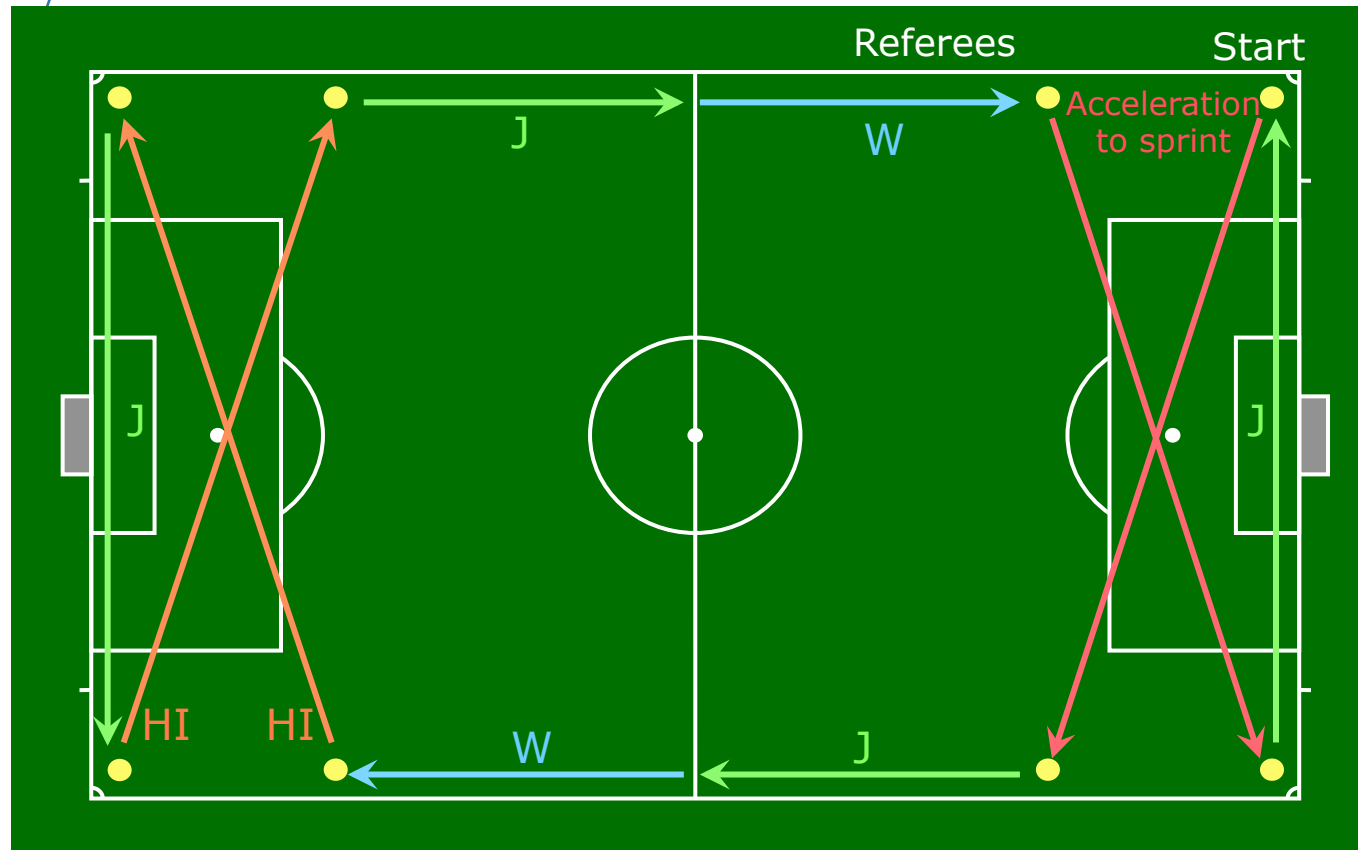
BODY STRENGTH

<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

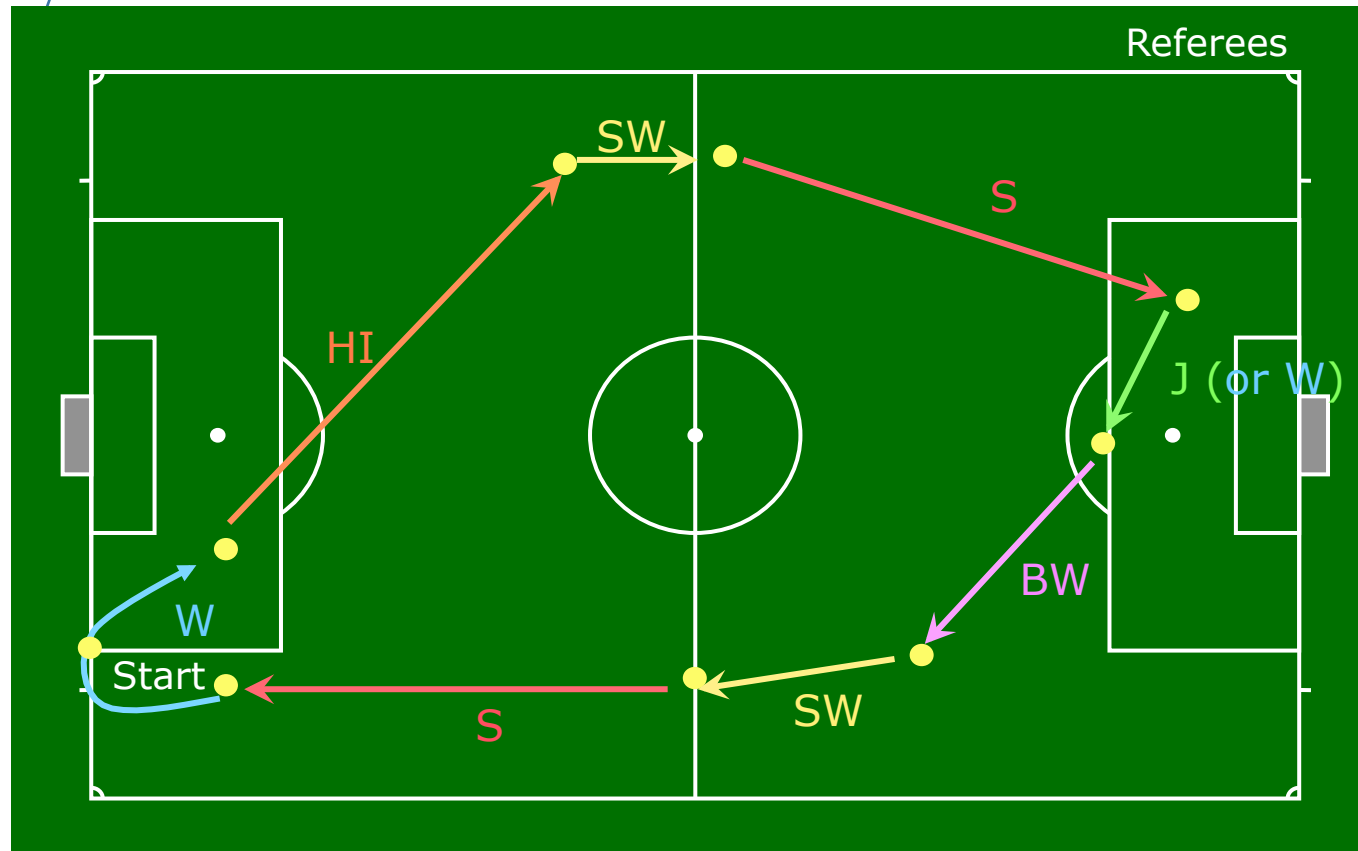
Set 2: Again 5 laps of the same exercise.

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

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2 sets of SE ex.

One lap	max 2 min
Set 1 (6 laps)	12 min
Recovery	4 min
Set 2 (6 laps)	12 min
Total duration	± 28 min

Walking	W	300 m
Jogging	J	180 m
Backwards	BW	300 m
Sideways	SW	360 m
High intensity	HI	480 m
Sprint	S	1800 m
Total distance		3420 m

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

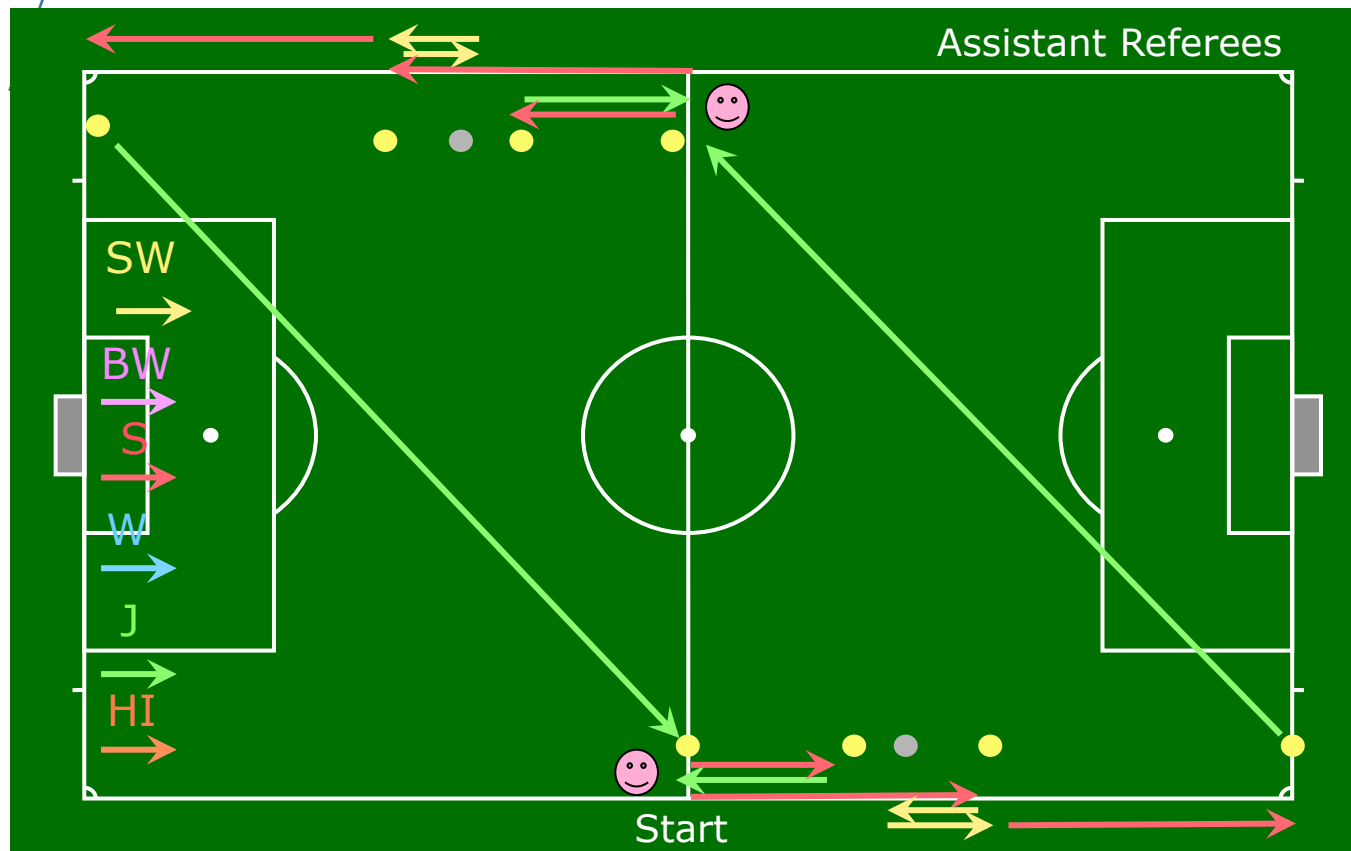
Recovery: 4 min

Set 2: Repeat the same exercise.

Visual concentration: At any time, the coach shows 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

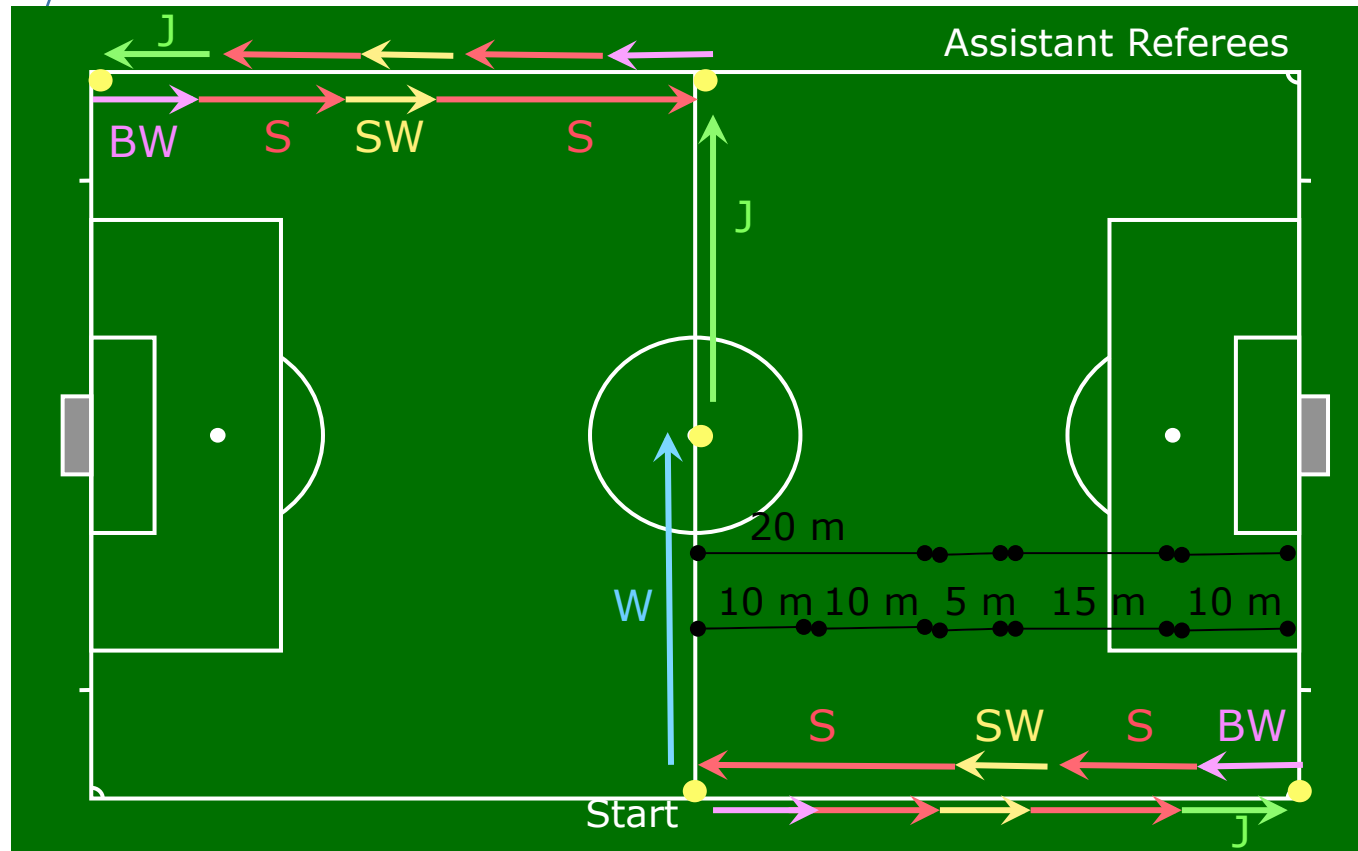
Set 2: Repeat the same exercise.

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.

Thursday: Speed endurance exercise for AR

FIFA®



2 sets of 6 laps

One lap	± 2 min
Set 1 (6 laps)	12 min
Recovery	4 min
Set 2 (6 laps)	12 min
Total duration	± 28 min

Walking	W	420 m
Jogging	J	540 m
Backwards	BW	480 m
Sideways	SW	240 m
High intensity	HI	... m
Sprint	S	1440 m
Total distance		3120 m

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

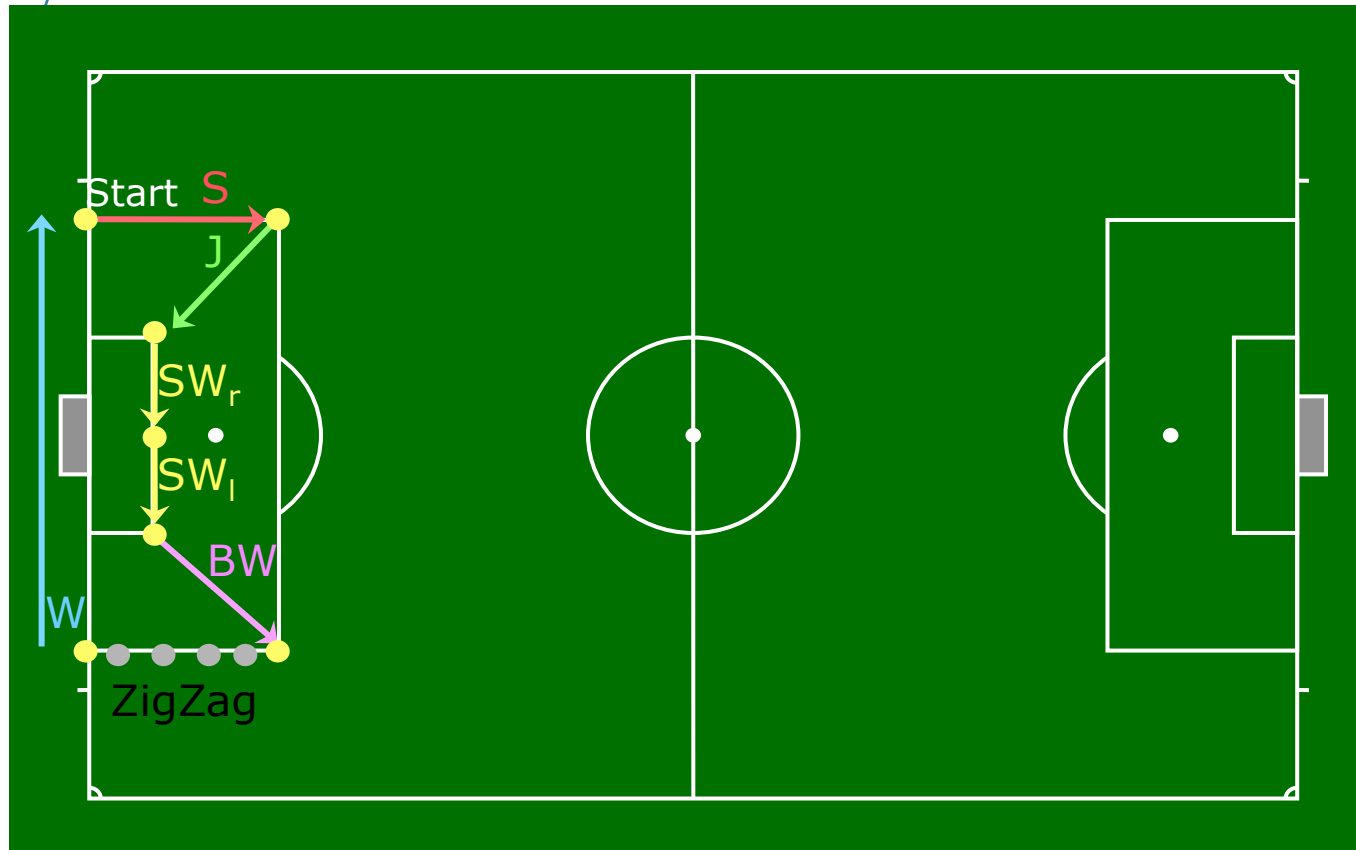
Recovery: 4 min

Set 2: Repeat the same exercise.

NOTE: The use of your flag is very useful!
Look always towards the field of play (towards your referee)!

Friday: Speed exercise

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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.

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'.

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 ...

- **Dynamic Bridge**

- Lie on your back; lift your body up, supported on your hands and feet.
- Exercise: Alternately lift each leg repeatedly and touch the toes of the supporting leg with the heel.
- Your body should be in a straight line. Do not sway or arch your back.

2 x 10 reps (each leg)

- **Lunges**

- Start from a straight upward position, both hands on the hips.
- Exercise: Using one leg, make a big step forward, brake the movement and push the same leg back to the starting position. Change leg after each trial.
- Do not let your knee cave inward

2 x 10 reps (each leg)

- **Ankle Raises**

- Stand with your feet hip-distance apart on a stair.
- Exercise: push your body fully upward, and stand up on your toes. Slowly return and lower down on 1 foot only.
- Your body should be in a straight line.

2 x 15 reps (each leg)

- **Single leg stands**

- Balance on one leg with your eyes closed.
- Exercise: Weight on the mid part of your foot.
- Do not let your knee cave inward

2 x 25 sec (each leg)

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

- **Sit-ups** crossed! **2 x 30 reps**
- **Push ups** (small hand position: your hands are placed directly under your shoulders) **2 x 10 reps**

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

Tuesday: Speed – reactive exercises

'Reactive exercises' (CLIP //)

- Jump on one foot over 4 consecutive cones (distance in between the cones +/- 40 cm) + sprint in an other direction
 - Alternate with your left and R leg.
 - Distance: 3x 10 m (L & R leg); 3x 15 m (L & R leg)
- Total of 75 x 2 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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The diagram illustrates three speed and agility exercises on a soccer field. Ex. 1 shows a player starting at the top left, performing a series of 5m sprints in a cross pattern (up, down, left, right). Ex. 2 shows a player starting at the top left, performing a series of 5m sprints in a zigzag pattern (up, down, up, down). Ex. 3 shows a player starting at the bottom left, performing three 5m sideways sprints (SW) followed by a 125m sprint (S) towards the right goal.

3 sets of 5 reps

Set 1 (5x)	5 min
Recovery	2 min
Set 2 (5x)	5 min
Recovery	2 min
Set 2 (5x)	5 min
Total duration	± 19 min

Walking	W	...	m
Jogging	J	...	m
Backwards	BW	...	m
Sideways	SW	...	m
High intensity	HI	...	m
Sprint	S	125	m
Total distance	... m		

Speed combined with **agility**. 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.

The S & Agi exercise consist of 3 different exercises:

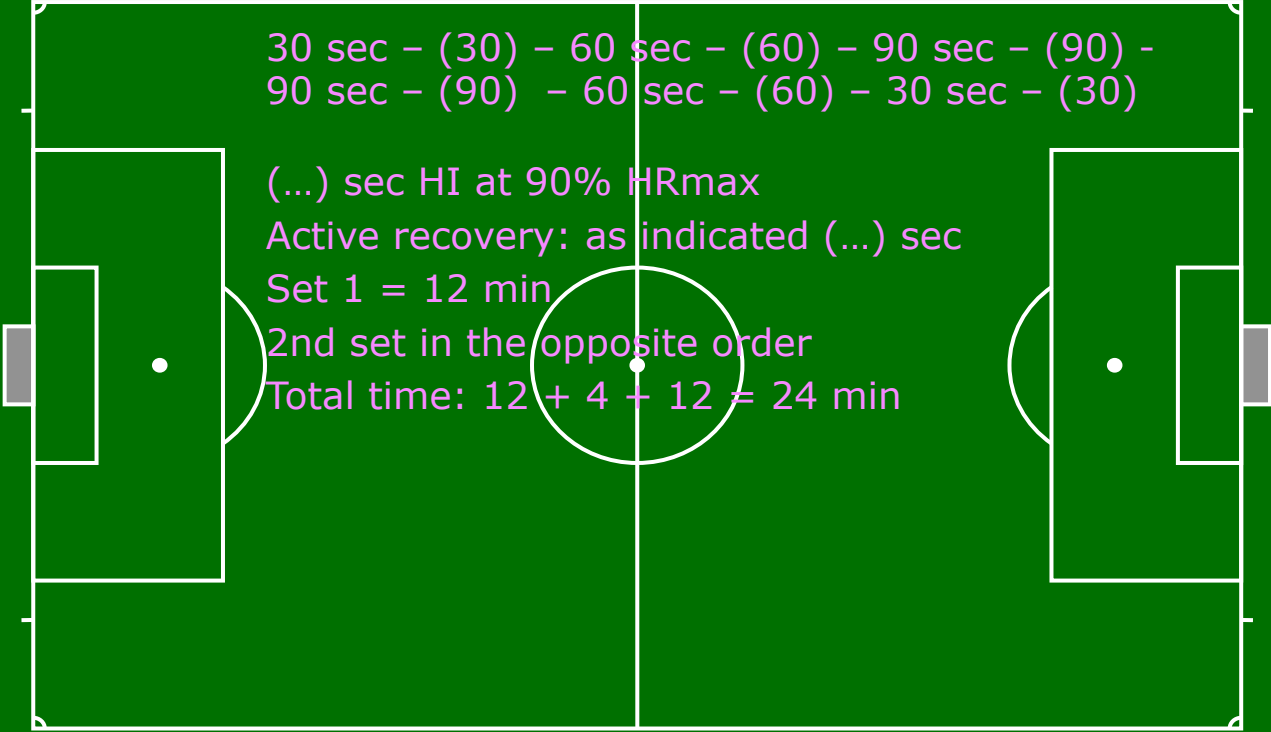
Ex. 1: S – SW L – BW – SW R; rest 45"; 3 to 5 reps and 2'

Ex. 2: S – Coo – BW – S; rest 45" ; 3 to 5 reps and 2'

Ex. 3: Coo – S – SW 3x – S; rest 45"; 3 to 5 reps and 2'

High Intensity exercise

FIFA®



Referees & Assistant Referees

30 sec – (30) – 60 sec – (60) – 90 sec – (90) –
90 sec – (90) – 60 sec – (60) – 30 sec – (30)

(...) sec HI at 90% HRmax
Active recovery: as indicated (...) sec
Set 1 = 12 min
2nd set in the opposite order
Total time: 12 + 4 + 12 = 24 min

2 sets of 12 min HI Run

Set 1 (...)	12 min
Recovery	4 min
Set 2 (...)	12 min
Total duration	
± 28 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: 2-4 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 3 or 2 min (at 86% Hrmax)
- Total of 60 min = 10 (at 76%) + 3 (at 86%) + 10 + 2 + 10 + 3 + 10 + 2 + 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.

[illegible]

Wednesday: REST day





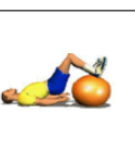



Thursday: Strength exercises

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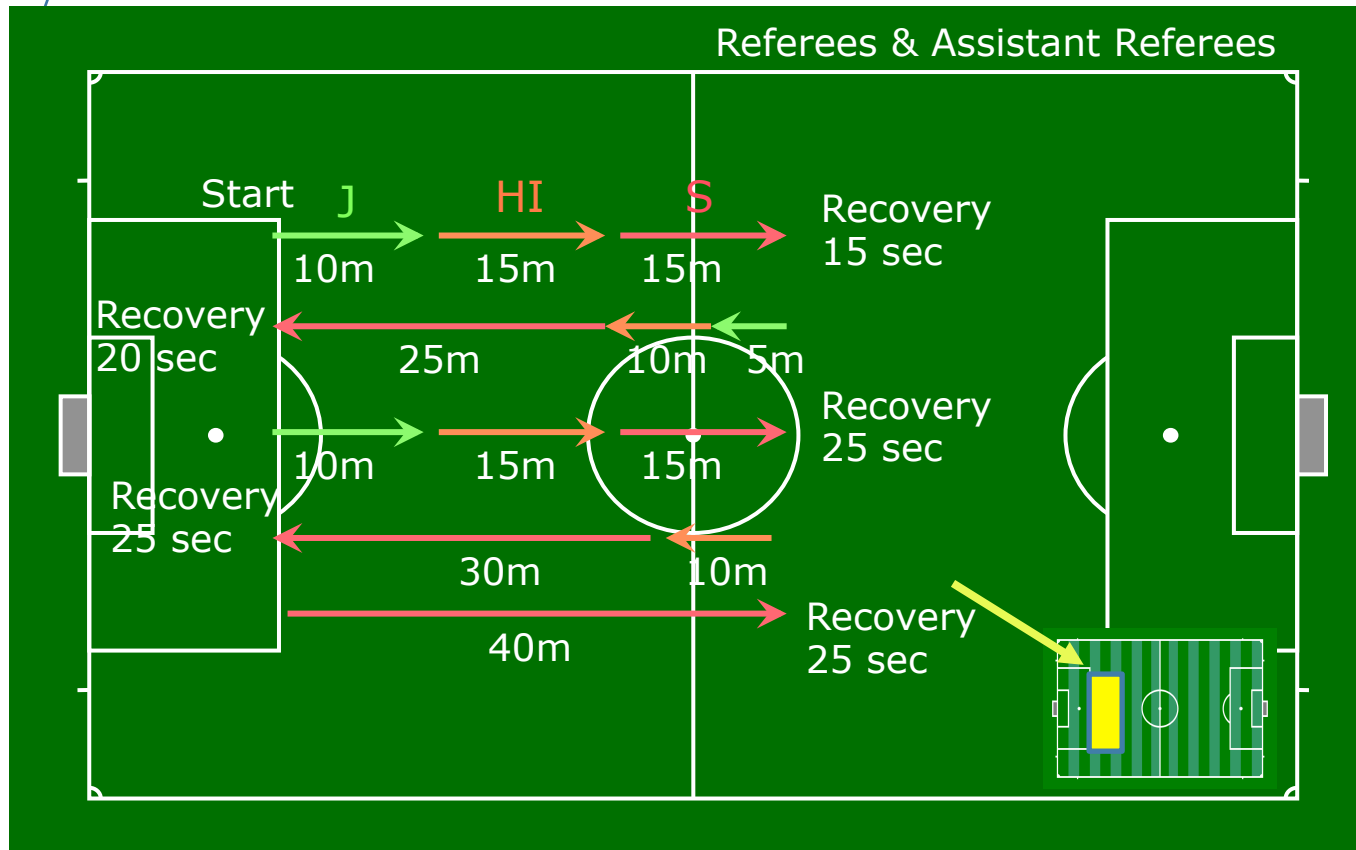
BODY STRENGTH

<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.

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2 sets of sprints

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration	± ... min

Walking	W	... m
Jogging	J	250 m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	500 m
Sprint	S	1250 m
Total distance		2000 m

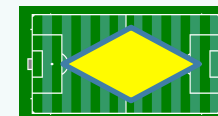
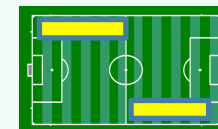
Set 1: Combination of Jog – Run HI and Sprint. Set of 5 reps (5x 200m)

Recovery: 3 min stretching individually

Set 2 and 3: Repeat the same exercise. (Up to 5 sets is possible)

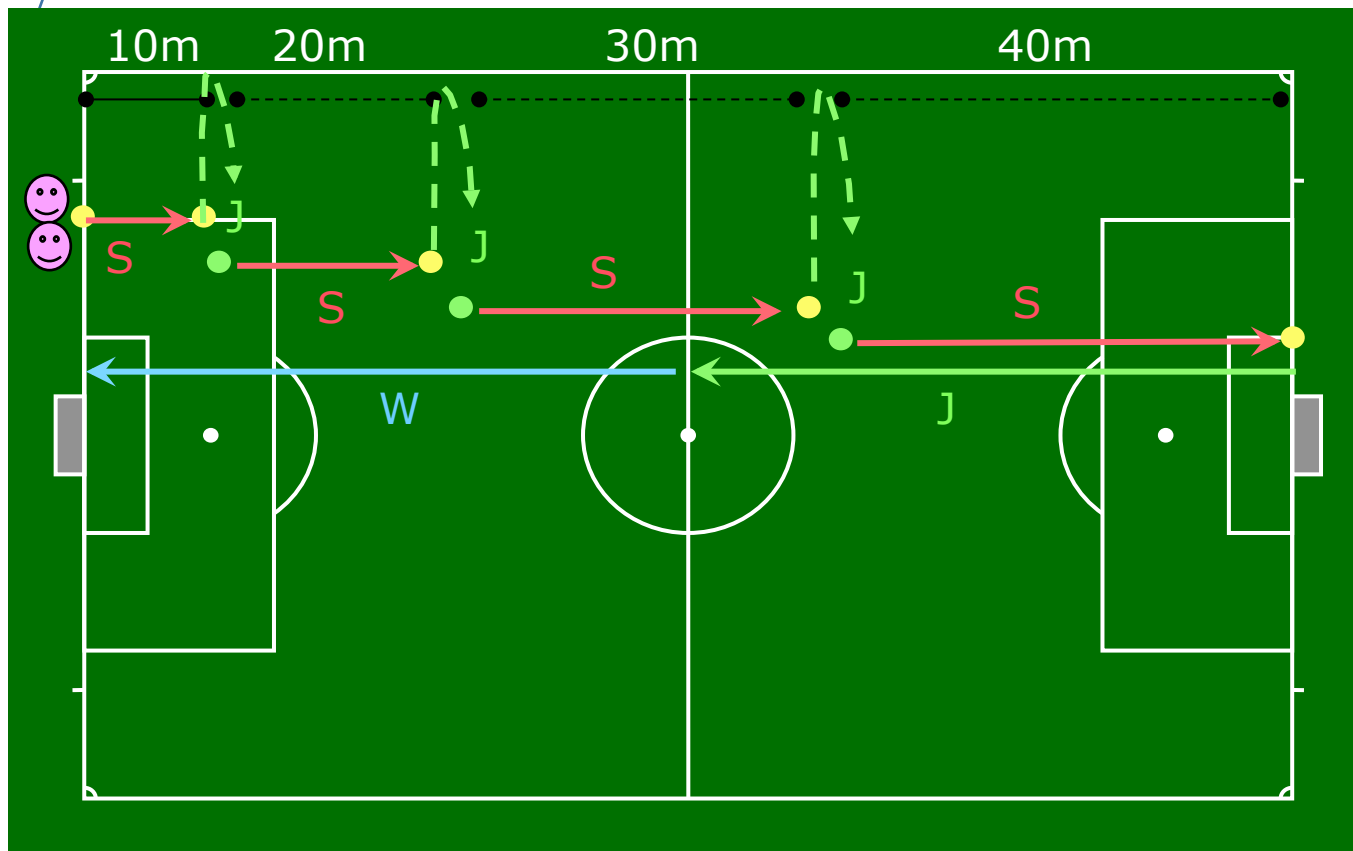
NOTE:

- Jogging part can be changed into SW or BW
- AR can do this exercises with flag
- Other places on the field are possible



Friday: Speed exercise

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2 sets of 3 laps

One lap	+/- 2 min
Set 1 (3 laps)	6 min
Recovery	4 min
Set 2 (3 laps)	6 min
Total duration	18 min

Walking	W	300 m
Jogging	J	660 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	600 m
Total distance		1960 m

Set 1: Four consecutive sprints of 10 – 20 – 30 and 40m. After each sprint undertake a recovery loop (jog or walk) to the edge of the field of play and back (as indicated). Repeat the sequence twice or 3 times.

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

Set 2: Repeat the same exercise.

In total $100\text{m} \times 3 \times 2 = 600\text{m}$.

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

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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'.



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-endurance run total time: 90 min
- Wednesday Rest
- Thursday Strength / S / SE
• Strength
• SE field run exercise total time: 90 min
-

Monday: CORE & basic strength exercises

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

- **Dynamic Bridge**

- Lie on your back; lift your body up, supported on your hands and feet.
- Exercise: Alternately lift each leg repeatedly and touch the toes of the supporting leg with the heel.
- Your body should be in a straight line. Do not sway or arch your back.

2 x 10 reps (each leg)

- **Lunges**

- Start from a straight upward position, both hands on the hips.
- Exercise: Using one leg, make a big step forward, brake the movement and push the same leg back to the starting position. Change leg after each trial.
- Do not let your knee cave inward

2 x 10 reps (each leg)

- **Ankle Raises**

- Stand with your feet hip-distance apart on a stair.
- Exercise: push your body fully upward, and stand up on your toes. Slowly return and lower down on 1 foot only.
- Your body should be in a straight line.

2 x 15 reps (each leg)

- **Single leg stands**

- Balance on one leg with your eyes closed.
- Exercise: Weight on the mid part of your foot.
- Do not let your knee cave inward

2 x 25 sec (each leg)

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

- **Sit-ups** crossed! **2 x 30 reps**
- **Push ups** (small hand position: your hands are placed directly under your shoulders) **2 x 10 reps**

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

Tuesday: Speed – reactive exercises

'Reactive exercises' (CLIP //)

- Lean with your hands to a wall. Body in a straight line leaning towards the wall
- Stand on your toes – bring one knee up with a fast movement (knee 90°) + change knee (= sprinting against the wall)
 - Do this in sequences of 3 to 5 reps and end each time with one knee high (alternate the knee)
 - Have also attention on the foot that's going up – the toes must be 'high'.
- Repeat those sequences +/- 10 times.
- **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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3 sets of 5 reps

Set 1 (5x)	5 min
Recovery	2 min
Set 2 (5x)	5 min
Recovery	2 min
Set 2 (5x)	5 min
Total duration	± 19 min

Walking	W	... m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	... m
Sprint	S	215 m
Total distance		... m

Speed combined with **agility**. 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.

The S & Agi exercise consist of 3 different exercises:

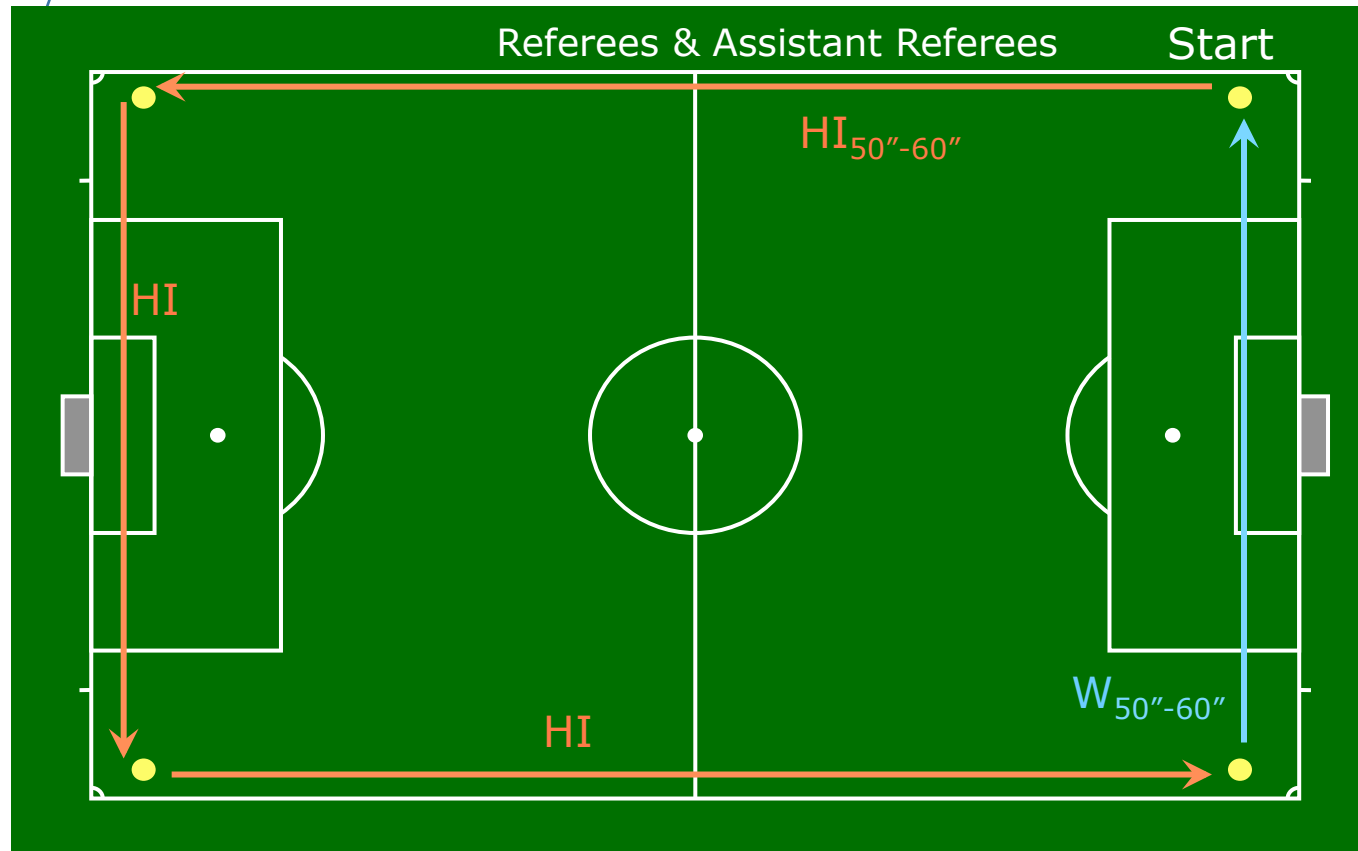
Ex. 1: J – SW R – S – BW – J – SW L – S BW; rest 45"; 3 to 5 reps and 2'

Ex. 2: S- BW – S – BW - S; rest 45" ; 3 to 5 reps and 2'

Ex. 3: S – turn S – SW 3x - S; rest 45"; 3 to 5 reps and 2'

Tuesday: High Intensity exercise

FIFA®



2 sets of 7 laps

One lap	2 min
Set 1 (7 laps)	14 min
Recovery	5 min
Set 2 (7 laps)	14 min
Total duration	33 min

Walking	W	840 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3640 m
Sprint	S	---
Total distance		4480 m

Set 1: Run around the pitch at high intensity on the field of play (or 300 m on an athletic track) in 50 to 60 sec. Then, walk the remaining distance to the start in 50 to 60 sec. If it is not possible to perform this exercise on a field of play or a track then the run can easily be performed in the forest or on a treadmill.

Perform 7 laps.

Recovery: 5 min

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

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

●

- **'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.

[illegible]

Wednesday: REST day





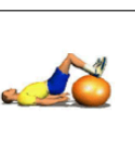



Thursday: Strength exercises

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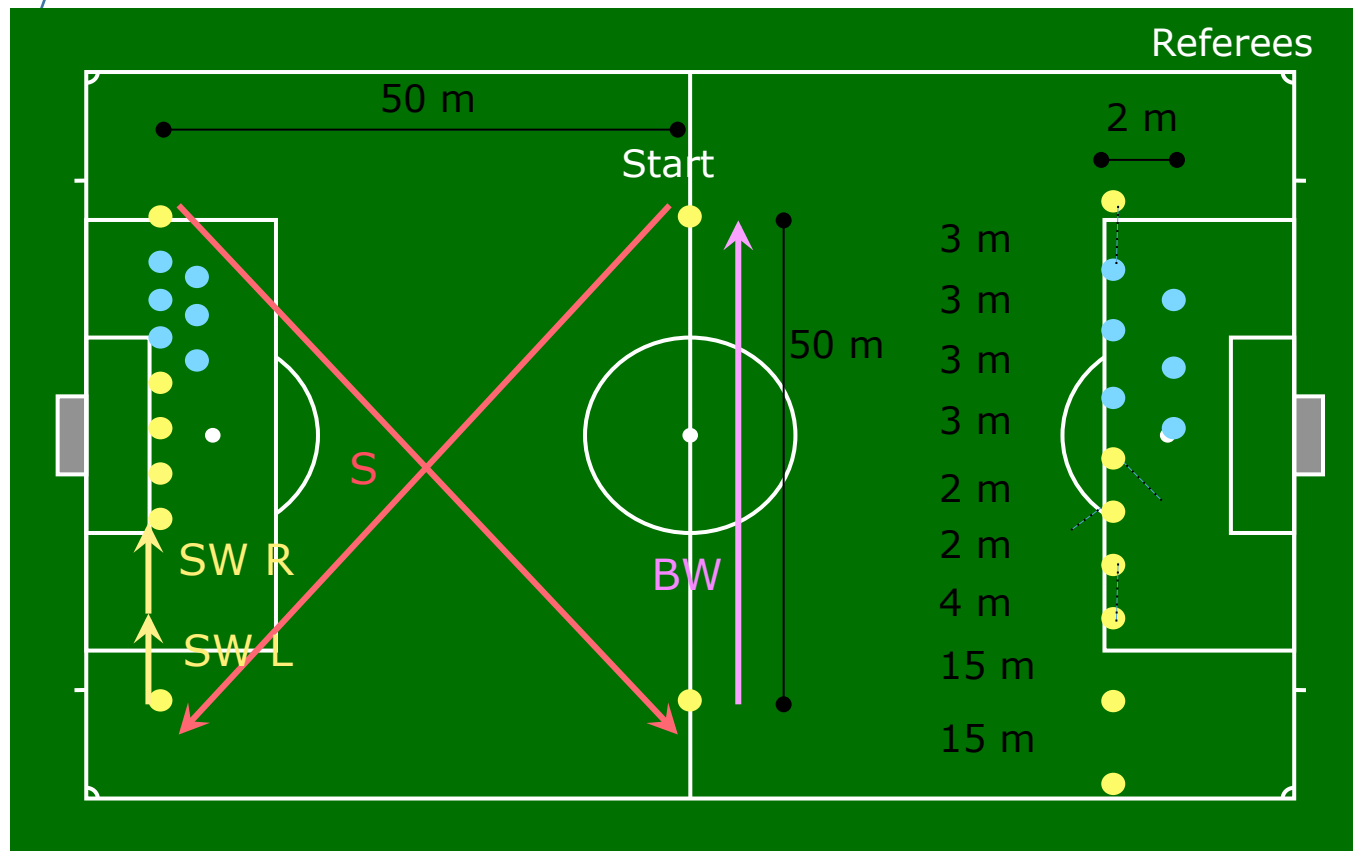
BODY STRENGTH

<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>2</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>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>4</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>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>6</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> 

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 SE 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

Field test Spanish referees

Set 1: Perform as indicated – sprint diagonal – sideways L & R – slalom yellow cones and slalom blue cones as well – sprint other diagonal – finish backwards.

Official limits - women: 59 sec; men 53 sec (GO for the men limit as target!)

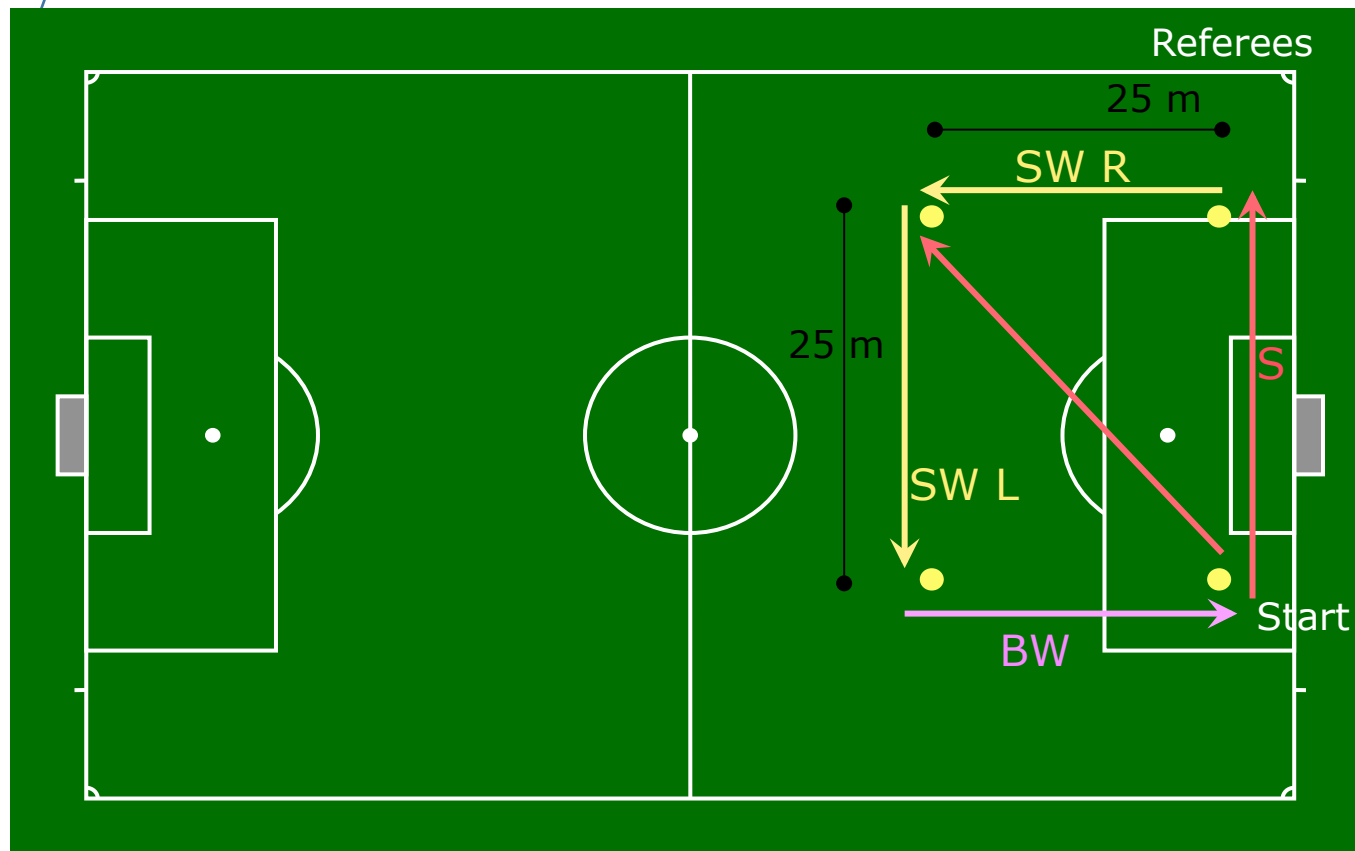
Recovery: 4 to 8 min (feel when you are ready for a second one)

Set 2: Repeat the same exercise.

(Don't underestimate, it's really hard ...)

Thursday: Speed endurance exercise for AR

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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

Field test Spanish referees

Set 1: Perform as indicated - sprint – sideways R & L – backwards one side – finish by sprinting on the diagonal.
Official limits: women 31 sec; men 28 sec. (GO for the men limit as target!)

Recovery: 4 ... min (feel when you are ready for a second one)

Set 2: Repeat the same exercise.

(Don't underestimate, it's hard but possible to reach the men's limit ...)



Success!

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