

WEEK 23 from Monday 4th to Sunday 10th of June Macrocycle I, week 1 (Training week 1)

Mon. 4th: REST DAY

<u>Tue. 5th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Medium Int. - 30' run at 80% HR_{max} (<u>+</u> 6 km).

In the middle of each 5' of running, perform a tempo run over 50 m

at 90% SP_{max} , or 6 x 50 m in total.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 70'

Wed. 6th: REST DAY

<u>Thu. 7th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 1).

* High Int. - 6' run between 86-90% HR_{max}, 3' jogging, 2 sets

This exercise needs to be performed in the lower range of the HI-

training zone.

- All together this exercise takes <u>+</u> 18'.

(6' Set 1 + 3' jogging + 6' Set 2 + 3' jogging)

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 68'

Fri. 8th: REST DAY

Tr. 3

Sat. 9th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

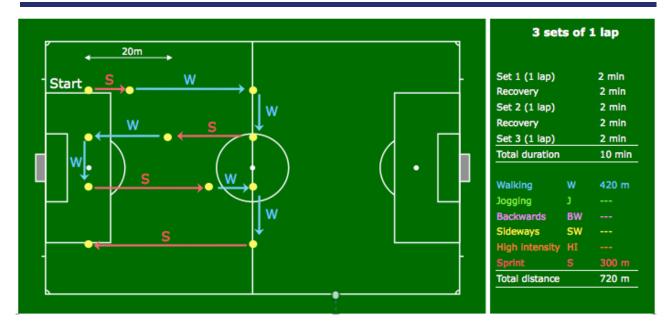
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 1).

* Speed - Set 1:

- (1) Sprint for 10 m, walk for 30 m. (2) Sprint for 20 m, walk for 20 m. (3) Sprint for 30 m, walk for 10 m. (4) Sprint for 40 m.

- 3' recovery



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

- 3' recovery

* Speed - Set 3: Repeat set 1

* Medium Int. - 30' run at 80% HR_{max} (<u>+</u> 6 km)

In the middle of each 5' of running, perform a tempo run over 100 m

at 90% SP_{max} , or 6 x 100 m in total.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 90'

Sun. 10th: If you don't have a match appointment in the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 24 from Monday 11th to Sunday 17th of June Macrocycle I, week 2 (Training week 2)

Mon. 11th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 4

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Medium Int. - 35' run at 80% HR_{max} (+ 7 km)

In the middle of each 5' of running, perform a tempo run over 50 m

at 90% SP_{max} , or 7 x 50 m in total.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 75'

<u>Tue. 12th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km).

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 2).

* High Int. - 4' run between 86-90% HR_{max}, 2' jogging, 3 sets

- As last week, this exercise should be performed in the lower range

of the HI-training zone.

- All together this exercise takes <u>+</u> 18' (4' per Set + 2' jogging) x 3

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 68'

Wed. 13th: REST DAY

<u>Thu. 14th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 6

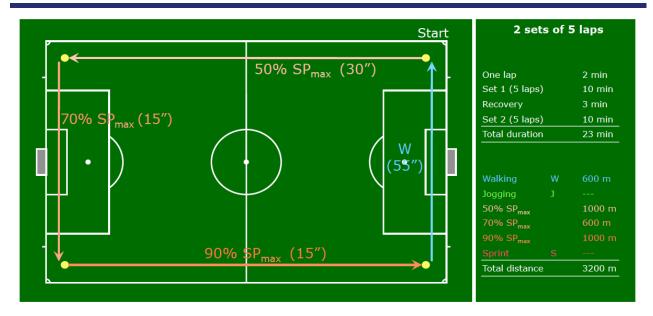
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 2).

* Speed End. - Set 1: 5 laps of 2' each.

The running speed is expressed as a % of the maximal speed.





- 3' recovery
- Set 2: again 5 laps of 2' each.
- All together, this exercise takes 10' + 3' recovery + 10' = 23'.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

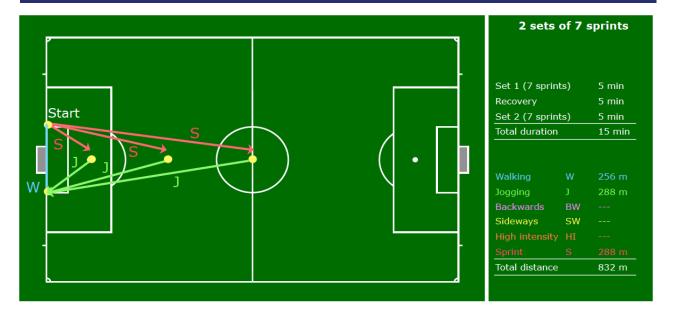
Total duration: 73'

Fri. 15th: REST DAY

Sat. 16th: * Low Int. Tr. 7

- 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
- * Warm up 20' jogging, mobilisation and dynamic stretching.
- * Speed 1) 11 m sprint, 11 m jogging, walking to start, 4 x 2) 25 m sprint, 25 m jogging, walking to start, 2 x
 - 3) 50 m sprint, 50 m jogging, walking to start, 1 x





* Medium Int. - 35' run at 80% HR_{max} (± 7 km)
In the middle of each 5' of running, a tempo run over 50 m

has to be covered at 90% SP_{max},, or 7 x 100 m in total.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 90'

Sun. 17th: If you don't have a match appointment in the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 25 from Monday 18th to Sunday 24th of June Macrocycle I, week 3 (Training week 3)

Mon. 18th: **REST DAY**

Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

> - 20' jogging, mobilisation and dynamic stretching. * Warm up

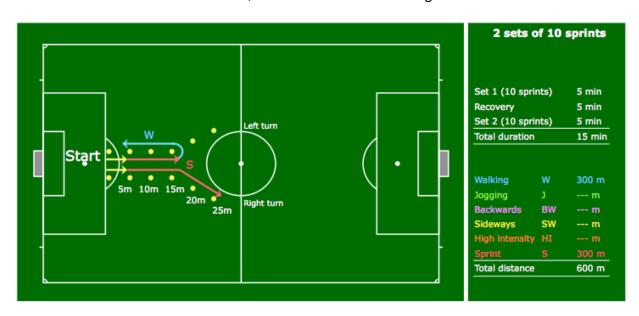
* Speed - Short sprints from a dynamic start:

- 2 x 5 m, 2 x 10 m, 2 x 15 m straight forward,

2 x 20 m and 2 x 25 m (with a change in direction to the left)

- 5' recovery

- The second set of the 10 sprints is done in reversed order, i.e. 2 x 25 m and 2 x 20 m (with a change in direction to the right), 2 x 15 m, 2 x 10 m and 2 x 5 m straight forward.



- The total exercise time is 15'.

* High Int. - 3' run between 86 - 90% HR_{max}, 1'30" jogging, 4 sets

- As before, this exercise has to be performed in the lower range of

the HI-training zone.

- All together this exercise takes + 18' (3' per Set + 1'30"' jogging x 4).

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 73'

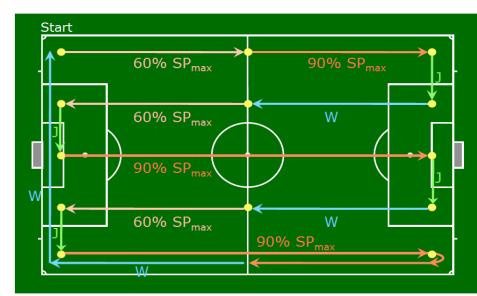
Wed. 20th: **REST DAY**



Thu. 21st:

- * Low Int.
- 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km).
- * Warm up
- 20' jogging, mobilisation and dynamic stretching.
- * Strength
- Set 1 of the strength and injury prevention exercises (week 3).
- * Speed End.
- Set 1: 3 laps of 4' each.

The running speed is expressed as a % of the maximal speed.



2 sets of 3 laps			
One lap		4 min	
Set 1 (3 laps)		12 min	
Recovery		3 min	
Set 2 (3 laps)		12 min	
Total duration		27 min	
Walking		1260 m	
Jogging		360 m	
60% SP _{max}		900 m	
70% SP _{max}			
$90\% \mathrm{SP}_{\mathrm{max}}$		1800 m	
Sprint	S		
Total distance		4320 m	

- 4' recovery
- Set 2: again 3 laps of 4' each.
- All together, this exercise takes 12' + 4' recovery + 12' = 28'.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 78'

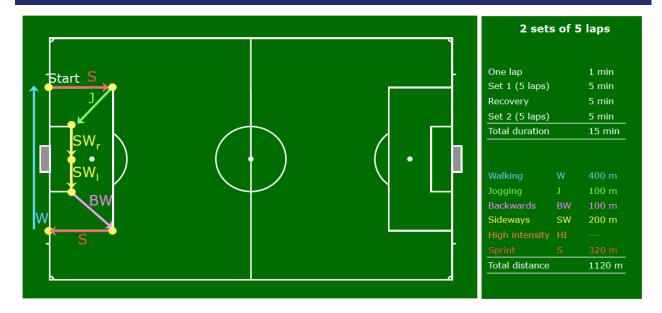
Fri. 22nd:

REST DAY

Sat. 23rd: Tr. 10

- * Low Int.
- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up
- 20' of jogging, dynamic exercises and stretching.
- * Strength
- Set 1 of the strength and injury prevention exercises (week 3).
- * Speed/Agility
- Set 1: Sprint exercise in the penalty area, 5 laps in total.
- 5' recovery
- Set 2: Sprint exercise in the penalty area, again 5 laps in total.





- In total, this exercise takes 15'. The total sprint distance is \pm 320 m.
- * High Int. Referees run 10' at 80% HR_{max}. This corresponds to <u>+</u> 2 km. Then they run the same distance but now at 90% HR_{max}, so that they are back at the start after only 8'.
- * Cool down 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 75'

Sun. 24th: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have a match appointment in the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 26 from Monday 25th of June to Sunday 1st of July Macrocycle I, week 4 (Training week 4)

Mon. 25th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 11

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Medium Int. - 40' run at 80% HR_{max} (<u>+</u> 8 km)

In the middle of each 5' of running, perform a tempo run over 50 m

at 90% SP_{max}, or 8 x 50 m in total.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 80'

<u>Tue. 26th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 12

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 4).

* High Int. - 2' run at 90% HR_{max}, 1' jogging, 6 x

- This exercise has to be performed in the normal range of the HI-

training zone (85 to 95% HR_{max}).

- All together this exercise takes <u>+</u> 18' (2' per Set + 1' jogging x 6)

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 68'

Wed. 27th: REST DAY

Thu. 28^{th} : * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). Tr. 13

* Warm up - 20' jogging, mobilisation and dynamic stretching.

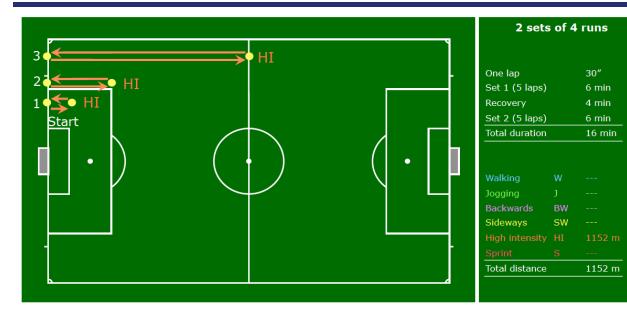
* Strength - Set 1 of the strength and injury prevention exercises (week 4).

* Speed End. - Set 1: Suicide run: sprint from the goal line to the 5.5 m goal area

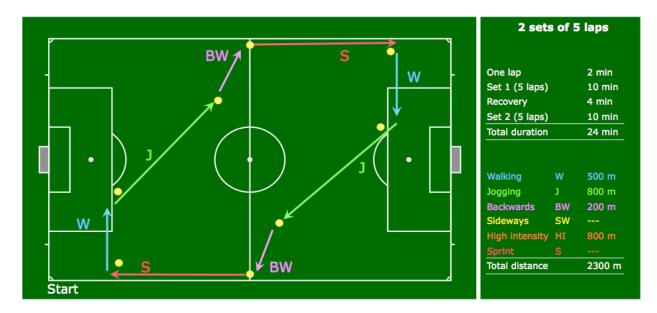
line and back. Then immediately sprint from the goal line to the edge of the penalty area and back (16.6 m). Finally, sprint to the halfway line and back. One minute rest and then repeat 4 times the exercise.

- 4' active recovery





- Set 2: again 4 runs
- All together, this exercise takes 16'.
- * Speed End. 8' of the following referee run



* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 74'

Fri. 29th: REST DAY

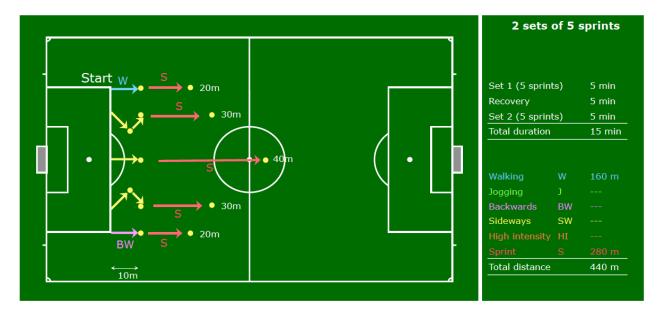
Sat. 30^{th} : * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). Tr. 14

* Warm up - 20' jogging, mobilisation and dynamic stretching.



* Speed

- Set 1 of the following speed exercise.



- 5' recovery
- Set 2 of the same exercise.
- In total, this exercise takes 15'. The total sprint distance is 280 m.
- * High Int.
- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:
- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)
- All together, this exercise takes 18'.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 73'

Sun. 1st: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have a match appointment in the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 27 from Monday 2nd to Sunday 8th of July Macrocycle I, week 5 (Training week 5)

Mon. 2nd: Tr. 15 * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Medium Int.

- 45' run at 80% HR_{max} (<u>+</u> 9 km)

In the middle of each 5' of running, perform a tempo run over 50 m

at 90% SP_{max} , or 9 x 50 m in total.

* Cool down

- 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

Tue. 3rd: Tr. 16 * Low Int.

- 5' jogging slowly building up to 70% HR $_{max}$ (\pm 1 km).

* Warm up

- 20' of jogging, dynamic exercises and stretching.

* Strength

- Set 1 of the strength and injury prevention exercises (week 5).

* High Int.

- 1' run at 90% HR_{max}, 30" jogging, 12 sets

- This exercise has to be performed in the normal range of the HI-

training zone (85 to 95% HR_{max}).

- All together this exercise takes ± 18' (1' per Set + 30" jogging x 12)

* Cool down

- 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 68'

Wed. 4th:

REST DAY

Thu. 5th: Tr. 17 * Low Int.

- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

- Set 1 of the strength and injury prevention exercises (week 5).

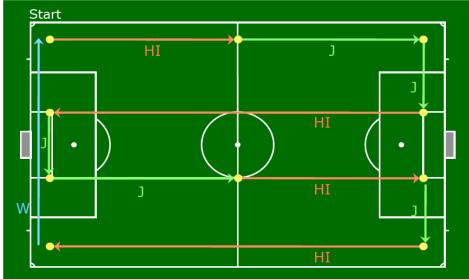
* High Int.

- Set 1: 4 laps (+ 3' each).

- The start of a new lap may be timed as follows:

Top: Starting a new lap every 3' Intermediate: Starting a new lap every 3'15"





2 sets of 4 laps			
One lap		3 min	
Set 1 (4 laps)		12 min	
Recovery	4 min		
Set 2 (4 laps)		12 min	
Total duration		28 min	
Walking		480 m	
Jogging		1280 m	
Backwards	BW		
Sideways	SW		
High intensity		1600 m	
Sprint	S		
Total distance		3360 m	

- 4' active recovery.
- <u>Set 2:</u> again 4 laps of <u>+</u> 3' each.
- All together, this exercise take \pm 12' + 4' + 12' = 28'.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

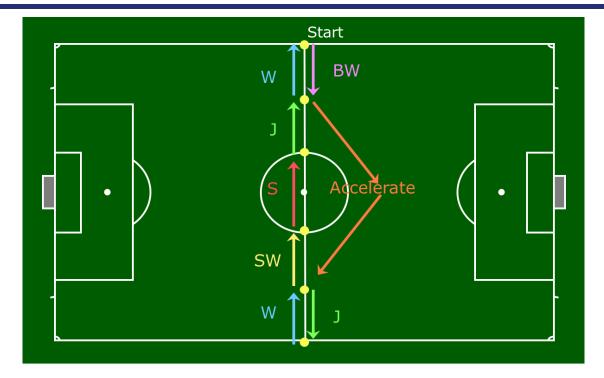
Total duration: 78'

Fri. 6th:

REST DAY

Sat. 7th:

- * Low Int.
- 5' jogging slowly building up to 70% HR $_{max}$ (\pm 1 km).
- * Warm up
- 20' of jogging, dynamic exercises and stretching.
- * Speed
- Set 1: 4 reps of the following centre-circle exercise:



- 5' recovery
- Set 2: again 4 reps of the centre-circle exercise.
- The total exercise time is 15'. The total sprint distance is 288 m.
- * High Int.
- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:
- 5' at 90% HR_{max}, followed by 3' active recovery (jogging)
- 4' at 90% HR_{max}, followed by 2' active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)
- All together, this exercise takes 23'.
- * Cool down
- 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 88'

Sun. 8th: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have a match appointment in the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 28 from Monday 9th to Sunday 15th of July Macrocycle I, week 6 (Training week 6)

Mon. 9th: REST DAY

 $\frac{\text{Tue. }10^{\text{th}}}{\text{Tr. }19}$ * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

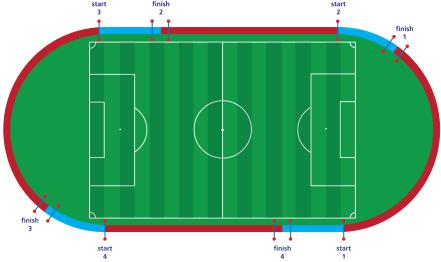
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 6).

* Speed - 6 x 40 m sprint from a 1.5 m dynamic start, with max 60" recovery in between sprints. The minimum time for international referees is 6.0". ARs perform 5 x 30 m in 4.7" max and 30" recovery.

- 5' recovery

* High Int. - The target zone of the next exercise is the normal range of the HItraining zone (85 to 95% HR_{max}).



- On the first whistle, referees have to cover 75 m in 15" from the start position on (1). Then they have 18" (international referees) or 20" (international ARs) to cover 25 m walking (2). On the next whistle, referees have to run again 75 m in 15" (3), followed by 25 m walking (4). This equals 1/2 lap. In one lap, there are 4 HI runs.
- The total exercise consists of 10 laps, resulting in 40 high intensity runs, each followed by a 25 m recovery walk.
- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.
- The total duration of this HI run is 22' for the referees and 23'20" for the ARs.



* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 87'

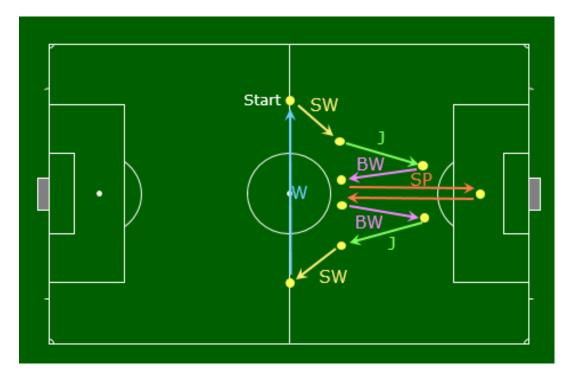
Wed. 11th: REST DAY

Thu. 12^{th} : * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). Tr. 20

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - Set 1 of the strength and injury prevention exercises (week 6).

* Speed & Ag. - Set 1 of the following exercise that consists of 4 reps



- 4' of the following exercise

- Set 2 of the same exercise (4 reps), now starting on the other side

* Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 70'

Fri. 13th: REST DAY

Sat. 14^{th} : * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). Tr. 21

* Warm up - 20' jogging, mobilisation and dynamic stretching.



- * Rep. Spr. Ab. Set 1: using a dynamic start over a 5m course:
 - > 4 maximal 20 m sprints (<u>+</u> 3")

with 20" active recovery (walking back)

> 3 maximal 40 m sprints (<u>+</u> 6")

with 40" active recovery (walking back)

> 2 maximal 60 m sprints (<u>+</u> 9")

with 1' active recovery (walking back)

> 1 maximal 80 m sprint (<u>+</u> 12")

with 1'20" active recovery (walking back)

- > Jog 1 lap of the pitch (<u>+</u> 2'30")
- > Duration Set 1: + 11'30"

- Set 2:

> 1 maximal 80 m sprint (+ 12")

with 1'20" active recovery (walking back)

> 2 maximal 60 m sprints (<u>+</u> 9")

with 1' active recovery (walking back)

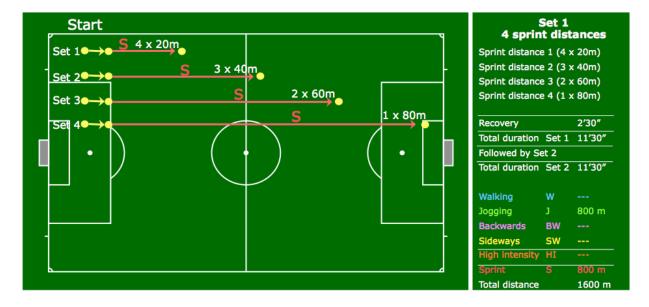
> 3 maximal 40 m sprints (+ 6")

with 40" active recovery (walking back)

> 4 maximal 20 m sprints (<u>+</u> 3")

with 20" active recovery (walking back)

- > Jog 1 lap of the pitch (<u>+</u> 2'30")
- > Duration Set 2: + 11'30"



- The total duration of this extended speed session is <u>+</u> 23' including 5' active recovery.



* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise is scheduled.
- Referees run 6' at 80% HR_{max}. This corresponds to \pm 1.2 km. Then the same distance is covered but now at 90% HR_{max}, which corresponds to a running time of \pm 4' (Set 1).
- 2' recovery
- Referees run again 6' at 80% HR_{max} (\pm 1.2 km). Then they run the same distance but now at 90% HR_{max} , so that they are back at the start after + 4'.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

<u>Sun. 15th:</u> Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have a match appointment in the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).