



Training plan – July 2018

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Objectives & Planning

- Enclosed is the traditional general training plan. It's a normal training plan with an accent on re-starting after a good break like this is the case for half of the group.
- Hi-run are starting with longer runs and less repetition to shorter (and faster) runs with more repetitions.
- If you don't have any game, please replace this 'session' by a MI-session. Means go for a longer run or longer cycling tour on Saturday.
- Enjoy your next training session!
- Fitness team

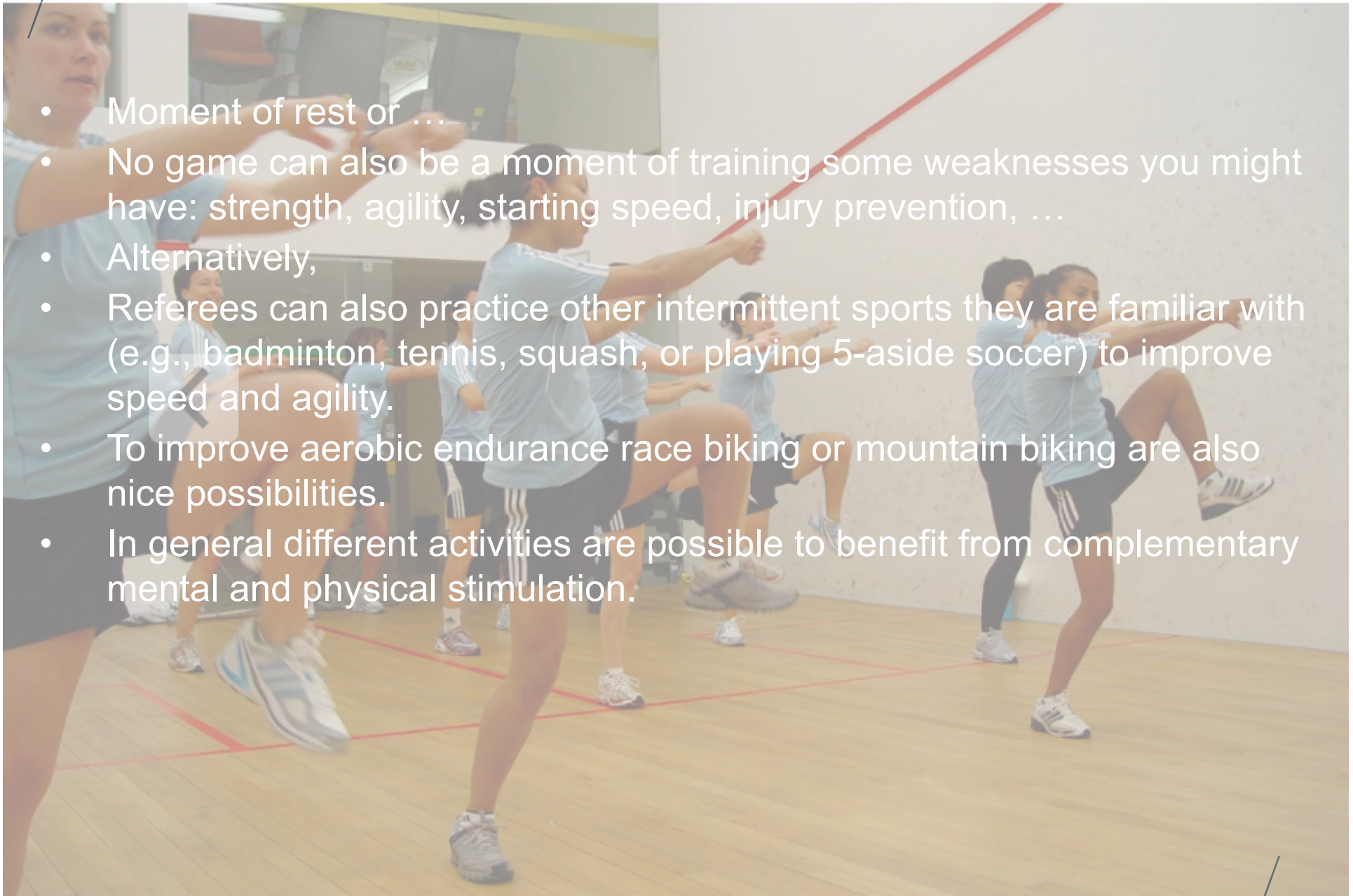
A group of people, mostly women in pink shirts and black shorts, are running on a grassy field under a clear blue sky. A soccer goal is visible in the background. The foreground is filled with out-of-focus green foliage.

Week 1

Fitness team

Sunday: Alternative ...

- 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 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 / RSA
• Strength
• RSA field run exercise total time: 90 min
- Friday S
• Speed work (general & 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 ...

- **General core ex (with partner)**
 - Hands – knee position on the ground.
 - Exercise: partner pushes on shoulders, hips, Left, rechts, forwards, backwards.
 - Keep your position –try not to move anything – hold your abdominals, back muscles and also gluteus.
 - **2x min 30 sec (variant: bring your knees 10 cm of the ground and keep the balance only on your toes and hands.)**
- **Shouder core ex (with partner)**
 - Both in 'push up' position (on hands and toes)
 - Exercise: roll a small ball to each other, make it more and more difficult, roll shorter and more away of your partner
 - Keep your position –keep your hips on the same place – hold your abdominals, back muscles and also gluteus
 - **2x min 30 sec**
- **Sideways bench (with partner)**
 - Sideways bench position with one arm straight up
 - Exercise: partner behind rolls a ball under your body – react quickly and stop the ball with the straight arm (hand). Partner starts with rolling relaxed and increases the difficulty.
 - Keep you balance (aide-abdominals) when you try to catch the ball – react quickley but controlled;
 - **2x min 10 reps** (partner keep several balls ready)
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – curl up**
- **Push ups with knee and diagonal hand support**

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

Tuesday: Speed & Agility exercise

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Referees & Assistant Referees

5 m

2 sets of 3 reps

Set 1 (...)	... min
Recovery	... min
Set 2 (...)	... min
Total duration ± ... min	
Walking / ex W 90 m	
Jogging J 126 m	
Backwards BW ... m	
Sideways SW 90 m	
High intensity HI ... m	
Sprint S 126 m	
Total distance 432 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.

Set 1: Sprints from a dynamic 'spot'. Return by jogging and move with a 'fast feet' exercise or sideways to the other corner. 4 sprints make 1 rep.; perform 3 reps for 1 set (or 12 sprints).

Recovery: 4 min

Set 2 & 3: Repeat the same exercise.

Tuesday: High Intensity exercise

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Referees & Assistant Referees

8 – (4) – 8 – (4)

... min HI at 90% HRmax

Active recovery= jogging: as indicated (...) min

Total time: 16 + 8 = 24 min

*Note: The maximum recovery time
(jogging time! Don't forget) is half of
the HI running time.*

Example: 8 min HI run – 4 min

jog – ...

2 sets of 8 min

Set 1 (...)	8 min
Recovery	4 min
Set 2 (...)	... min
Total duration ± 24 min	

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

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

Set 1: Code: 8 min at 90% HRmax (HI tempo run) *followed by 4 min jogging (active recovery); ...*

Recovery: 4 min

Set 2: /

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

- Alternative OUTDOOR

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

Febr 12, w4 / Febr 13, w5 (Merere +/- ex2) / March 17, w5

[illegible]

Wednesday: REST day



Thursday: Strength exercises

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INSTRUCTORS

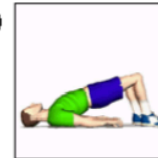
STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips. Performing the exercise, avoid the knees coming in or out.

2



Butt Bridge - Perfectly works your glutes and hamstrings. It also helps to keep your back healthy.

3



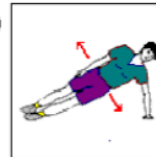
Jumping barbell squat - If you want to improve your power, this exercise is the right way, because it's the challenge for your legs. It increases lower body explosiveness with a focus on the quads, hamstrings, glutes, and calves. For the first time it's recommended to use barbell without extra weight: 15 kg will be enough. Perform a low squat. Then drive hips upward explosively and jump as high as possible while keeping the barbell stable. Softly land.

4



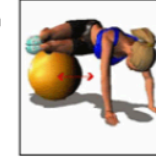
Bend one knee towards your head while straightening the other. Use abdominal muscles to tilt your upper body by bringing your...

5



Put yourself up on your hand and the lateral side of your foot. Keep elbow at bent 90 degrees. Hold the position.

6



While supporting most of your weight through your arms to maintain balance. Rotate your hips while your thighs roll over the top of the stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Repeated Speed Ability (RSA) exercise

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5 m

Referees & Assistant Referees

Coo

SW

BW

S

W

J

HI

Start

REF: BW
AR: SW

3 to 5 sets of 3 laps

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

Walking	W	---
Jogging	J	---
Backwards	BW	45 m
Sideways	SW	45 m
High intensity	HI	---
Sprint	S	306 m
Total distance		396 m

Set 1: RSA exercise: Combination of short sprints with deflection and sideways and backwards movements.

For (MD-2) – 2 sets x 3 reps Total distance 294 m (approximately)

For (MD-3) – 3 to 5 sets x 3 to 5 reps Total distance 396 m (approximately)

Recovery between reps: 30"

Recovery between sets: 3'

Friday: Speed exercise

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Referees & Assistant Referees

2 sets of 5 reps

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

Walking	W	... m
Jogging	J	... m
Backwards	BW	44 m
Sideways	SW	106 m
High intensity	HI	... m
Sprint	S	260 m
Total distance	280 m	

Set 1: 5 different sprints to perform in the penalty area for 1 set. Sprints in combination with sideways and backwards jogging.

Recovery: 4 min

Set 2: Repeat the same exercise twice more.

Saturday: Game

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Sunday: Active Recovery - Light Intensity exercise

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Active recovery (AR)

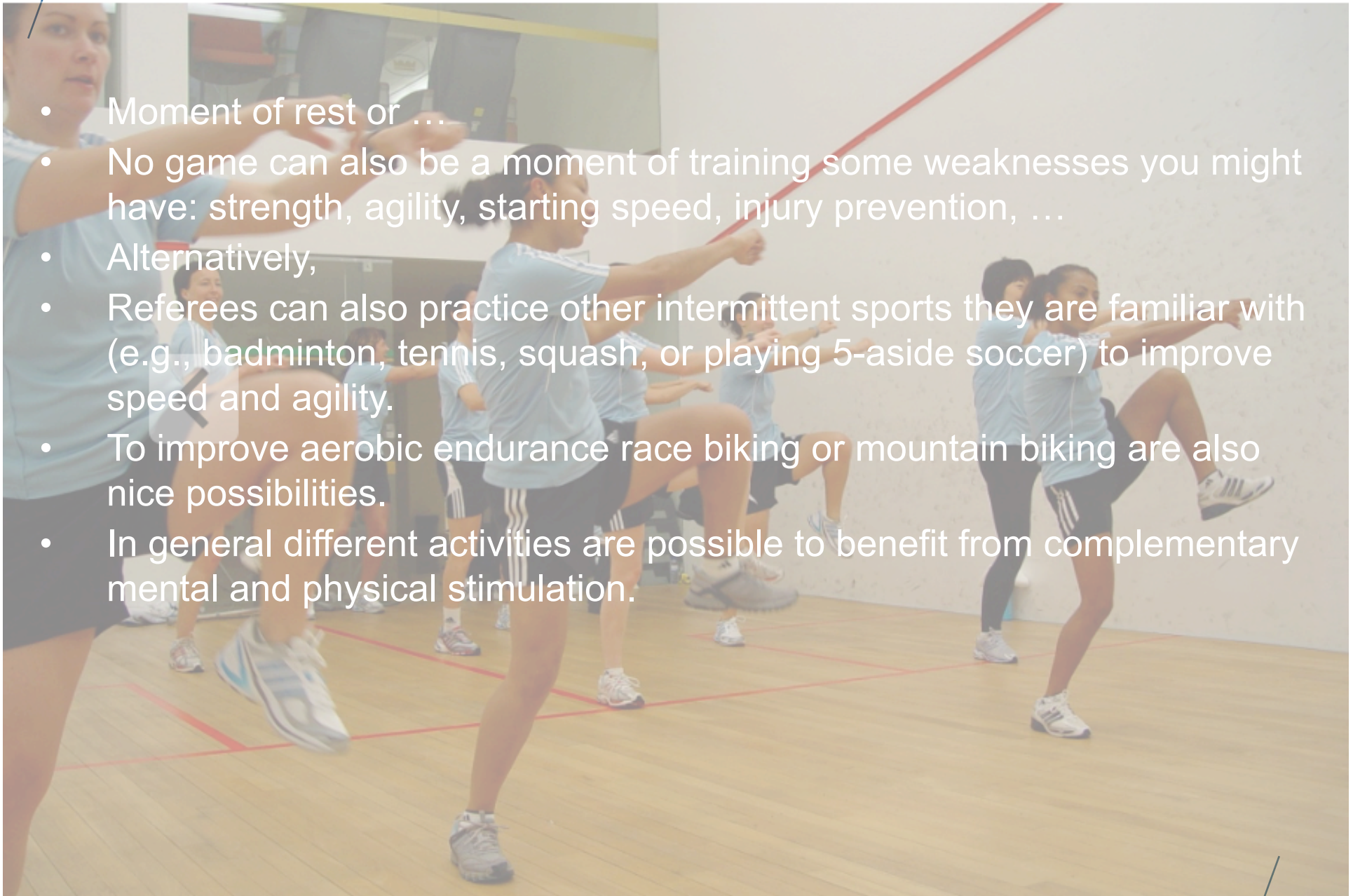
- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should 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 ...

- 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 photograph of three individuals running on a paved path. In the foreground, a woman with short blonde hair, wearing a black t-shirt and a bright green bib, is running towards the right. She is holding a yellow and orange checkered flag in her right hand. Behind her, a man in a blue t-shirt and a purple bib with 'FIFA' written on it is also running. To the left, another woman with long brown hair, wearing a black t-shirt and a green bib, is running. In the background, there is a chain-link fence, a building, and a person in a military uniform. The right side of the image has a blue diagonal overlay containing text.

Week 2

Fitness team

Week 2

The FIFA logo is located in the top right corner. It consists of the word "FIFA" in white, bold, sans-serif capital letters, set against a blue parallelogram background.

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 / SE
• Strength
• SEfield 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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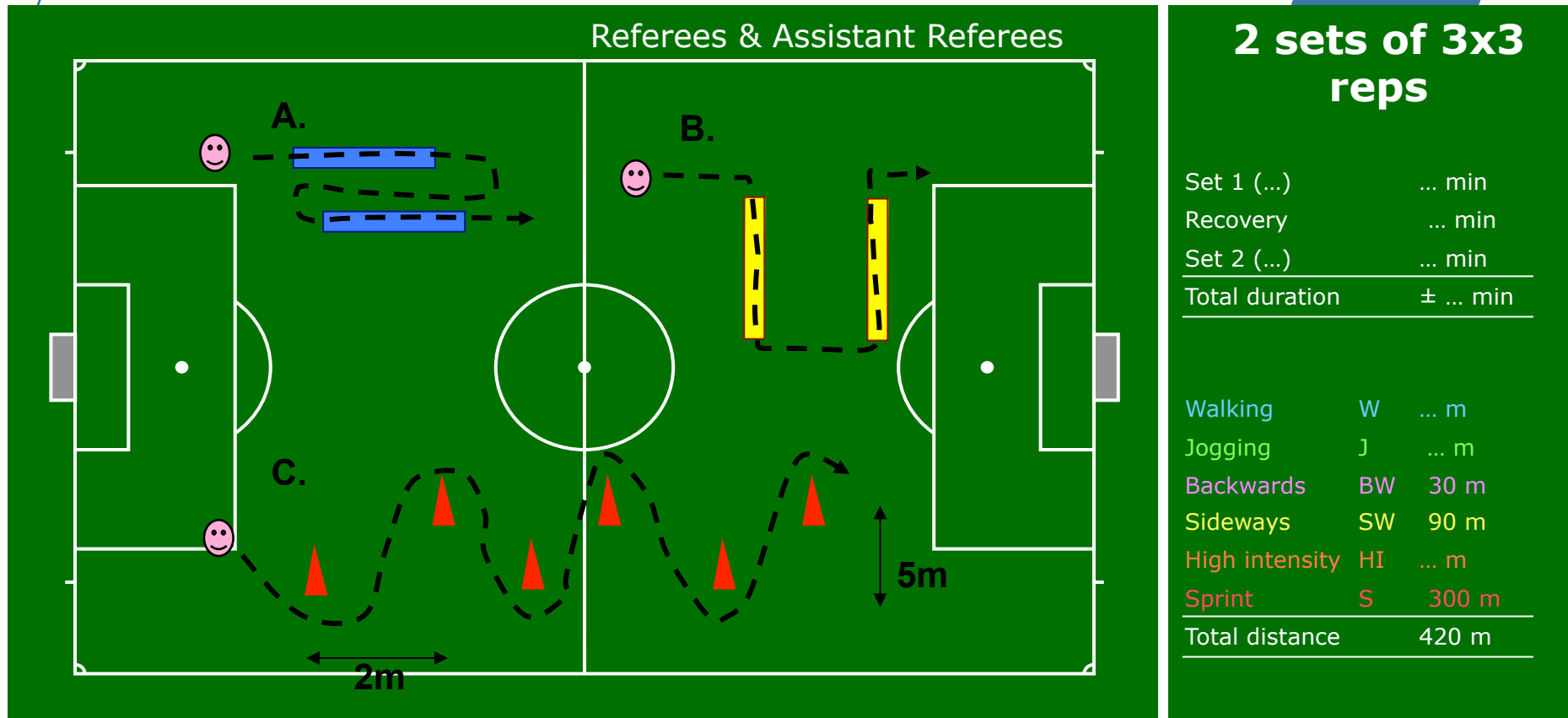
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- **General core ex (with partner)**
 - Hands – knee position on the ground.
 - Exercise: partner pushes on shoulders, hips, Left, rechts, forwards, backwards.
 - Keep your position –try not to move anything – hold your abdominals, back muscles and also gluteus.
 - **2x min 30 sec (variant: bring your knees 10 cm of the ground and keep the balance only on your toes and hands.)**
- **Shouder core ex (with partner)**
 - Both in 'push up' position (on hands and toes)
 - Exercise: roll a small ball to each other, make it more and more difficult, roll shorter and more away of your partner
 - Keep your position –keep your hips on the same place – hold your abdominals, back muscles and also gluteus
 - **2x min 30 sec**
- **Sideways bench (with partner)**
 - Sideways bench position with one arm straight up
 - Exercise: partner behind rolls a ball under your body – react quickly and stop the ball with the straight arm (hand). Partner starts with rolling relaxed and increases the difficulty.
 - Keep you balance (aide-abdominals) when you try to catch the ball – react quickley but controlled;
 - **2x min 10 reps** (partner keep several balls ready)
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – curl up**
- **Push ups with knee and diagonal hand support**

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

Tuesday: Speed & Agility exercise

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Set 1: Set of 3 different exercises (A-B-C), repeat each exercise alternated 3 times.

A. Sprint (5m) forwards + running backwards in between the cones + sprint (10m) forwards

B. Sprint (5m) + sideways + Sprint (5m) + sideways (other leg leading) + a full sprint (5m)

C. Zigzag sprint around pools (set 1&3: turn around shoulder close to the pool; set 2: turn around opposite shoulder)

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

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

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Referees & Assistant Referees

4 – (2) – 4 – (2) – 4 – (2) – 4 – (2)

... min HI at 90% HRmax

Active recovery= jogging: as indicated (...) min

Total time: (4x4) + (4x2) = 24 min

Note: The maximum recovery time (jogging time! Don't forget) is half of the HI running time.

Example: 4 min HI run – 2 min jog – ...

4 sets of 4 min

Set 1 (...)	4 min
Recovery	2 min
Set 2 (...)	... min
Total duration	± 24 min

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

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

Set 1: Code: 4 min at 90% HRmax (HI tempo run) *followed by 2 min jogging (active recovery); ...*

Recovery: 4 min

Set 2: /

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

- Referees & Assistant Referees
- Min. min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of min (at 86% Hrmax)
- Total of 64 min = 10 (at 76%) + 3 (at 86%) + 10 + 4 + 10 + 3 + 10 + 4 + 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!*
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 - The same exercise as outside can be done inside.

Dec 10, w2 / Nov 12, w3 / dec13 w3 / Dec14, w2 / Febr 17 w1

[illegible]

Wednesday: REST day



Thursday: Strength exercises

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FIFA FITNESS
INSTRUCTORS

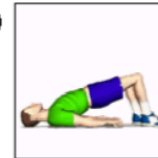
STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips.
Performing the exercise, avoid the knees coming in
or out.

2



Butt Bridge - Perfectly works your glutes and
hamstrings. It also helps to keep your back
healthy.

3



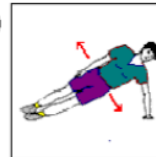
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improve your power, this exercise is the
right way, because it's the challenge for
your legs. It increase lower body
explosiveness with a focus on the quads,
hamstrings, glutes, and calves. For the
first time it's recommended to use
barbell without extra weight : 15 kg will
be enough. Perform a low squat. Then
drive hips upward explosively and jump as
high as possible while keeping the barbell
stable. Softly land

4



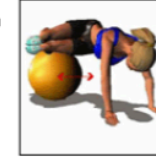
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while straightening the other. Use
abdominal muscles to tilt your
upper body by bringing your...

5



Put yourself up on your hand and
the lateral side of your foot. Keep
elbow at bent 90 degrees. Hold
the position.

6



While supporting most of your weight
through your arms to maintain
balance. Rotate your hips while your
thighs roll over the top of the
stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

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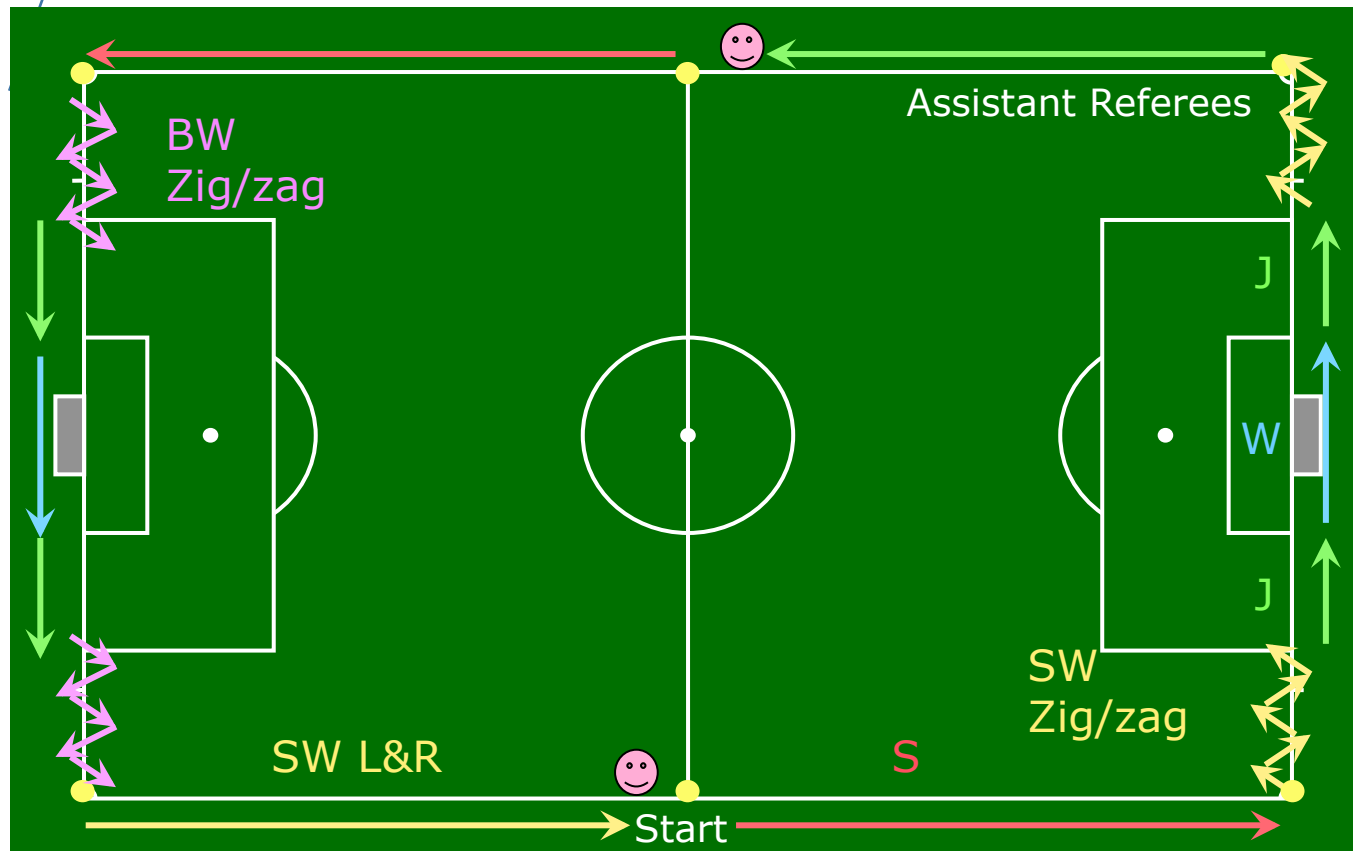


Walking	W	960 m
Jogging	J	1300 m
Backwards	BW	640 m
Sideways	SW	480 m
High intensity	HI	1920 m
Sprint	S	---
Total distance		5300 m

Alternative: HI in stead of S ...

Speed endurance exercise for assistant referees

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2 sets of ...

Set 1 (...)	12 min
Recovery	4 min
Set 2 (...)	12 min
Total duration	± ... min

Walking	W	320 m
Jogging	J	760 m
Backwards	BW	... m
Sideways	SW	720 m
High intensity	HI	... m
Sprint	S	800 m
Total distance		2920 m

Set 1: : Perform 12 min of the specific field run exercise as indicated in the picture.
(6 to 8x, almost max, 2 sets)

Recovery: 4 min

Set 2: Repeat the same exercise.

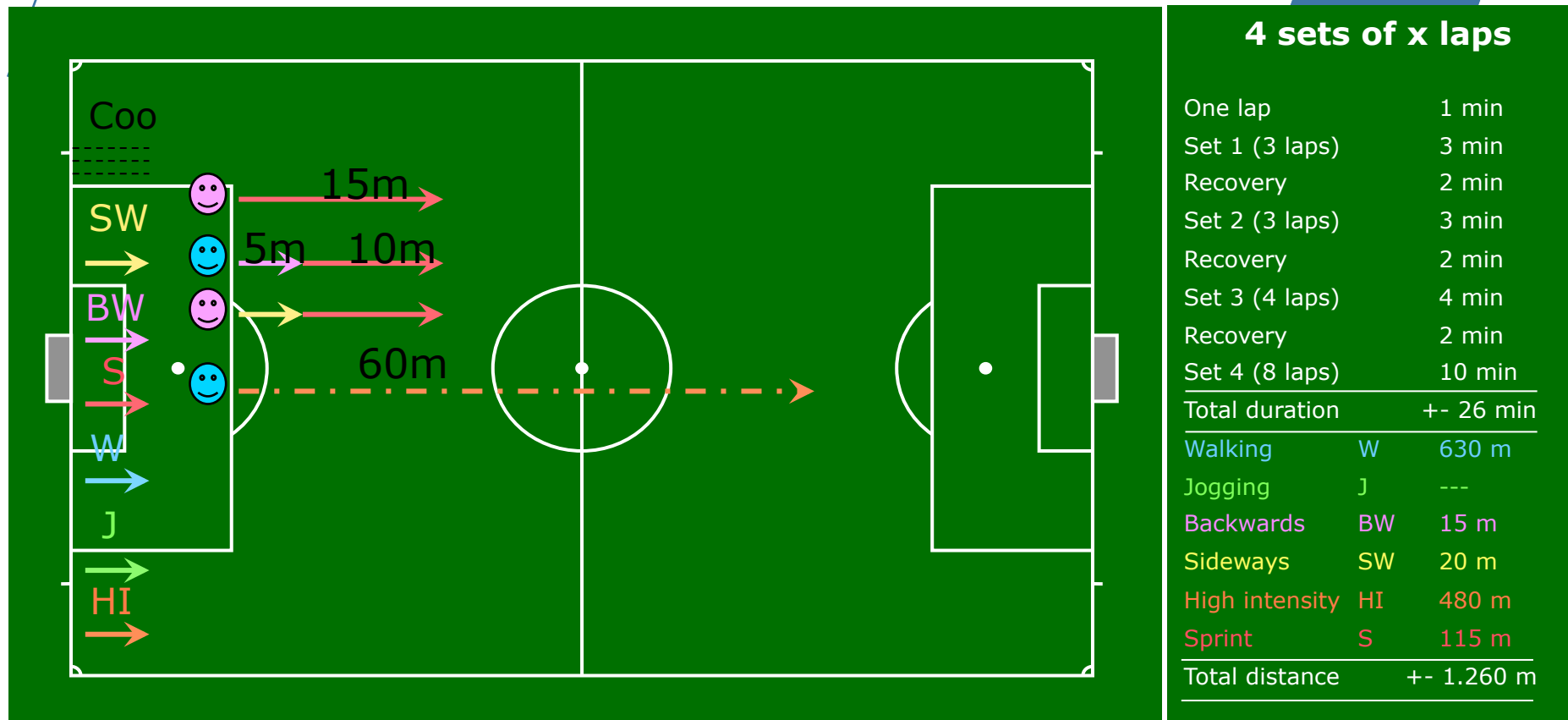
Note: The use of your flag is very useful!

Look always towards the field of play (towards your referee)!

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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The speed exercise consist of 4 different sets:

- 1 set of 3 sprints 15 m front. ; rest 45" and 2'
- 1 set of 3 sprints 5m back + 10m front. ; rest 45" and 2'
- 1 set of 4 sprints 2 SW left + 2 SW right (5m sideways +10m front) ; rest 45" and 2'
- 1 set of 6 to 8 x 60 m – progressive accelerations (not to fast), control your body and running style ; rest 60"

Note: Perform each sprint at 100%! Increase the power of the first 3-4 sprint steps.

The personal coach can ad a signal, for example a visual signal as in the game.

Saturday: Game

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Sunday: Active Recovery - Light Intensity exercise

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Active recovery (AR)

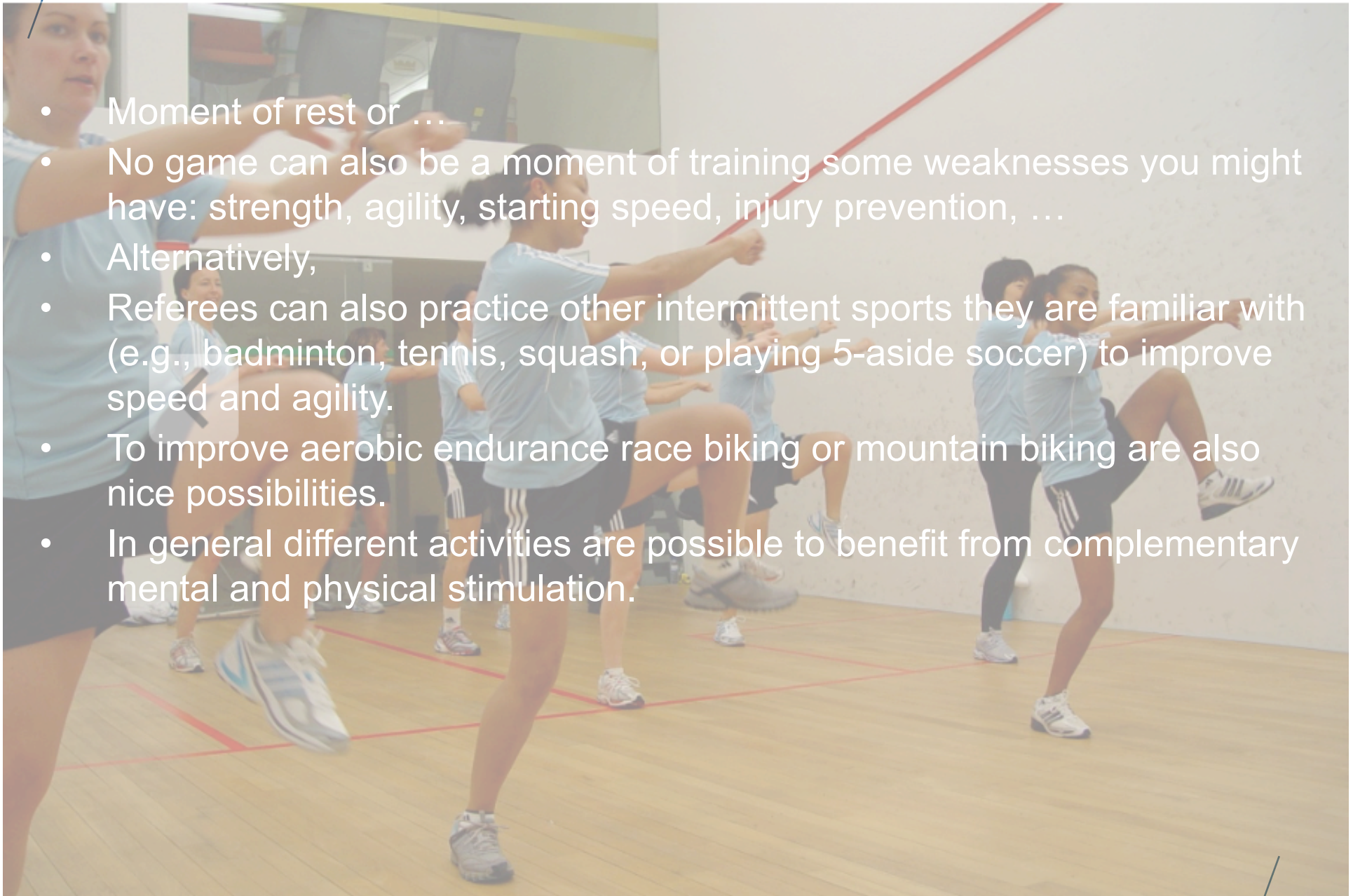
- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should 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 ...

- 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 3

Fitness team



Week 3

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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 / RSA
• Strength
• RSA-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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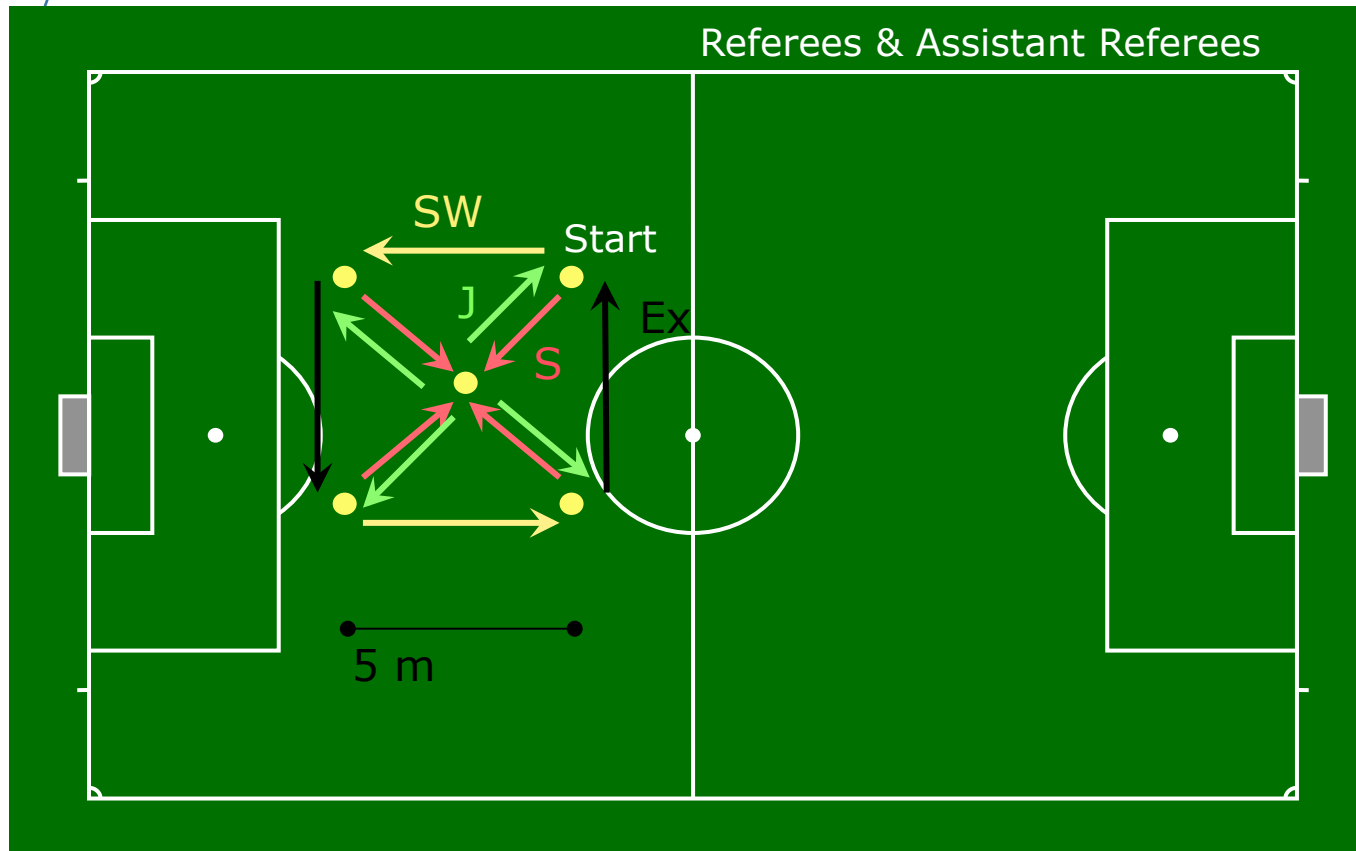
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 - Hands – knee position on the ground.
 - Exercise: partner pushes on shoulders, hips, Left, rechts, forwards, backwards.
 - Keep your position –try not to move anything – hold your abdominals, back muscles and also gluteus.
 - **2x min 30 sec (variant: bring your knees 10 cm of the ground and keep the balance only on your toes and hands.)**
- **Shouder core ex (with partner)**
 - Both in 'push up' position (on hands and toes)
 - Exercise: roll a small ball to each other, make it more and more difficult, roll shorter and more away of your partner
 - Keep your position –keep your hips on the same place – hold your abdominals, back muscles and also gluteus
 - **2x min 30 sec**
- **Sideways bench (with partner)**
 - Sideways bench position with one arm straight up
 - Exercise: partner behind rolls a ball under your body – react quickly and stop the ball with the straight arm (hand). Partner starts with rolling relaxed and increases the difficulty.
 - Keep you balance (aide-abdominals) when you try to catch the ball – react quickley but controlled;
 - **2x min 10 reps** (partner keep several balls ready)
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – curl up**
- **Push ups with knee and diagonal hand support**

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

Tuesday: Speed & Agility exercise

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2 sets of 3 reps

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

Walking / ex	W	90 m
Jogging	J	126 m
Backwards	BW	... m
Sideways	SW	90 m
High intensity	HI	... m
Sprint	S	126 m
Total distance		432 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.

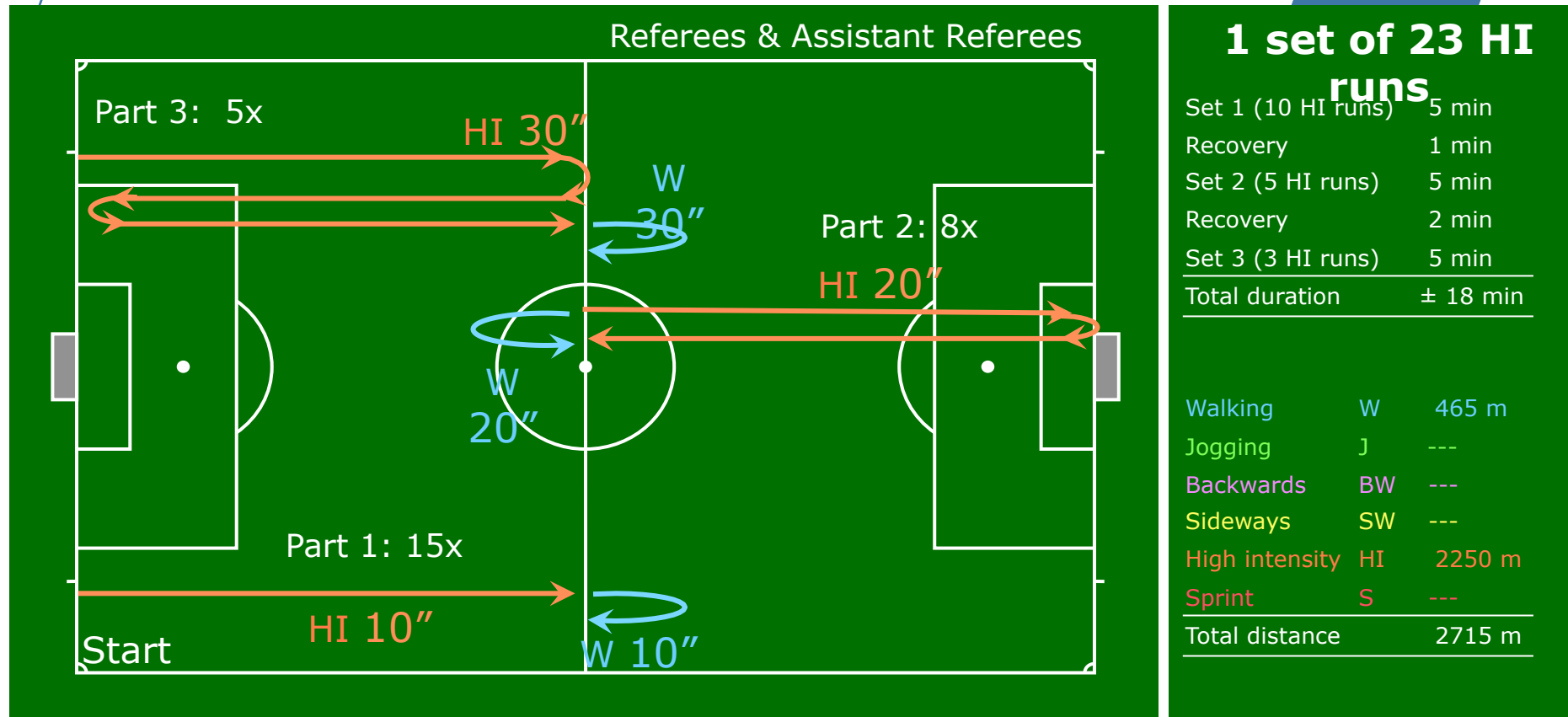
Set 1: Sprints from a dynamic 'spot'. Return by jogging and move with a 'fast feet' exercise or sideways to the other corner. 4 sprints make 1 rep.; perform 3 reps for 1 set (or 12 sprints).

Recovery: 4 min

Set 2 & 3: Repeat the same exercise.

Tuesday: High Intensity exercise

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Part 1: Run from midline to goal line in 8 to 10 sec (at a speed of 18 km/h). Then, walk 10 sec. Repeat this 15 times = 5 min

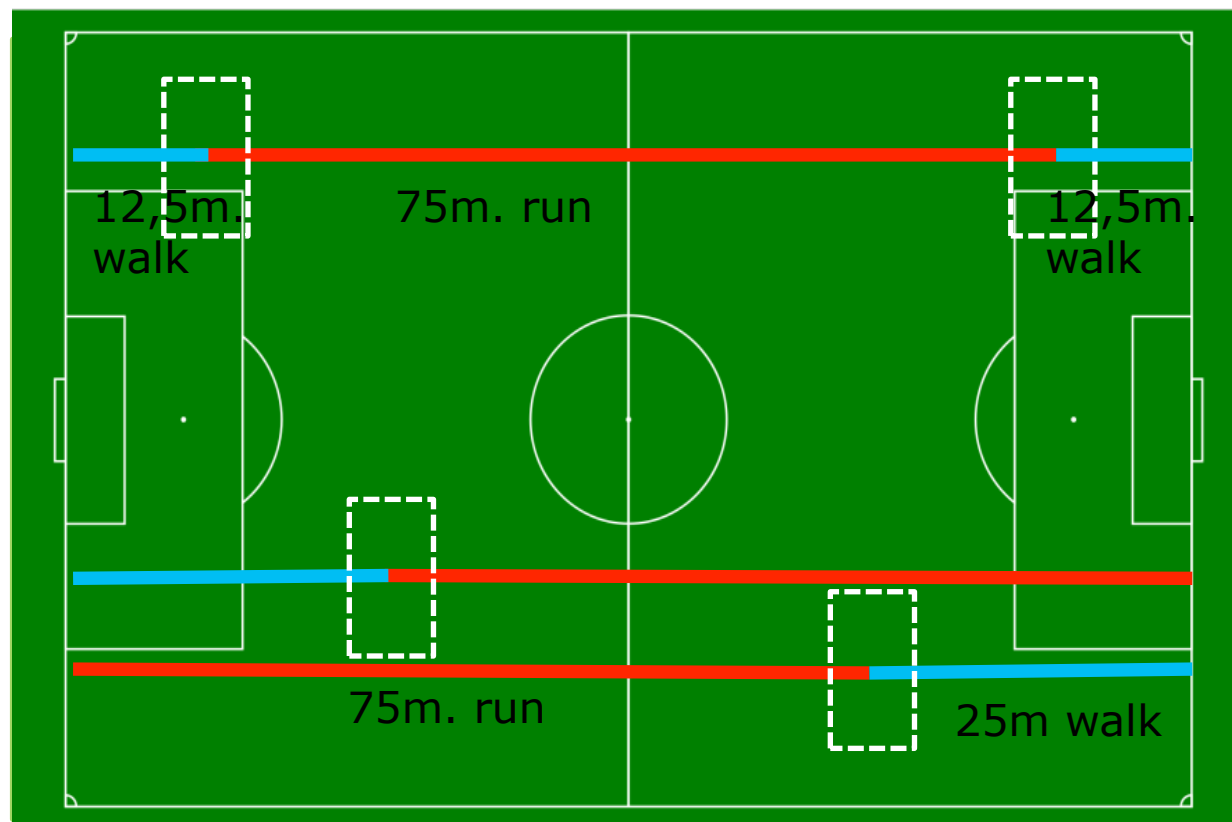
Part 2: Run twice from midline to goal line in 20 sec (at a speed of 18 km/h). Then walk for 20 sec. Repeat this 8 times = 5 min 20 sec

Part 3: Run three times from midline to goal line in 30 sec (at a speed of 18 km/h). Then, walk for another 30 sec. Repeat this 5 times = 5 min

Recovery: ideal is without recovery in between the 3 parts. We propose to give 2 min break in between the parts. Extra recovery and stretching after the whole set.

Tuesday: High Intensity intermittent exercise – FIFA T

FIFA®



1 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

VARIATION ON FOOTBALL FIELD

Referees & Assistant-Referees: based on FIFA fitness test

Files 17"-20" (75m HI in 17" and 25 walk in 20") *Depending on the level! See extra chart last month.*

Set 1: 10 laps (or 40 accelerations) 17"-20" Referees / 17"-22" Assistant-Referees

Recovery: 3 to 4 min in between

Set 2: again 10 laps (or 40 accelerations) 17"-20" or 17"-22"

Variation: 17"-17" & 17"-20" Ladies international FIFA 14 laps

- 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.

Dec 10, w3 / Nov 12, w4 Dec14, w4)

[illegible]

Wednesday: REST day



Thursday: Strength exercises

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FIFA FITNESS
INSTRUCTORS

STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips.
Performing the exercise, avoid the knees coming in
or out.

2



Butt Bridge - Perfectly works your glutes and
hamstrings. It also helps to keep your back
healthy.

3



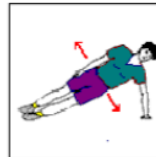
Jumping barbell squat - If you want to
improve your power, this exercise is the
right way, because it's the challenge for
your legs. It increase lower body
explosiveness with a focus on the quads,
hamstrings, glutes, and calves. For the
first time it's recommended to use
barbell without extra weight : 15 kg will
be enough. Perform a low squat. Then
drive hips upward explosively and jump as
high as possible while keeping the barbell
stable. Softly land

4



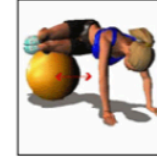
Bend one knee towards your head
while straightening the other. Use
abdominal muscles to tilt your
upper body by bringing your...

5



Put yourself up on your hand and
the lateral side of your foot. Keep
elbow at bent 90 degrees. Hold
the position.

6

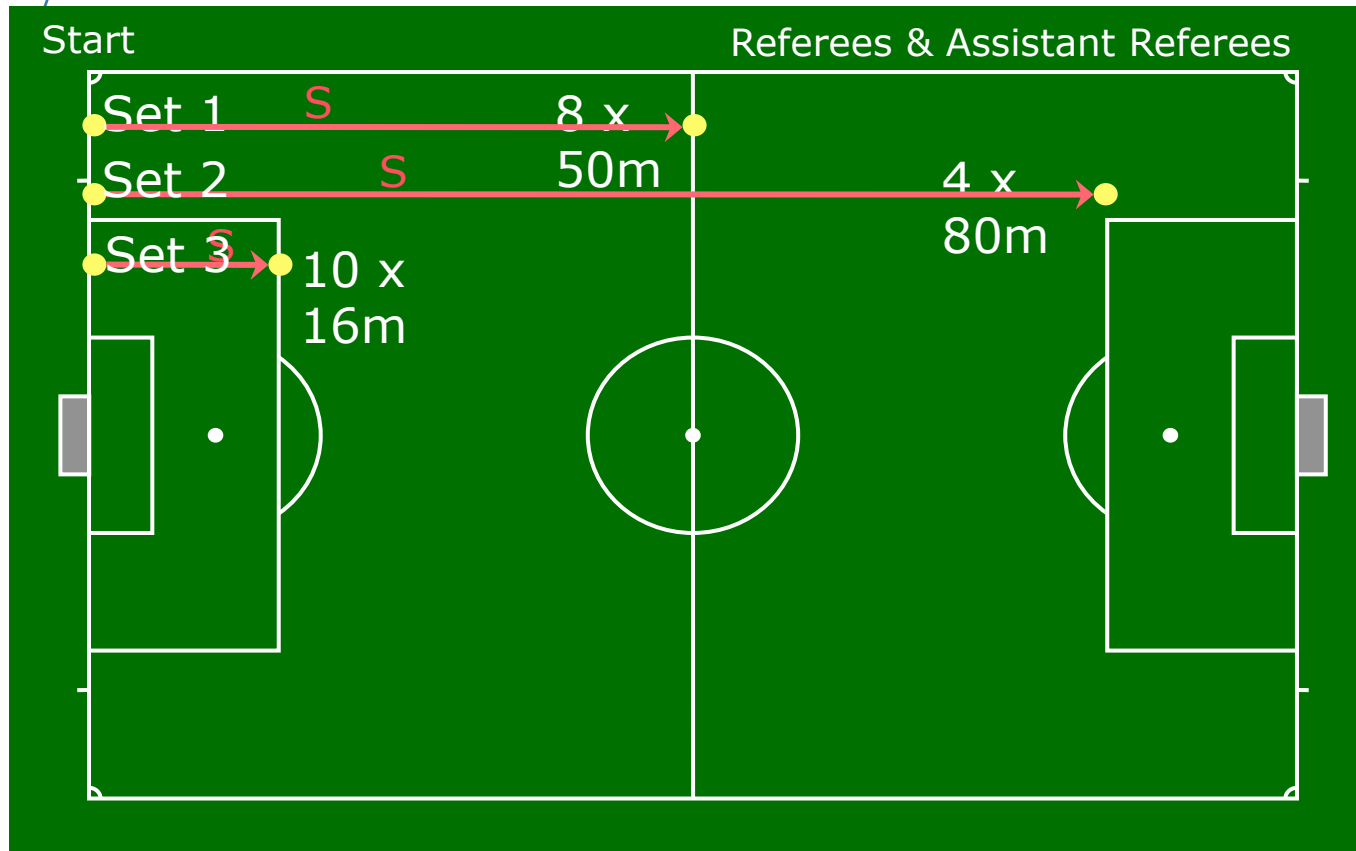


While supporting most of your weight
through your arms to maintain
balance. Rotate your hips while your
thighs roll over the top of the
stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Repeated Speed Ability (RSA)

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3 sets of fast runs

Set 1 (8 x 50m)	10 min
Set 2 (4 x 80m)	7.5 min
Set 3 (10 x 16m)	3.5 min
Recovery	2' each set
Total duration	27 min

Walking	W	---
Jogging	J	880 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	880 m
Total distance		1760 m

Set 1: 8 sprints to the midline (50" recovery in between each sprint).

Set 2: 4 sprints of 80 m (70" recovery in between each sprint).

Set 3: 10 sprints to the penalty box (20" recovery in between each sprint).

Recovery: between each set 2'30" or 1 lap of jogging around the pitch.

Friday: Speed exercise

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Referees & Assistant Referees

Start

1.

2.

3.

4.

5.

2 sets of 5 reps

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

Walking	W	... m
Jogging	J	... m
Backwards	BW	44 m
Sideways	SW	106 m
High intensity	HI	... m
Sprint	S	260 m
Total distance		280 m

Set 1: 5 different sprints to perform in the penalty area for 1 set. Sprints in combination with sideways and backwards jogging.

Recovery: 4 min

Set 2: Repeat the same exercise twice more.

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 / SE
• Strength
• SE 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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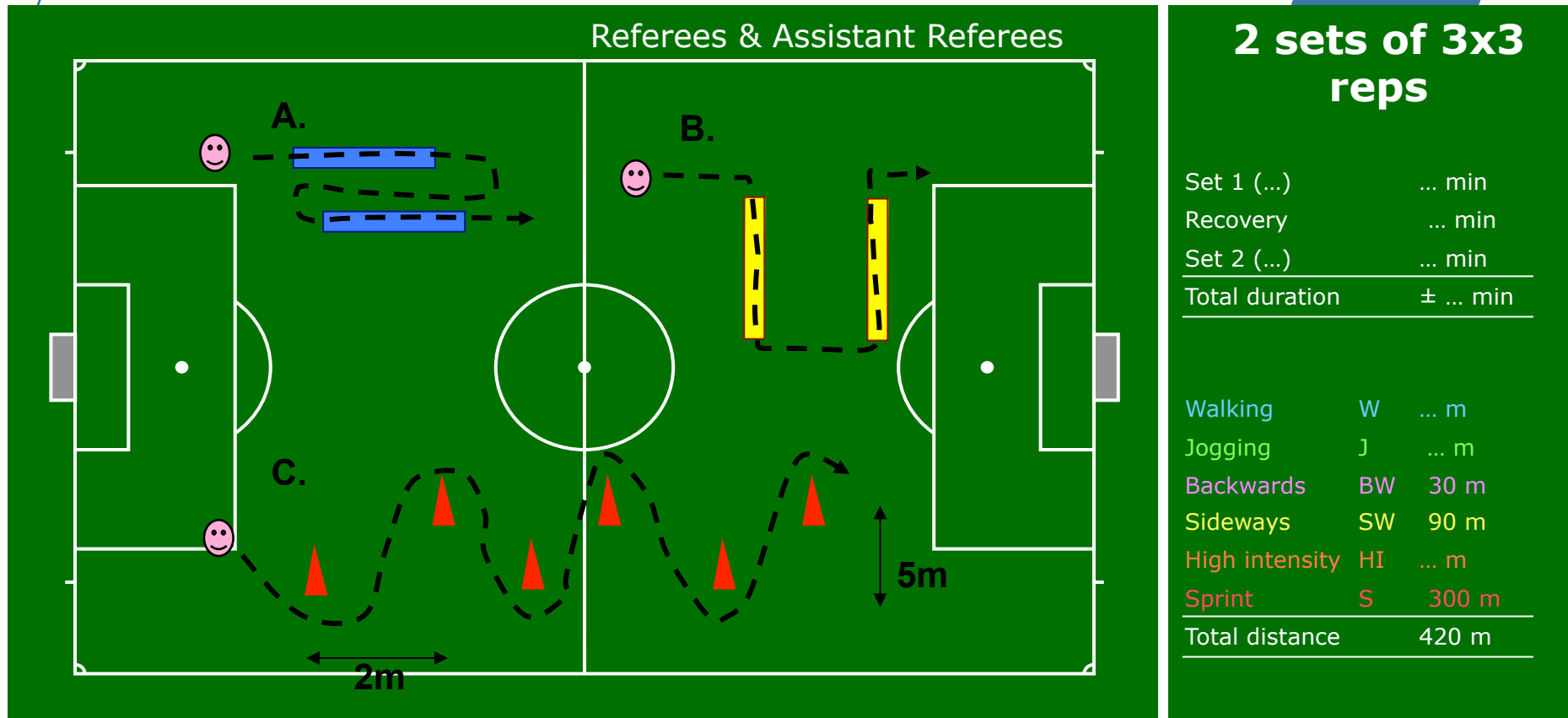
Perform minimal the exercises below, you can do additional exercises you know ...

- **General core ex (with partner)**
 - Hands – knee position on the ground.
 - Exercise: partner pushes on shoulders, hips, Left, rechts, forwards, backwards.
 - Keep your position –try not to move anything – hold your abdominals, back muscles and also gluteus.
 - **2x min 30 sec (variant: bring your knees 10 cm of the ground and keep the balance only on your toes and hands.)**
- **Shouder core ex (with partner)**
 - Both in 'push up' position (on hands and toes)
 - Exercise: roll a small ball to each other, make it more and more difficult, roll shorter and more away of your partner
 - Keep your position –keep your hips on the same place – hold your abdominals, back muscles and also gluteus
 - **2x min 30 sec**
- **Sideways bench (with partner)**
 - Sideways bench position with one arm straight up
 - Exercise: partner behind rolls a ball under your body – react quickly and stop the ball with the straight arm (hand). Partner starts with rolling relaxed and increases the difficulty.
 - Keep you balance (aide-abdominals) when you try to catch the ball – react quickley but controlled;
 - **2x min 10 reps** (partner keep several balls ready)
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – curl up**
- **Push ups with knee and diagonal hand support**

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

Tuesday: Speed & Agility exercise

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Set 1: Set of 3 different exercises (A-B-C), repeat each exercise alternated 3 times.

A. Sprint (5m) forwards + running backwards in between the cones + sprint (10m) forwards

B. Sprint (5m) + sideways + Sprint (5m) + sideways (other leg leading) + a full sprint (5m)

C. Zigzag sprint around pools (set 1&3: turn around shoulder close to the pool; set 2: turn around opposite shoulder)

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

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

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Referees & Assistant Referees

2 – (1) – 2 – (1) – 2 – (1) – 2 – (1) – 2 – (1) – 2 – (1) – 2 – (1)

... min HI at 90% HRmax

Active recovery = jogging: as indicated (...) min

Total time: (2x8) + (1x8) = 24 min

Note: The maximum recovery time (jogging time! Don't forget) is half of the HI running time.

Example: 2 min HI run – 1 min jog – ...

8 sets of 2 min

Set 1 - 8 (...)	2 min
Recovery 1 - 8	1 min
Total duration	± 24 min
Walking	W ... m
Jogging	J ... m
Backwards	BW ... m
Sideways	SW ... m
High intensity	HI ... m
Sprint	S ... m
Total distance	... m

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

Set 1: Code: 2 min at 90% HRmax (HI tempo run) *followed by 1 min jogging (active recovery); ...*

Recovery: 4 min

Set 2: ... Total: (2' HI + 1' jog)x 8 = 24 min

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

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

- **'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.

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

/

Wednesday: REST day



Thursday: Strength exercises

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FIFA FITNESS
INSTRUCTORS

STRENGTH TRAINING FOR LEGS AND
ABDOMINALS

1



Basic squat for glutes, quadriceps and hips. Performing the exercise, avoid the knees coming in or out.

2



Butt Bridge - Perfectly works your glutes and hamstrings. It also helps to keep your back healthy.

3



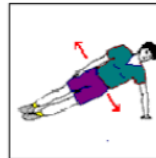
Jumping barbell squat - If you want to improve your power, this exercise is the right way, because it's the challenge for your legs. It increases lower body explosiveness with a focus on the quads, hamstrings, glutes, and calves. For the first time it's recommended to use a barbell without extra weight: 15 kg will be enough. Perform a low squat. Then drive hips upward explosively and jump as high as possible while keeping the barbell stable. Softly land.

4



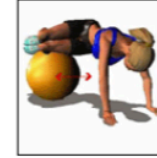
Bend one knee towards your head while straightening the other. Use abdominal muscles to tilt your upper body by bringing your...

5



Put yourself up on your hand and the lateral side of your foot. Keep elbow at bent 90 degrees. Hold the position.

6

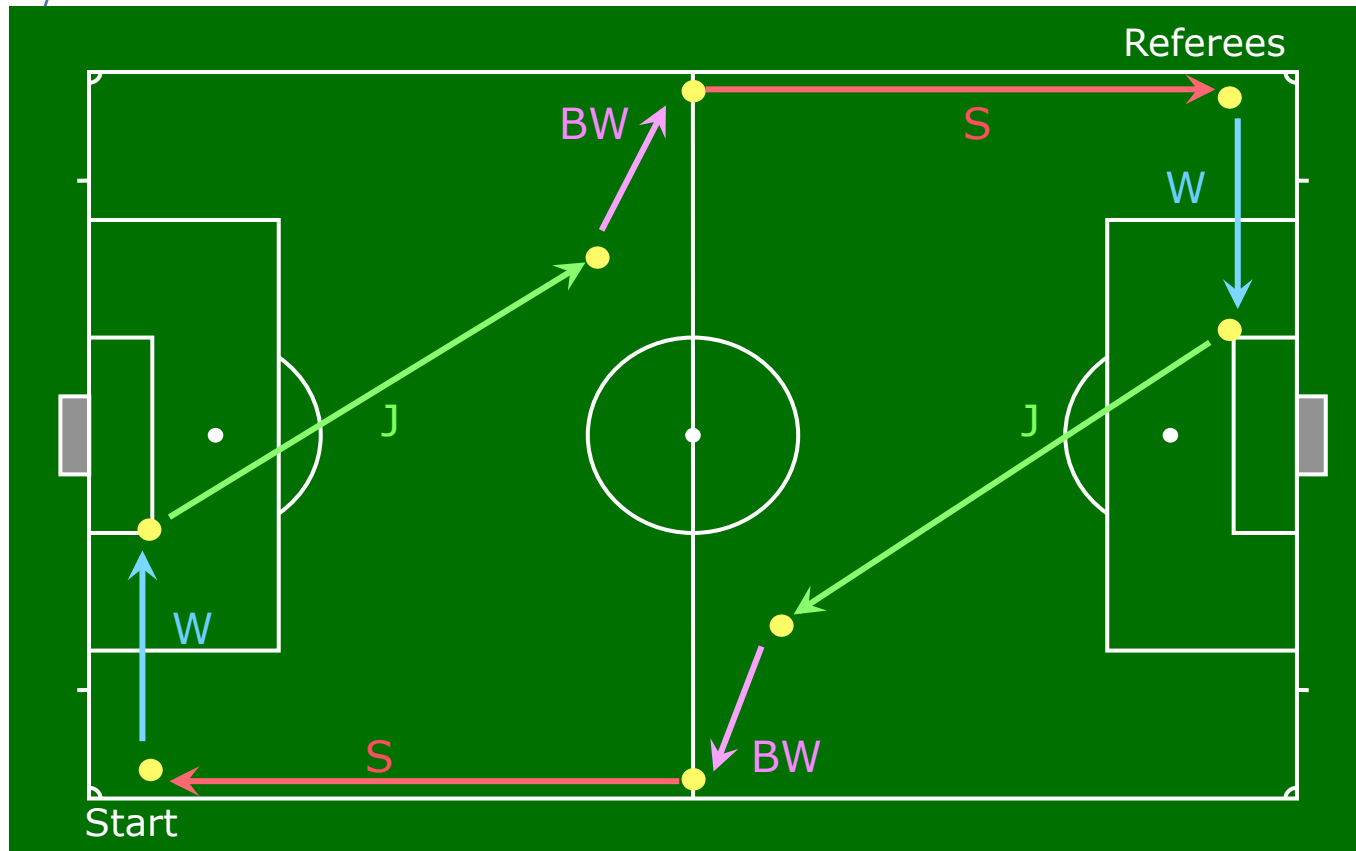


While supporting most of your weight through your arms to maintain balance. Rotate your hips while your thighs roll over the top of the stability ball to the side.

20" EACH EXERCISE. 5 TO 8 SETS - RECOVERY
BETWEEN EACH EXERCISE 20 SECONDS AND 1 MINUTE
BETWEEN EACH SET

Thursday: Speed endurance exercise for referees

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2 sets of 5 laps

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

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	800 m
Total distance		2300 m

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

Recovery: 4 min.

Set 2: Run again 5 laps of the same exercise.

Or

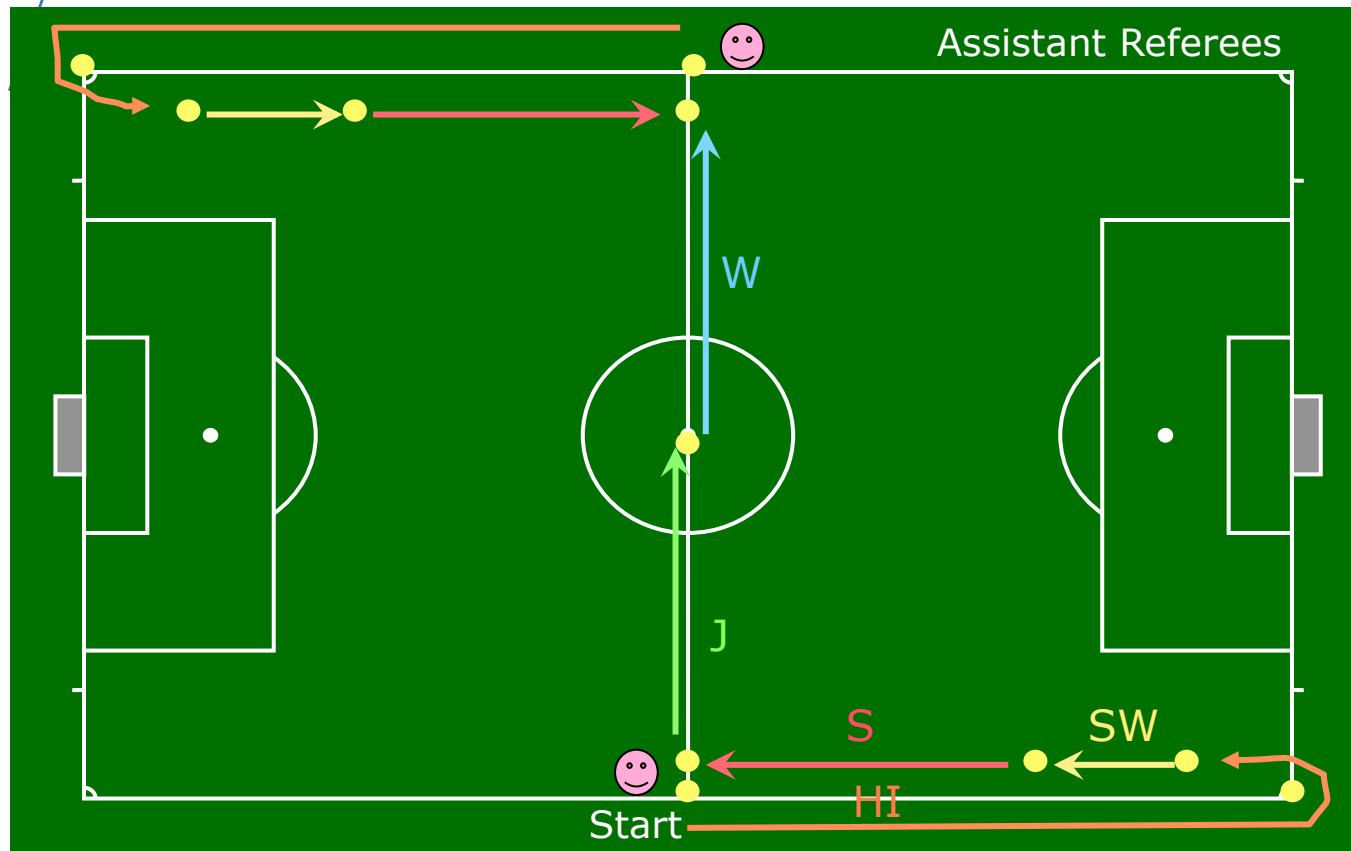
Set 1: Perform 10 to 12 min of field specific exercise as indicated in the picture.

Recovery: 4 min

Set 2: Repeat the same exercise.

Thursday: Speed endurance exercise for AR's

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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

Set 1: Perform 10 min to 12 of the speed endurance exercise as indicated in the picture.
(5 to 6 laps; max 1'45 to 2' for each lap)

Recovery: 4 min

Set 2: Repeat the same exercise.

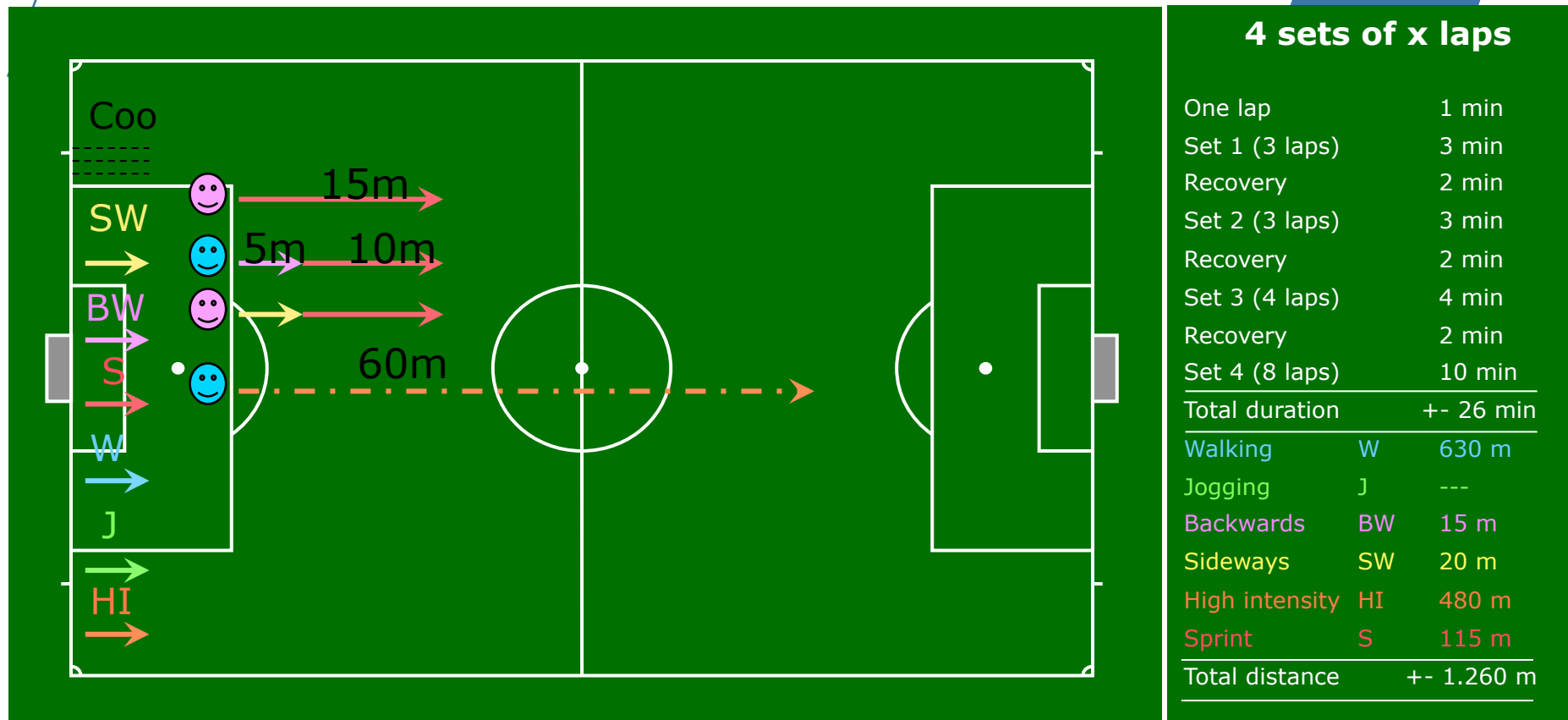
All together this exercise takes $10 + 4 + 10 = \pm 24$ min

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

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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The speed exercise consist of 4 different sets:

- 1 set of 3 sprints 15 m front. ; rest 45" and 2'
- 1 set of 3 sprints 5m back + 10m front. ; rest 45" and 2'
- 1 set of 4 sprints 2 SW left + 2 SW right (5m sideways +10m front) ; rest 45" and 2'
- 1 set of 6 to 8 x 60 m – progressive accelerations (not to fast), control your body and running style ; rest 60"

Note: Perform each sprint at 100%! Increase the power of the first 3-4 sprint steps.

The personal coach can ad a signal, for example a visual signal as in the game.

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 photograph of a women's soccer team huddled on a grass field. The players are wearing white jerseys with red accents and white shorts. One player in the foreground is wearing a purple jersey and purple shorts. They are all looking down at a soccer ball in the center of the huddle.

Week 5

Fitness team

Week 5



Normal week with game on Saturday.

- Monday CORE
• Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo / HI
• (Speed – reactive ex.)
• Agility & Coo icw Speed
• HI-field run ex. total time: 90 min

Monday: CORE & basic strength exercises

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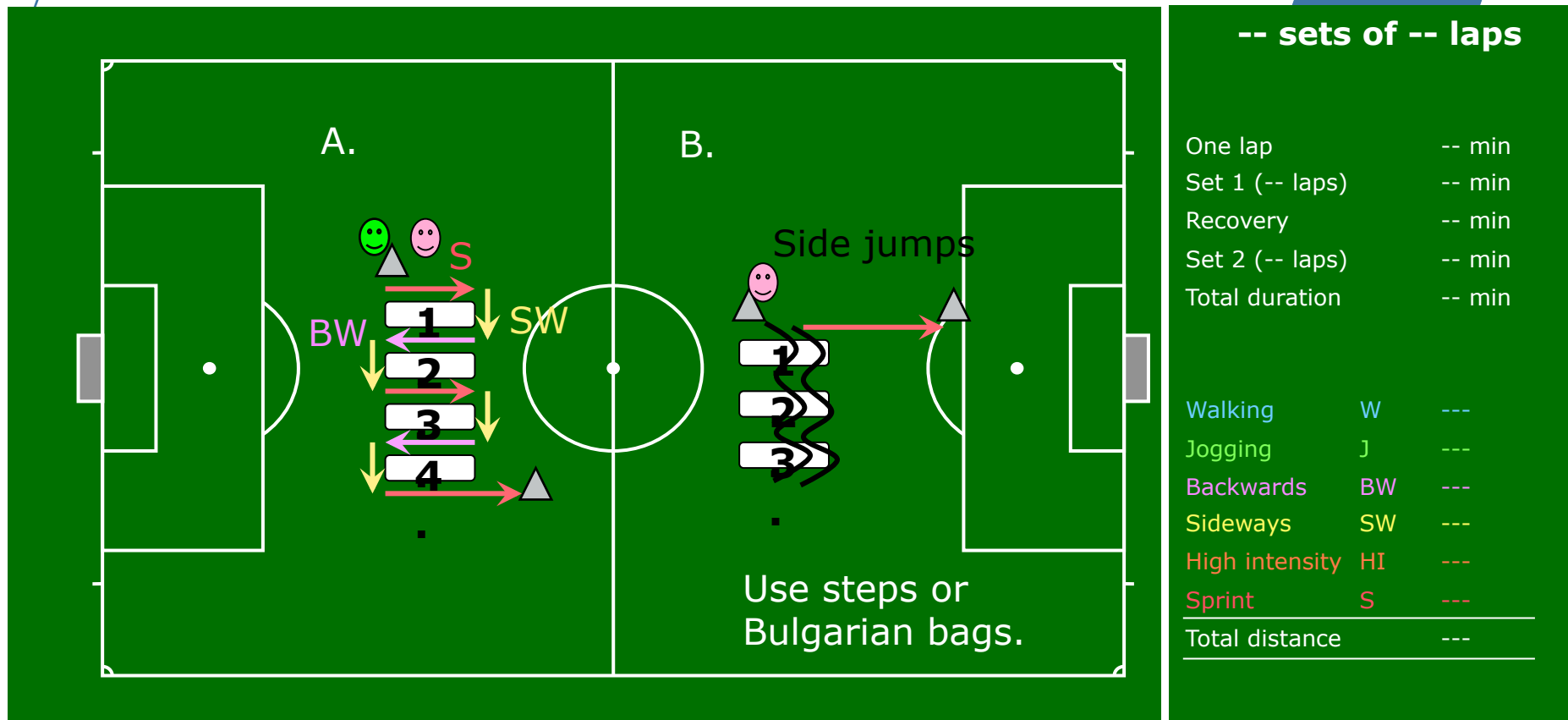
Perform minimal the exercises below, you can do additional exercises you know ...

- **General core ex (with partner)**
 - Hands – knee position on the ground.
 - Exercise: partner pushes on shoulders, hips, Left, rechts, forwards, backwards.
 - Keep your position –try not to move anything – hold your abdominals, back muscles and also gluteus.
 - **2x min 30 sec (variant: bring your knees 10 cm of the ground and keep the balance only on your toes and hands.)**
- **Shouder core ex (with partner)**
 - Both in 'push up' position (on hands and toes)
 - Exercise: roll a small ball to each other, make it more and more difficult, roll shorter and more away of your partner
 - Keep your position –keep your hips on the same place – hold your abdominals, back muscles and also gluteus
 - **2x min 30 sec**
- **Sideways bench (with partner)**
 - Sideways bench position with one arm straight up
 - Exercise: partner behind rolls a ball under your body – react quickly and stop the ball with the straight arm (hand). Partner starts with rolling relaxed and increases the difficulty.
 - Keep you balance (aide-abdominals) when you try to catch the ball – react quickley but controlled;
 - **2x min 10 reps** (partner keep several balls ready)
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – curl up**
- **Push ups with knee and diagonal hand support**

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

Tuesday: Speed & Agility exercise

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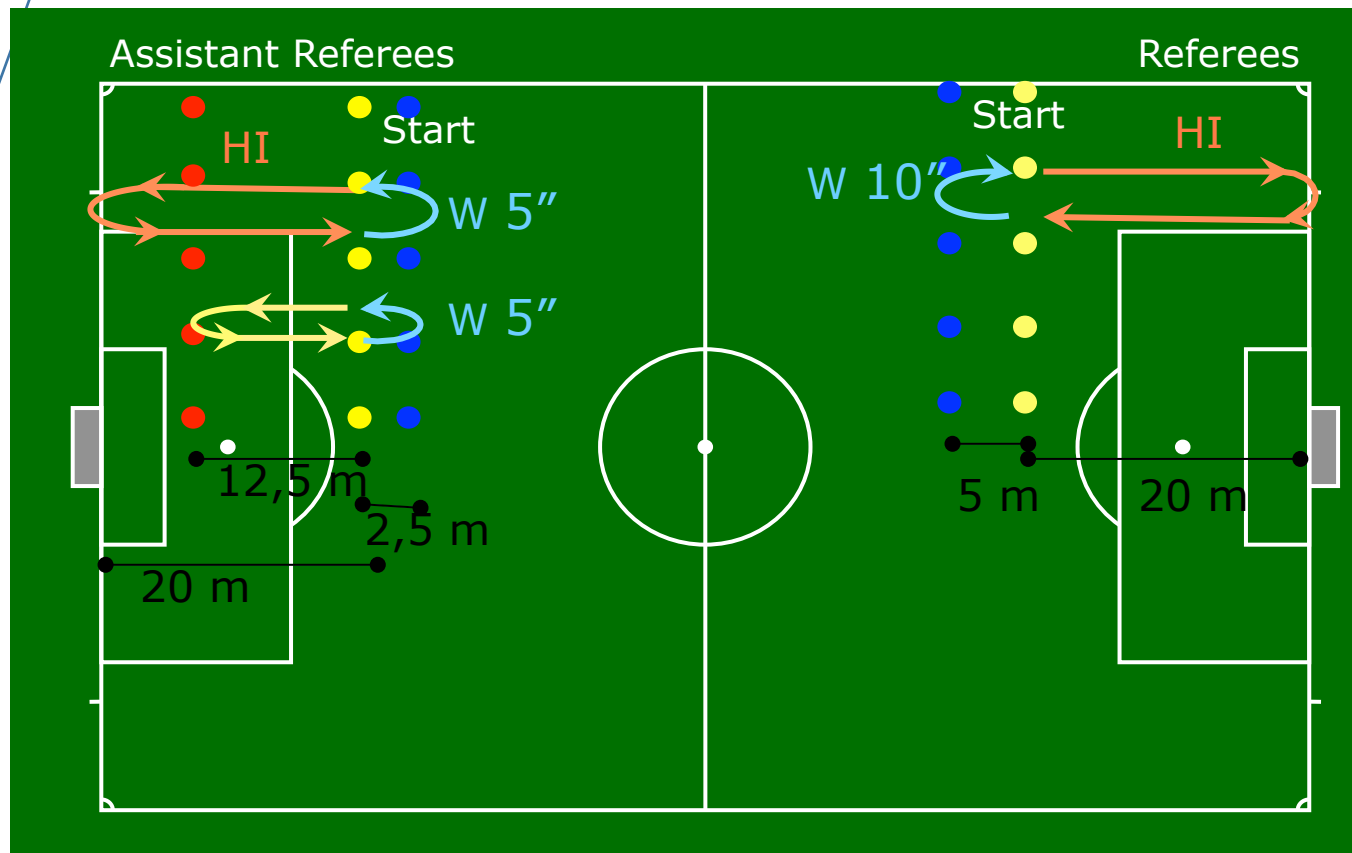
Set 1 (A): *Reaction / reactive exercises in combination with speed!* Full speed Sprint- Sideways – Backwards – 3 to 5 times + finishing with a 10m sprint.

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

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

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3 sets of x reps

Set 1 (R)	5 min
Recovery	3 min
Set 2 (5)	5 min
Recovery	3 min
Set 3 (R)	3 min

Total duration ± 21 min

Walking	W	430 m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	1.720 m
Sprint	S	... m
Total distance		± 2.150 m

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

Set 1: level 5.1 – 14.6 (+/- 5min 41)

Set 2: level 14.1 – 15.8 (+/- 5 min)

Set 3: level 16.1 – 17.2 (+/- 3 min)

Recovery: 3 min in between sets

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

Set 1: level 8.0 (1) – 13.5 (2) (+/- 4 min)

Set 2: level 13.0 (1) – 14.0 (5) (+/- 5 min)

Set 3: level 14.0 (6) – 15.5 (4) (+/- 3 min)

Recovery: 3 min in between sets

- 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

●

- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
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 - *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

[illegible]



Success!

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