



Training plan – September 2018

Jean-Baptist Bultynck – Kader Touati

Alan Brown – Kelesha Antoine - Lingling Zhang - Tracey Lovell

Objectives & Planning

- Congrats to the FWWC U20 France officials for their great performance on and off the field!
- Also congratulations for the ladies selected for the FWWC U17 Uruguay! Be ready. Pass the fitness test and be at your top for the tournament!
- As fitness team we have been sitting together. We want your special attention for some points:
 - **Basic endurance:** To many of you have a limited basic endurance level. Important to train time to time endurance. Endurance means: longer duration – for example 45 min good jogging. To many of you are skipping those sessions.
 - If you do it, it's important that the HR is still high enough – target to 75%HR max for jogging. To slow and/or to low HR doesn't give any benefit!
 - **HI-sessions:** to many of you are always doing the same HI-session. Repeating the FIFA fitness test again and again and again. That's not the way to improve yourself.
 - Very important to give your body different stimuli! Not always just straight forward running, but also start-stops-turns (like DYY) are important.
 - Also important to change times, distances, ... But overall the speed must be high enough (>18 km/h).
 - **Recovery:** some of you are doing the 'right' exercises but are 'cheating' with the recovery times (5 sec more or less recovery can make a big difference).
 - **Speed:** every single sprint must be done at you maximal capacity ... otherwise you do not train max speed.
 - **Reach higher:** someone told us: '... First time ever that I had this feeling ...' (after a HI-session). Means: I never trained hard enough at home ...
- Enjoy your next training session!
- Fitness team

A photograph of two female soccer players on a grassy field. They are wearing red jerseys with orange training bibs. The player in the foreground has the number 8 on her bib, and the player behind her has the number 7. They are standing near a soccer goal with a green net. The background shows a chain-link fence and dense green foliage.

Week 1

Fitness team

Saturday: Game

FIFA®



Sunday: Active Recovery - Light Intensity exercise

FIFA®



Active recovery (AR)

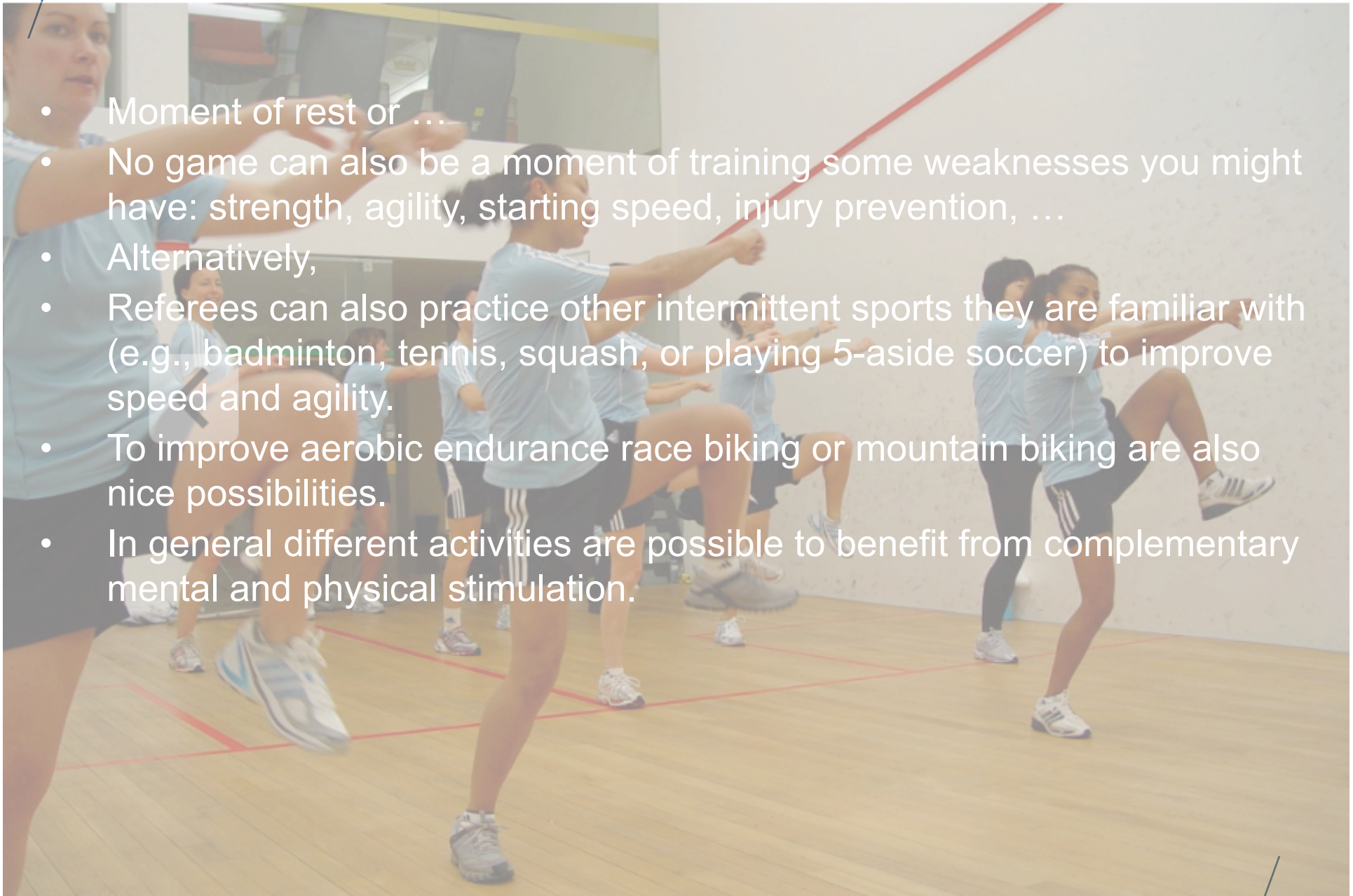
- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should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

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

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.

- 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 **MI**
• Strength
• MI basic endurance session 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

FIFA®



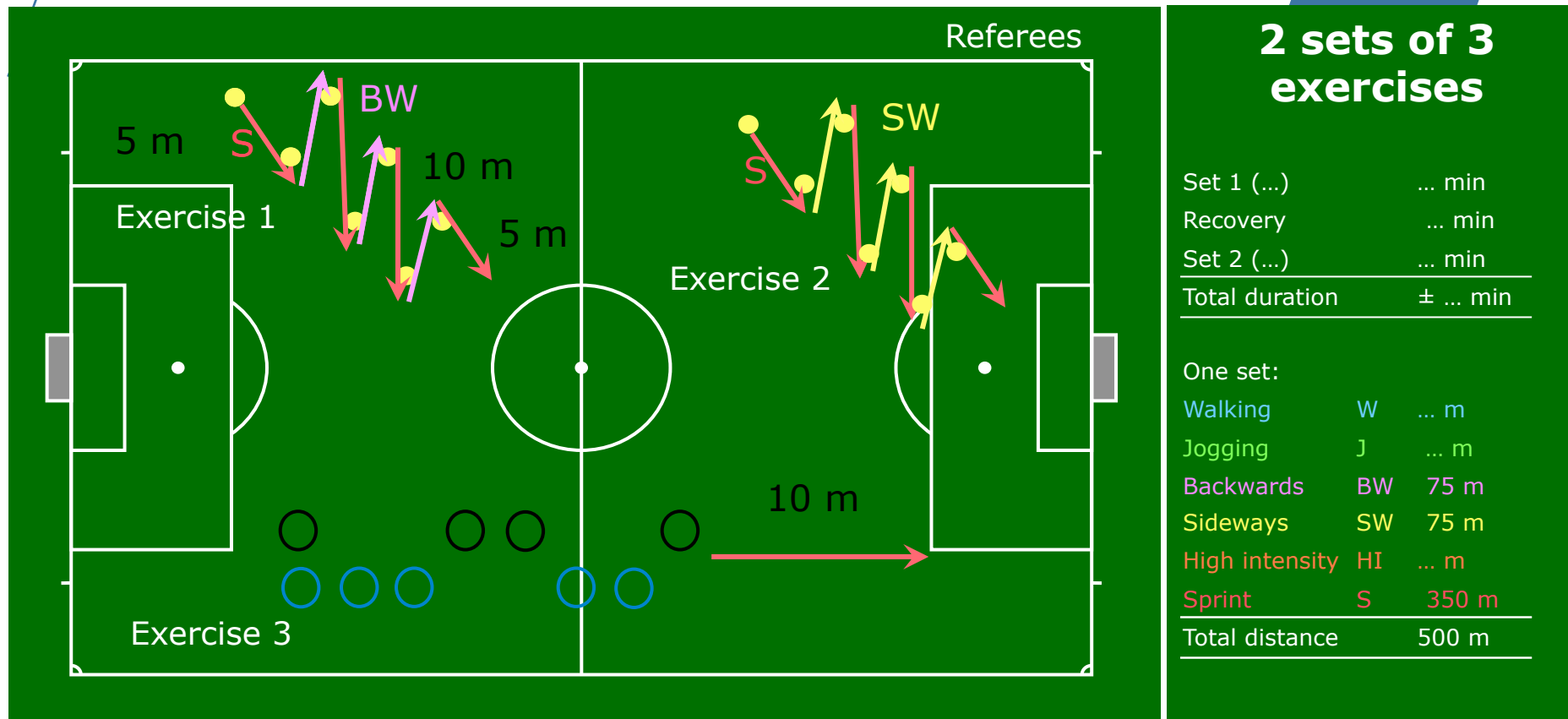
Perform minimal the exercises below, you can do additional exercises you know ...

- **Step up with lunge**
 - Position: stand upright in front of a bench.
 - Exercise: step up step up with straight body – bent down with knee in the lunge backwards
 - **2x 30 reps (variant: /)**
- **Overhead press**
 - Position: Stand upright with eleastic band in both hands and band fixed behind (possible to fix the band with one foot)
 - Exercise: stretch arms upright next to your body
 - Comment: stretch the arms fully
 - **2x 30 reps (variant: /)**
- **Triceps extension**
 - Position: stand upright, elastic band behind the head, both hands together. Elastic band can be fixed by one foot.
 - Exercise: stretch arms over the head – feel the triceps in both upper-arms
 - Comment: stretch out fully
 - **2x 30 reps (variant: /)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – ‘sissors’ – bring your hands to your feet and visaversa**
- **Push ups with ball – roll ball around the other arm + push up**

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

Tuesday: Speed & Agility exercise

FIFA®



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 2 different exercises:

Ex. 1: 4x S + BW movement; rest 45"; 3 to 5 reps and 2'

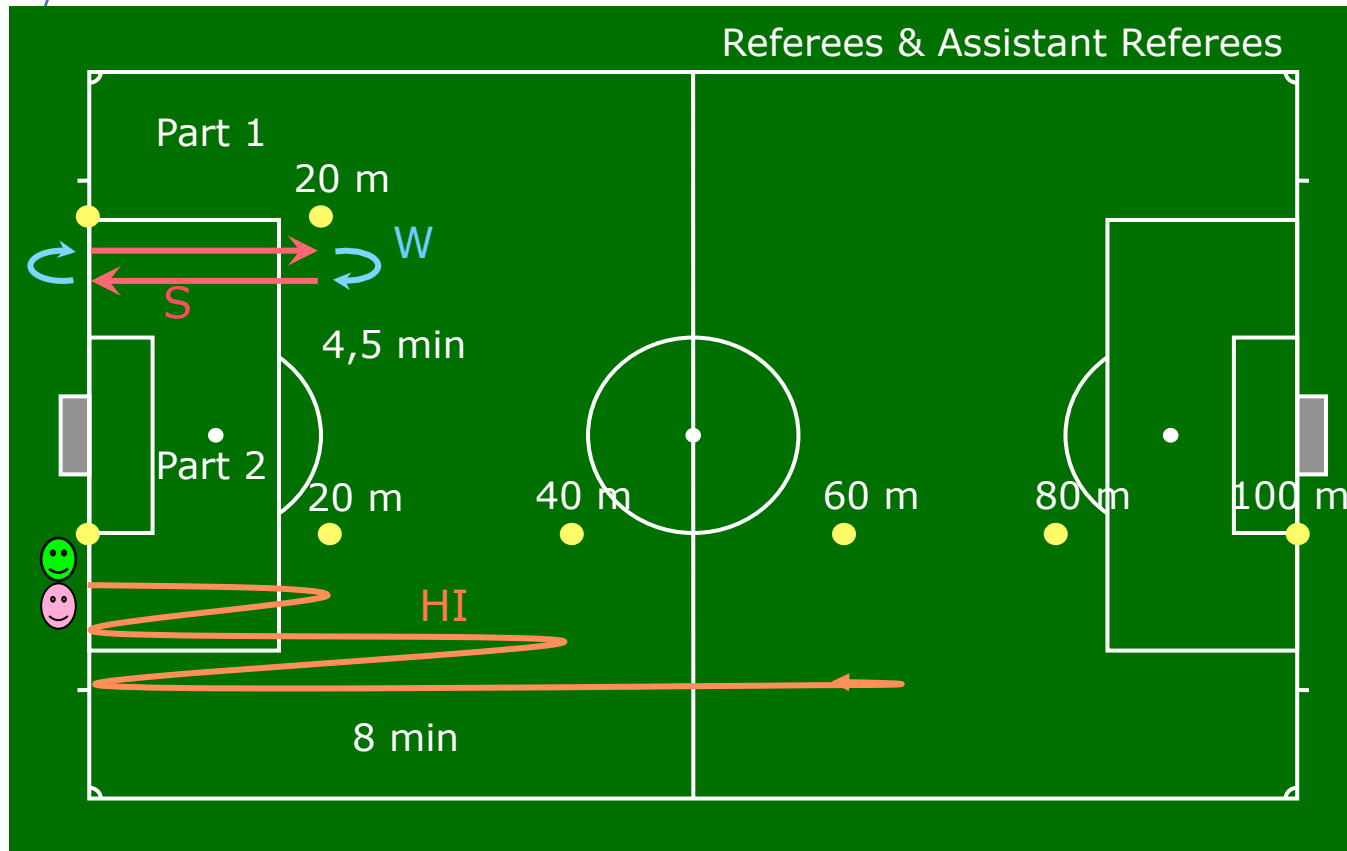
Ex. 2: 4x S + SW movement; rest 45" ; 3 to 5 reps and 2'

Extra S & Coordination exercise:

Ex. 3: long jump L with 'blocking' – 3x fast hops R with 'block' at the last one – 2x fast L with 'block' – 2x fast R with 'block' – 1x L 'block' + sprint ; rest 45"; 3 to 5 reps and 2'

Tuesday: High Intensity exercise

FIFA®



2 sets of 12,5 min

Set 1 (...)	12,5 min
Recovery	5 min
Set 2 (...)	12,5 min
Total duration	± 30 min

Walking	W	... m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	... m
Sprint	S	220 m
Total distance		... m

Part 1: sprint 20 m in 3 to 5 sec – 20 sec rest – sprint again - **11 sprints** in total (+/- 4,5 min)

Immediately after part 1, you start with part 2. No more recovery than the 20 sec mentioned.

Part 2: starting from the goal line full tempo 20 m go & back – 40 m - ... - 100 m – 20 m ...

8 min in total - No recovery during the 8 min

In total: 2 sets; 5 min active recovery in between

All together, this exercise takes $(4,5' + 8') \times 2 = +/- 25' + 5'$ recovery

(Note your own score on both sets!)

- 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

●









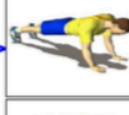



- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
 - *The levels mentioned are just an indication.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



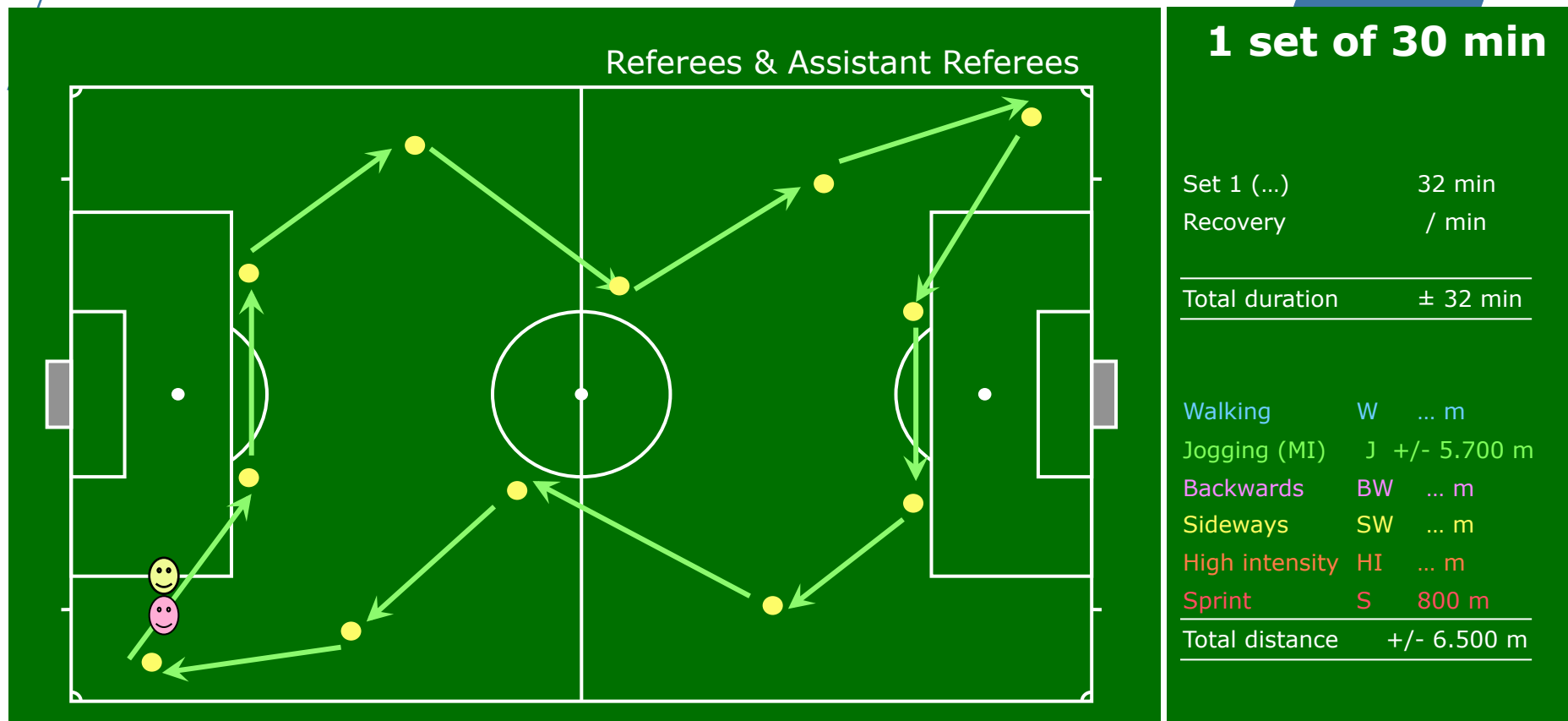
Thursday: Strength exercises

STRENGTH/REACTIVITY/PLIOMETRIC			
LEGS Method Pre and Post Fatigue : 3 non stop link exercises without rest 3 sets with 2' rest after the 3 exercises			
1  4 X 1 MIN	1 bis  20 seconds Up and Down EACH LEG	1 ter  20 METERS	FIRST WEEK
LEGS Method Post Fatigue 3 link exercises without rest. After the last Exercise 1' rest. 3 sets.			
2  WITH WEIGHT / 50% BODY WEIGHT 15s WITHOUT 1min	2 bis  2 TIME* 50 REP WITH BALL ON THE FOOT REST 1'	3  3 X 2' REST 1' INTENSITY MEDIUM and HIGH SPEED	SECOND WEEK
ARMS / BACK Method Pre and Post Fatigue : 3 link exercises without REST. 4 SETS with 1mn45 of rest after the last exercises.			
1  15 rep. 3 times	1 bis  8 REP.	1 ter  2x10 REP.REST 1'	THIRD WEEK
ABS Method Pre and Post Fatigue : 3 link exercises without REST. 3 SETS with 3' of rest after the last exercises.			
1  3 X 1' REST 30"	1 BIS  3 X 20 EACH SIDE REST 30"	1 TER  4 X 30" REST 30"	WEEK FOUR

Produced by 28/08/2018

Thursday: MI exercise

FIFA®



The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

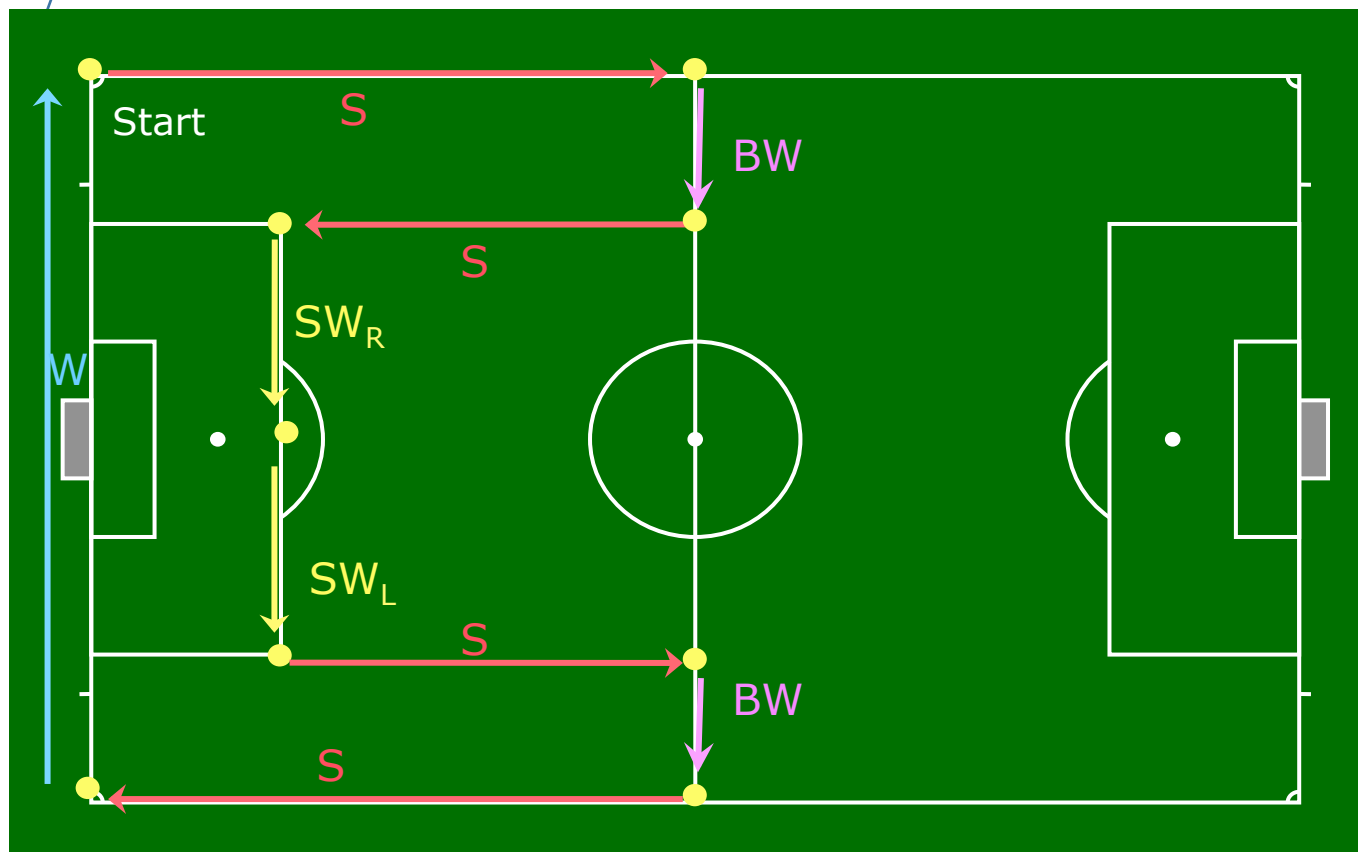
Set 1: 32 min at 76% HRmax (+/- 6,5km). At the end of **each 4 min** period, a **15 sec full speed** run has to be performed (> 100m), or 8 all together resulting in a total distance of >800m.

Recovery: /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an 'uncomfortable jog/run'.

Friday: Speed exercise

FIFA®



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

One set:

Walking	W	375 m
Jogging	J	---
Backwards	BW	175 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	830 m
Total distance		1580 m

Set 1: 4 short sprints outside the penalty area. Sprints in combination with sideways and backwards moving. 5 laps in total make one set.

Recovery: 5 min

Set 2: Sprint exercise outside the penalty area, again 5 laps in total

NOTE: 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)

Speed always MAXIMAL!

Saturday: Game

FIFA®



Sunday: Active Recovery - Light Intensity exercise

FIFA®



Active recovery (AR)

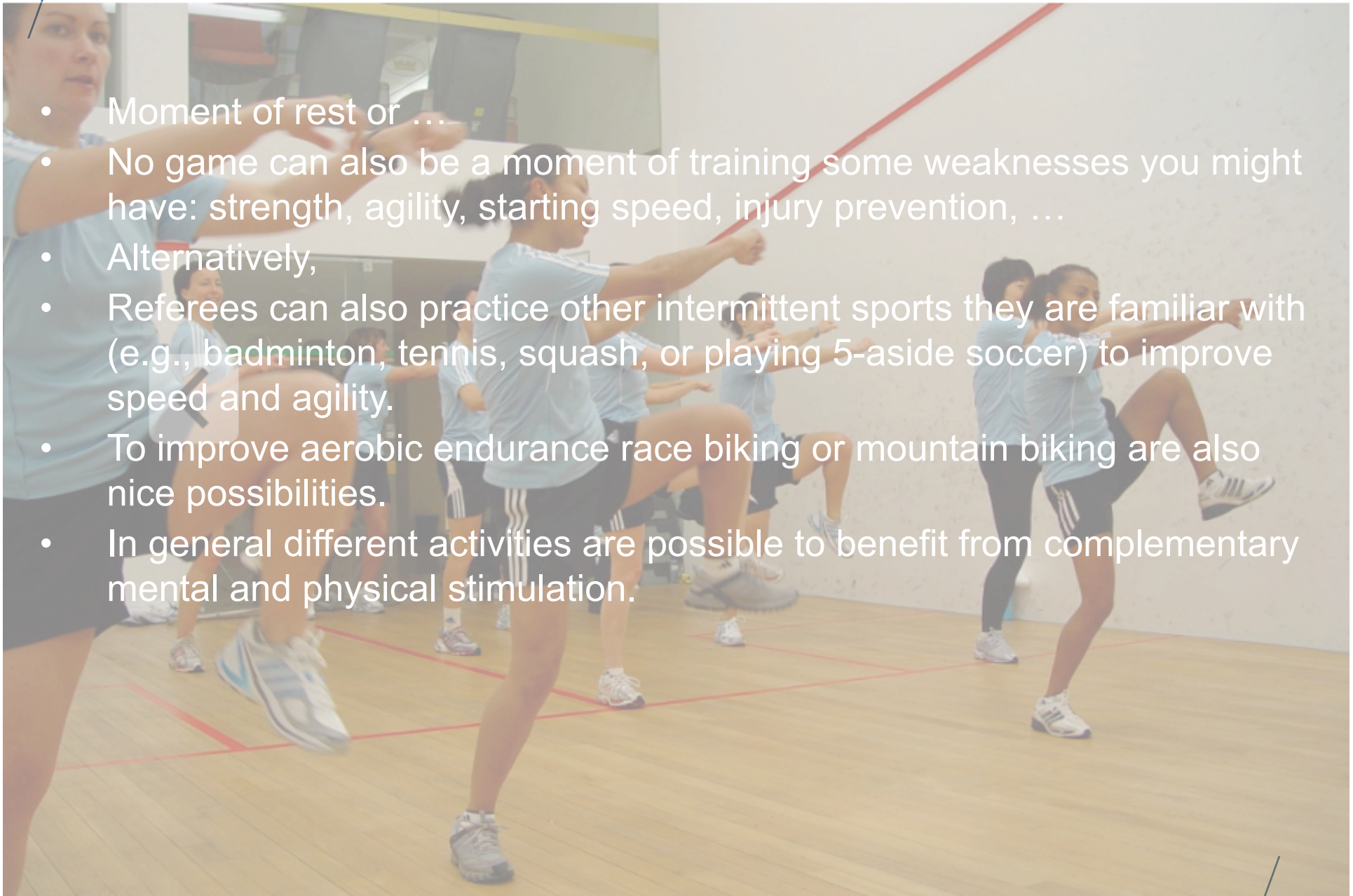
- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should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

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

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 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

FIFA®



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

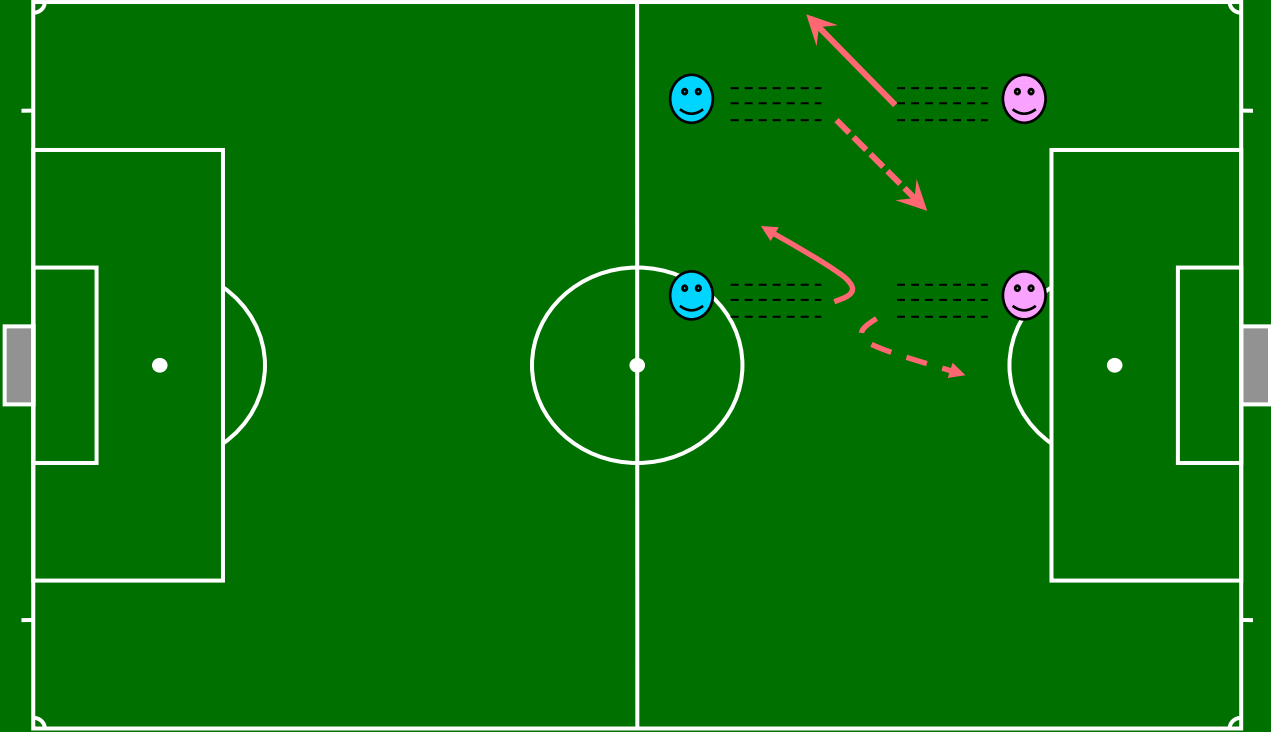
- **Step up with lunge**
 - Position: stand upright in front of a bench.
 - Exercise: step up step up with straight body – bent down with knee in the lunge backwards
 - **2x 30 reps (variant: /)**
- **Overhead press**
 - Position: Stand upright with elastic band in both hands and band fixed behind (possible to fix the band with one foot)
 - Exercise: stretch arms upright next to your body
 - Comment: stretch the arms fully
 - **2x 30 reps (variant: /)**
- **Triceps extension**
 - Position: stand upright, elastic band behind the head, both hands together. Elastic band can be fixed by one foot.
 - Exercise: stretch arms over the head – feel the triceps in both upper-arms
 - Comment: stretch out fully
 - **2x 30 reps (variant: /)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – ‘sissors’ – bring your hands to your feet and visaversa**
- **Push ups with ball – roll ball around the other arm + push up**

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

Tuesday: Speed & Agility exercise

FIFA®

Referees & Assistant Referees



2 sets of 10 reps

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: Coordination exercises + sprint. Perform 6 to 10 sprints. Make different coordination exercises.

IMPORTANT: R with whistle and AR with flag. Or referee leading with whistle or assistant leading with flag. Long ladder with different decisions in between the coordination exercise. One follows the other one!

Recovery: 4 min

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

FIFA®

Referees & Assistant Referees

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

(...) min HI at 90% HRmax
Active recovery: as indicated (...) min
Set 1 = 24 min
Second set is optional
Total time: 24 + 4 + 24 = 52 min

2 sets of 24 min

Set 1 (...)	24 min
Recovery	4 min
Set 2 (...)	24 min
Total duration	± 52 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: Repeat the same exercise.

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

- Referees & Assistant Referees
- Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 2 or 1 min (at 86% Hrmax)
- Total of 68 min = 10 (at 76%) + 2 (at 86%) + 10 + 1 + 10 + 2 + 10 + 1 + 10 + 2 + 10

●









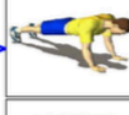
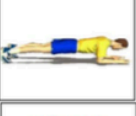


- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
 - *The levels mentioned are just an indication.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



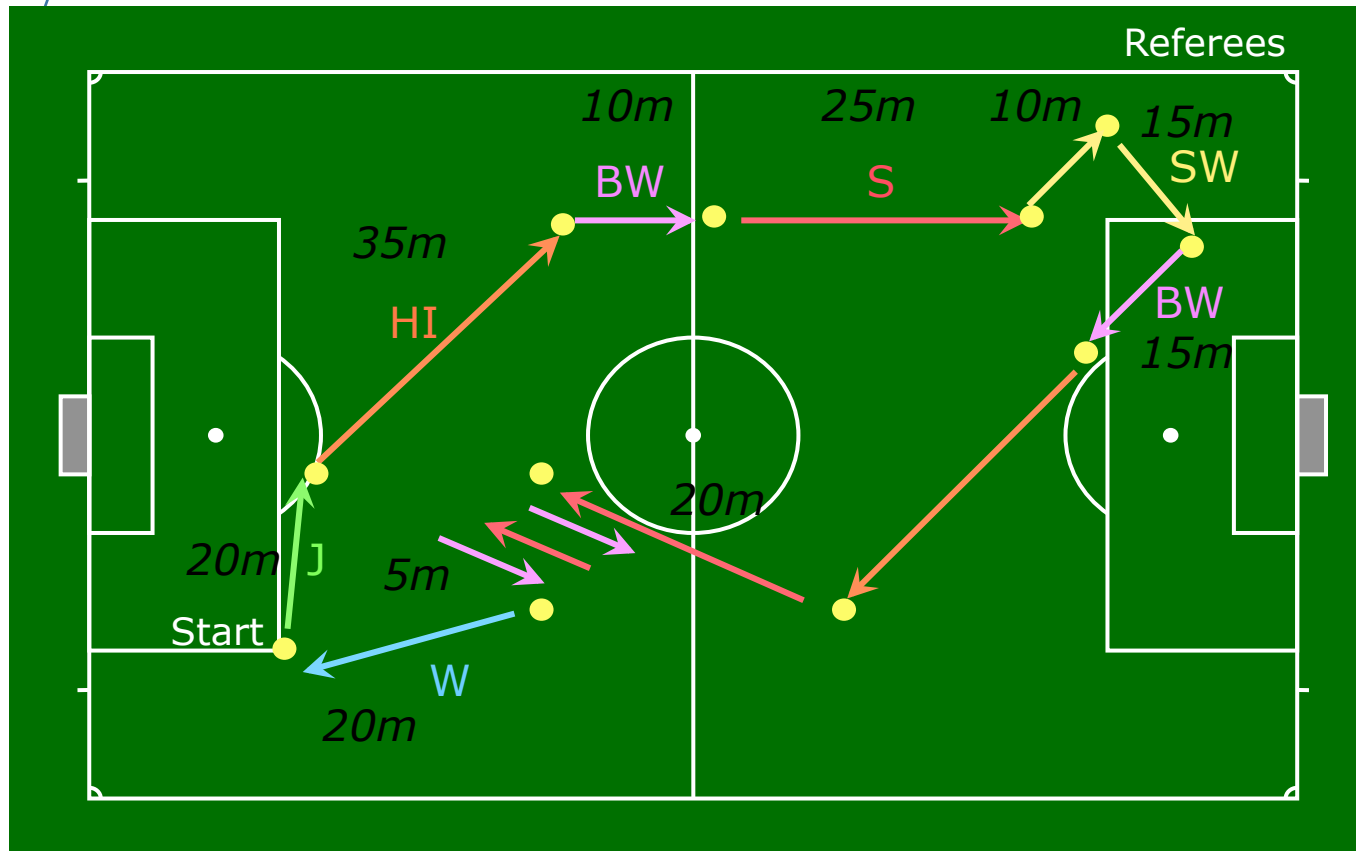
Thursday: Strength exercises

STRENGTH/REACTIVITY/PLIOMETRIC					
LEGS Method Pre and Post Fatigue : 3 non stop link exercises without rest 3 sets with 2' rest after the 3 exercises					
1  4 X 1 MIN	→	1 bis  20 seconds Up and Down EACH LEG	→	1 ter  20 METERS	FIRST WEEK
LEGS Method Post Fatigue 3 link exercises without rest. After the last Exercise 1' rest. 3 sets.					
2  WITH WEIGHT / 50% BODY WEIGHT 15s WITHOUT 1min	→	2 bis  2 TIME* 50 REP WITH BALL ON THE FOOT REST 1'	→	3  3 X 2' REST 1' INTENSITY MEDIUM and HIGH SPEED	SECOND WEEK
ARMS / BACK Method Pre and Post Fatigue : 3 link exercises without REST. 4 SETS with 1mn45 of rest after the last exercises.					
1  15 rep. 3 times	→	1 bis  8 REP.	→	1 ter  2x10 REP.REST 1'	THIRD WEEK
ABS Method Pre and Post Fatigue : 3 link exercises without REST. 3 SETS with 3' of rest after the last exercises.					
1  3 X 1' REST 30"	→	1 BIS  3 X 20 EACH SIDE REST 30"	→	1 TER  4 X 30" REST 30"	WEEK FOUR

Produced by 28/08/2018

Thursday: Speed Endurance (SE) exercise

FIFA®



2 sets of ...

One lap	1'30"
Set 1 (8 laps)	12 min
Recovery	4 min
Set 2 (8 laps)	12 min
Total duration	28 min

Set 1:

Walking	W	160 m
Jogging	J	160 m
Backwards	BW	280 m
Sideways	SW	200 m
High intensity	HI	480 m
Sprint	S	400 m
Total distance		1680 m x2

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

Recovery: 4 min

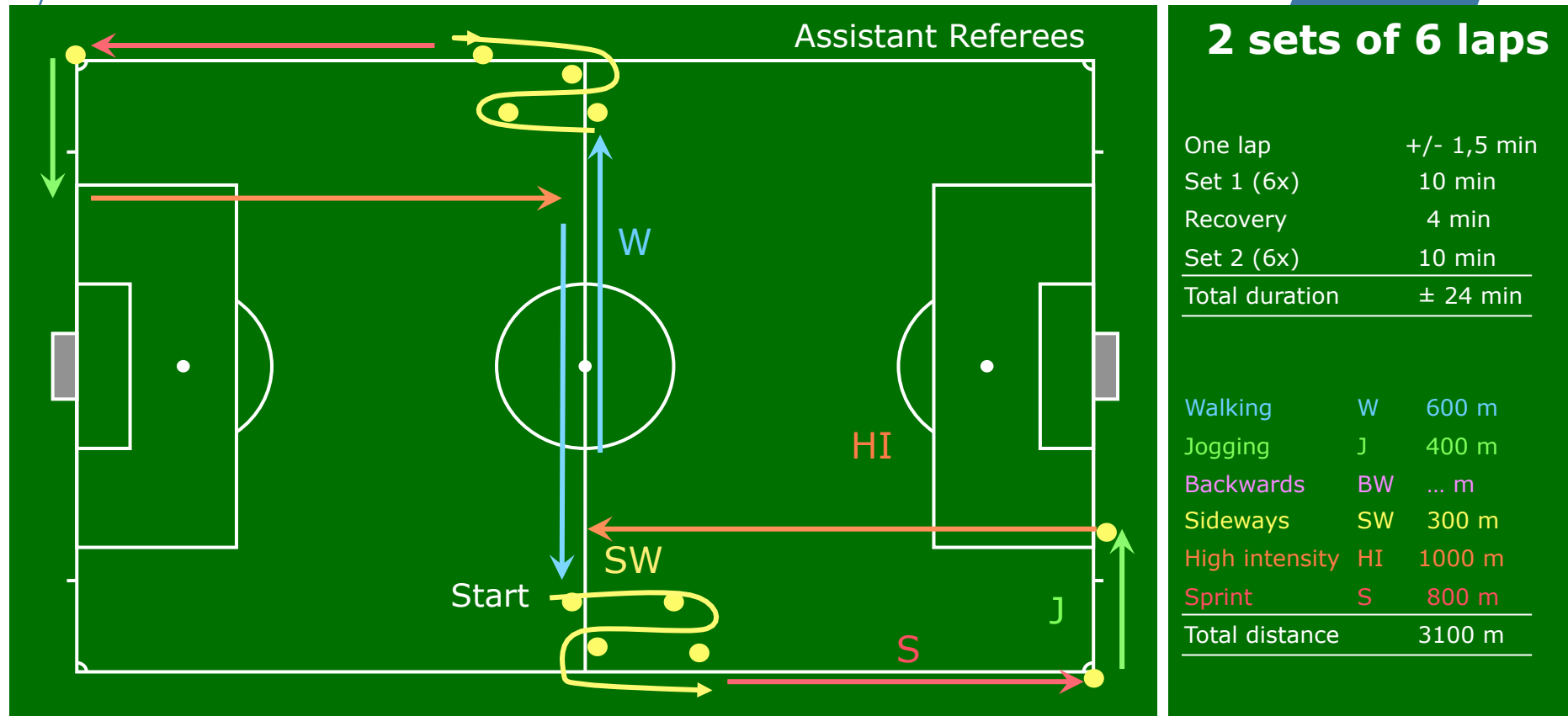
Set 2: Repeat the same exercise.

(distances are indicated as well)

(total distance of 3360m)

Speed endurance exercise for assistant referees

FIFA®



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

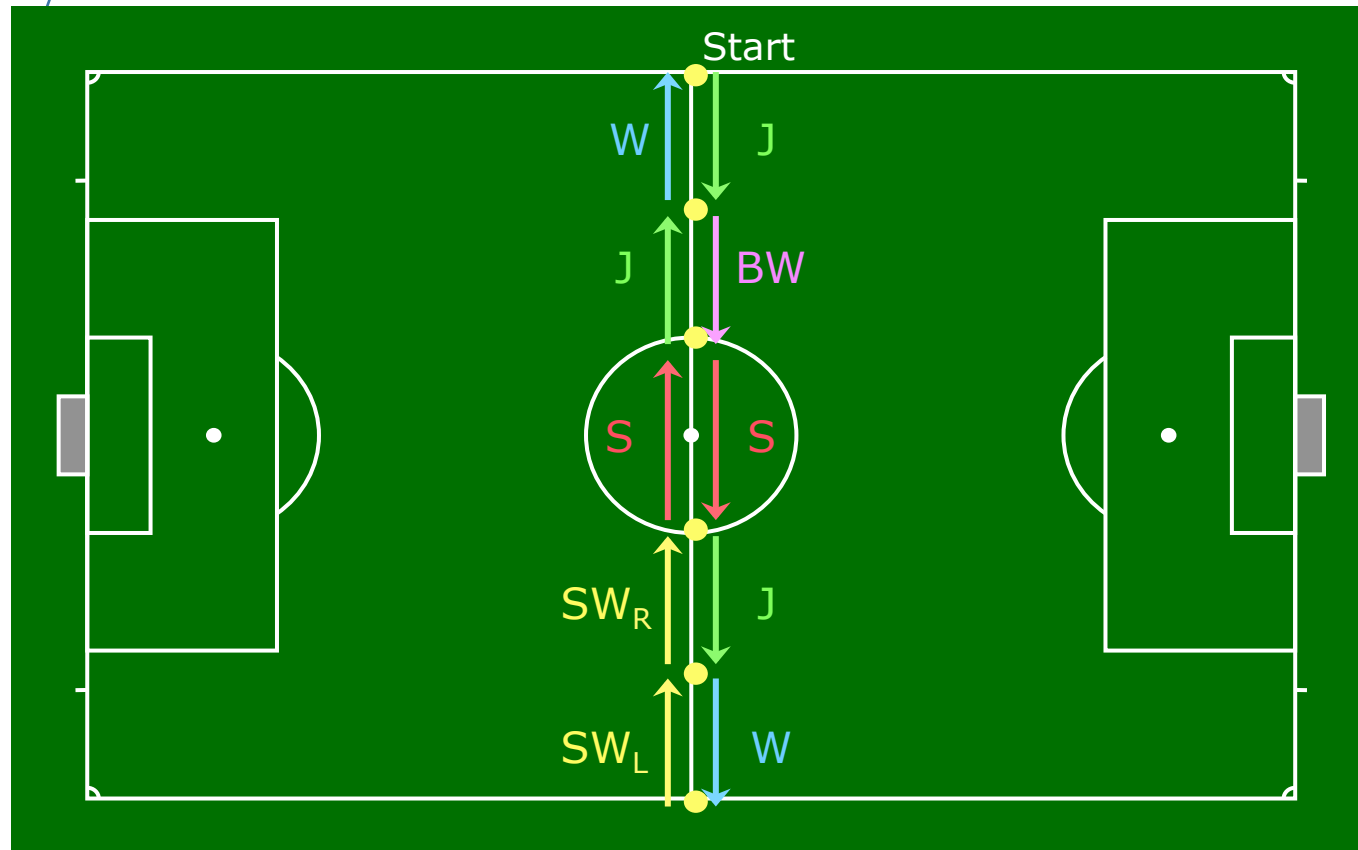
Recovery: 4 min

Set 2: Repeat the same exercise.

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

Friday: Speed exercise

FIFA®



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

One lap:

Walking	W	35 m
Jogging	J	37,5 m
Backwards	BW	10 m
Sideways	SW	27,5 m
High intensity	HI	---
Sprint	S	40 m
Total distance		150 m

Centre-Circle-Sprint

Set 1: Variation on the centre circle sprint, 5 laps.

Recovery: 5 min

Set 2: Variation on the centre circle sprint, 5 laps.

Saturday: Game

FIFA®



Sunday: Active Recovery - Light Intensity exercise

FIFA®



Active recovery (AR)

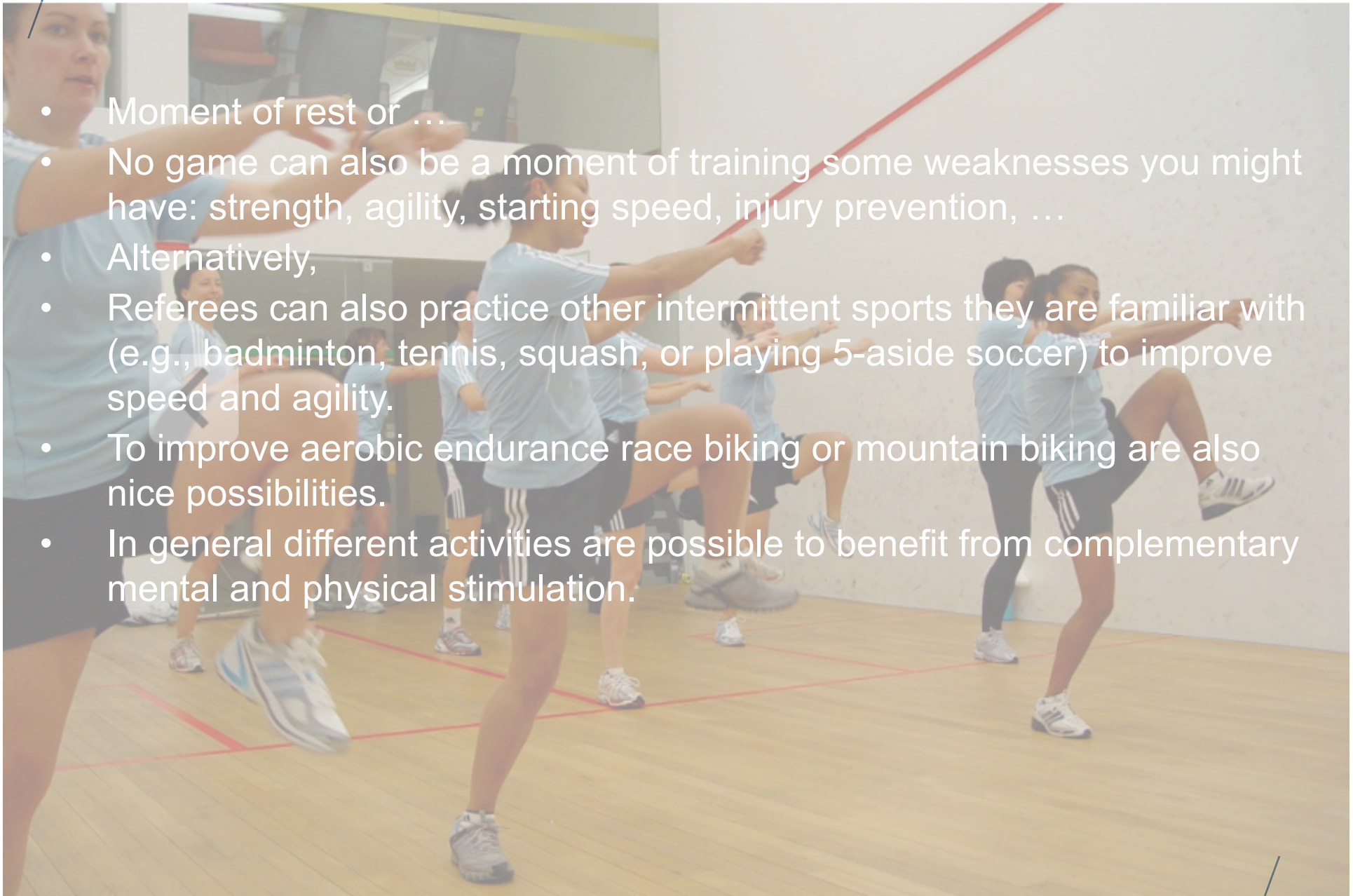
- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (80-90 cycles/min); 5' rowing (33-38 cycles/min); 10' gliding / stepping (65-75 cycles/min)
- 10' CORE exercises (*should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

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

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



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

FIFA®



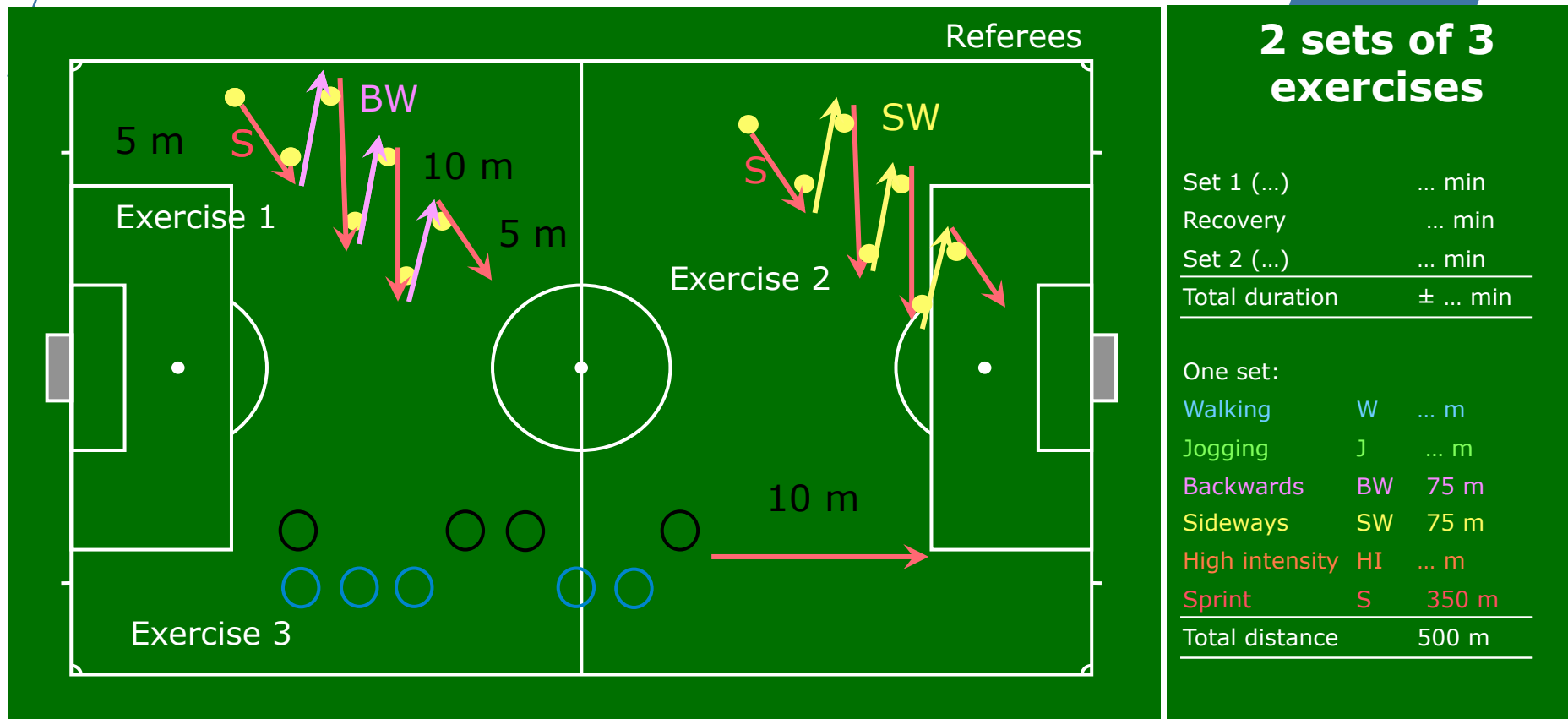
Perform minimal the exercises below, you can do additional exercises you know ...

- **Step up with lunge**
 - Position: stand upright in front of a bench.
 - Exercise: step up step up with straight body – bent down with knee in the lunge backwards
 - **2x 30 reps (variant: /)**
- **Overhead press**
 - Position: Stand upright with elastic band in both hands and band fixed behind (possible to fix the band with one foot)
 - Exercise: stretch arms upright next to your body
 - Comment: stretch the arms fully
 - **2x 30 reps (variant: /)**
- **Triceps extension**
 - Position: stand upright, elastic band behind the head, both hands together. Elastic band can be fixed by one foot.
 - Exercise: stretch arms over the head – feel the triceps in both upper-arms
 - Comment: stretch out fully
 - **2x 30 reps (variant: /)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – ‘sissors’ – bring your hands to your feet and visaversa**
- **Push ups with ball – roll ball around the other arm + push up**

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

Tuesday: Speed & Agility exercise

FIFA®



2 sets of 3 exercises

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

One set:

Walking	W	... m
Jogging	J	... m
Backwards	BW	75 m
Sideways	SW	75 m
High intensity	HI	... m
Sprint	S	350 m
Total distance		500 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 2 different exercises:

Ex. 1: 4x S + BW movement; rest 45"; 3 to 5 reps and 2'

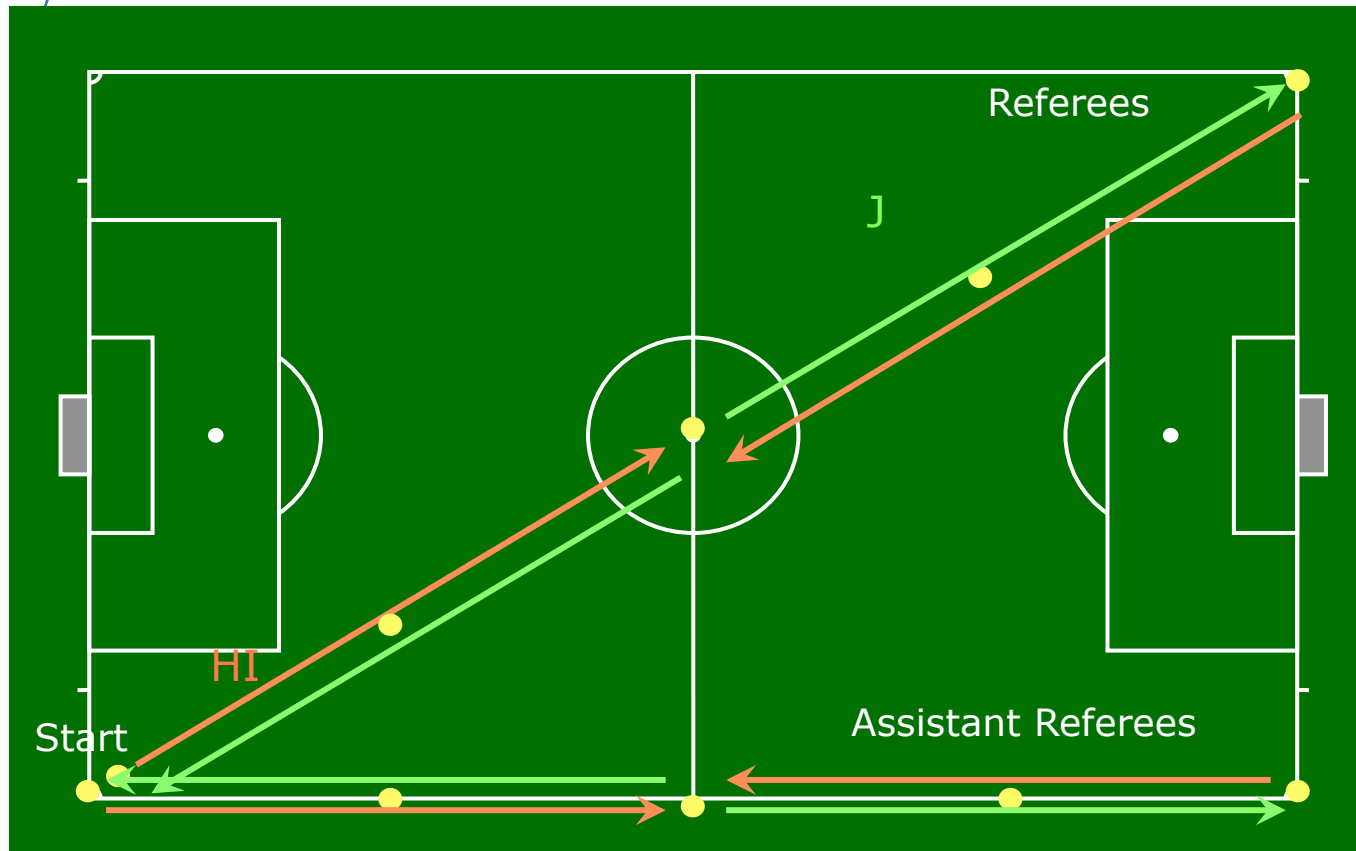
Ex. 2: 4x S + SW movement; rest 45" ; 3 to 5 reps and 2'

Extra S & Coordination exercise:

Ex. 3: long jump L with 'blocking' – 3x fast hops R with 'block' at the last one – 2x fast L with 'block' – 2x fast R with 'block' – 1x L 'block' + sprint ; rest 45"; 3 to 5 reps and 2'

Tuesday: High Intensity exercise

FIFA®



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	400 m
Jogging	J	1200 m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	1200 m
Sprint	S	... m
Total distance		2800 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 'two-cone' distance – jogging 'two-cone' distance. 8 reps = 8 times the whole length (AR) or diagonal (R) of the pitch.

Recovery: 4 min (walk one length and stretch)

Set 2 & 3: Repeat the same exercise.

(Integrated exercise: make a decision & react on the movement of the instructor)

- 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









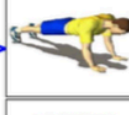
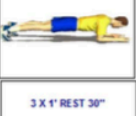


- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
 - *The levels mentioned are just an indication.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

[illegible]

Wednesday: REST day



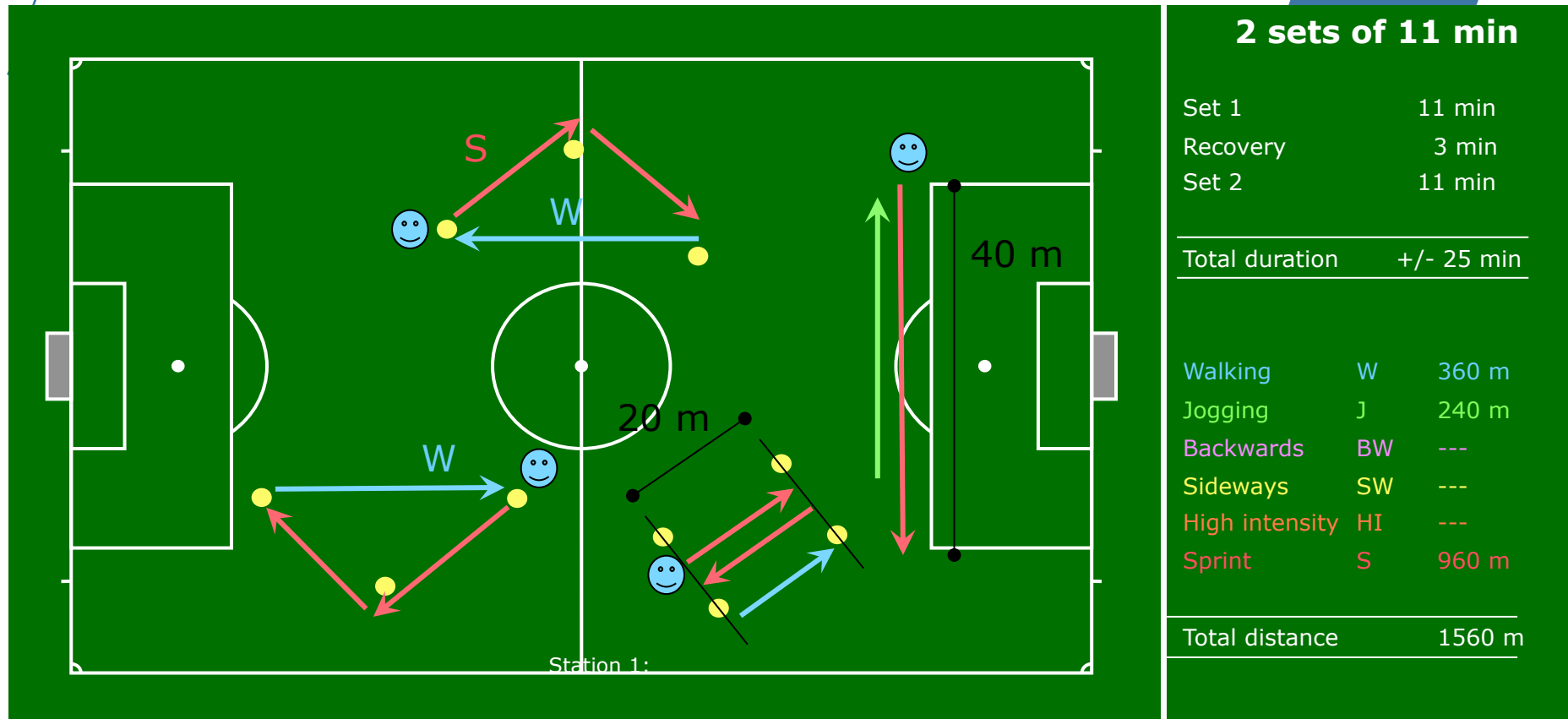
Thursday: Strength exercises

STRENGTH/REACTIVITY/PLIOMETRIC					
LEGS Method Pre and Post Fatigue : 3 non stop link exercises without rest 3 sets with 2' rest after the 3 exercises					
1  4 X 1 MIN	→	1 bis  20 seconds Up and Down EACH LEG	→	1 ter  20 METERS	FIRST WEEK
LEGS Method Post Fatigue 3 link exercises without rest. After the last Exercise 1' rest. 3 sets.					
2  WITH WEIGHT / 50% BODY WEIGHT 15m WITHOUT 1m	→	2 bis  2 TIME* 50 REP WITH BALL ON THE FOOT REST V	→	3  3 X 2' REST 1' INTENSITY MEDIUM and HIGH SPEED	SECOND WEEK
ARMS / BACK Method Pre and Post Fatigue : 3 link exercises without REST. 4 SETS with 1mn45 of rest after the last exercises.					
1  15 rep. 3 times	→	1 bis  8 REP.	→	1 ter  2x10 REP.REST 1'	THIRD WEEK
ABS Method Pre and Post Fatigue : 3 link exercises without REST. 3 SETS with 3' of rest after the last exercises.					
1  3 X 1' REST 30"	→	1 BIS  3 X 20 EACH SIDE REST 30"	→	1 TER  4 X 30" REST 30"	WEEK FOUR

Produced by 28/08/2018

Thursday: Repeated Speed Ability (RSA)

FIFA®



Perform the 4 stations.

Repeat each station 3x = 3 reps of 40 m and have 1 min recovery between stations.

Between set 1 and set 2, there is 3-4 min recovery.

Recovery: 2 min between set 1 and 2.

Station 1: 3 X 40m sprint with directional change (20 + 20m) with 30 sec recovery (walking)

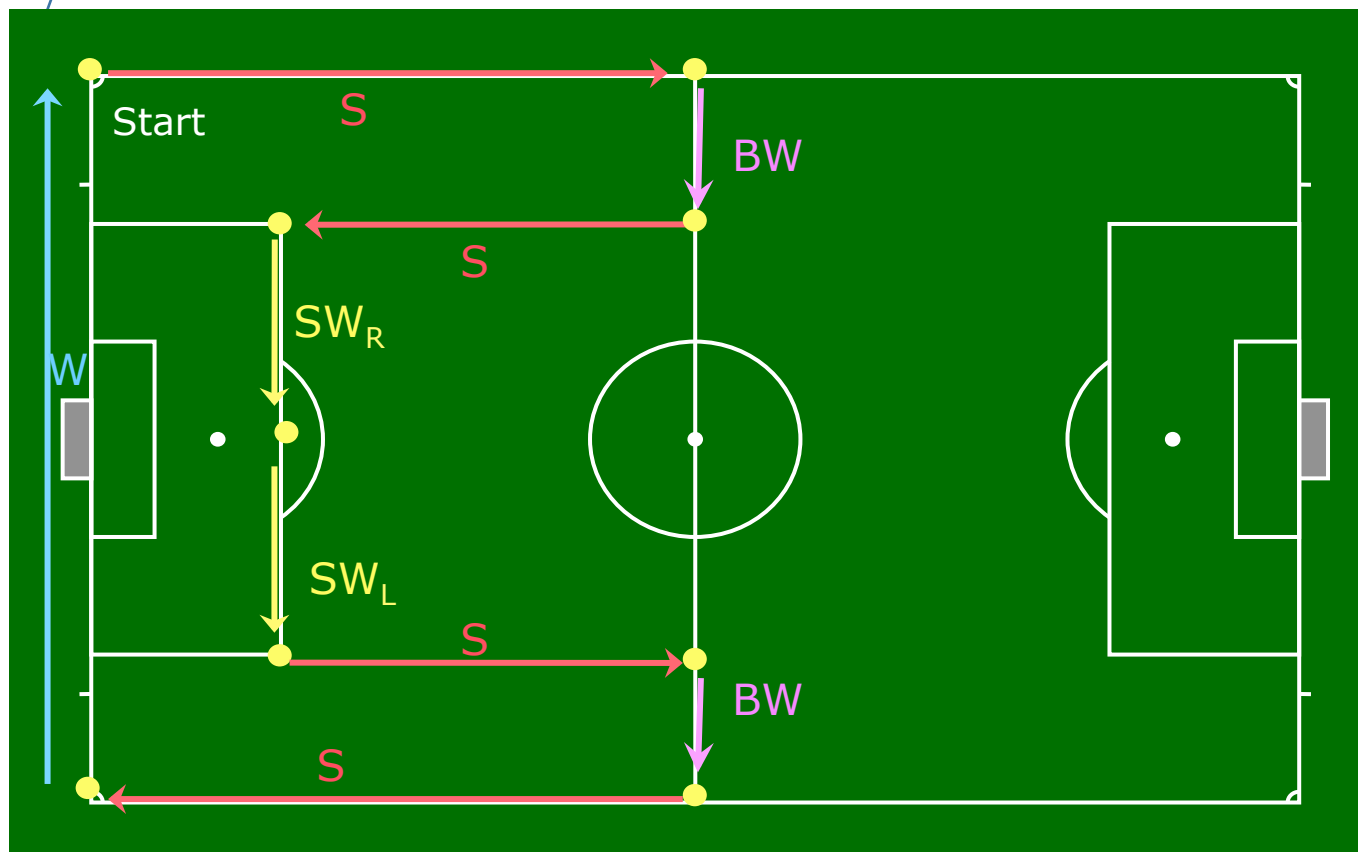
Station 2: 3 X 40m sprint with 30 sec active recovery (jogging)

Station 3: 3 X 40m sprint (20 + 20m) with 30 sec recovery (walking)

Station 4: 3 X 40m sprint with directional change (20 + 20m) with 30 sec recovery (walking)

Friday: Speed exercise

FIFA®



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

One set:

Walking	W	375 m
Jogging	J	---
Backwards	BW	175 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	830 m
Total distance		1580 m

Set 1: 4 short sprints outside the penalty area. Sprints in combination with sideways and backwards moving. 5 laps in total make one set.

Recovery: 5 min

Set 2: Sprint exercise outside the penalty area, again 5 laps in total

NOTE: 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)

Speed always MAXIMAL!

Saturday: Game

FIFA®



Sunday: Active Recovery - Light Intensity exercise

FIFA®



Active recovery (AR)

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

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.

A photograph of two female soccer players in action on a green field. They are both wearing red long-sleeved shirts and black shorts, jumping high with their arms extended to head a soccer ball. The player in the foreground is wearing an orange bib with the number 41. A green fence and trees are visible in the background.

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

FIFA®



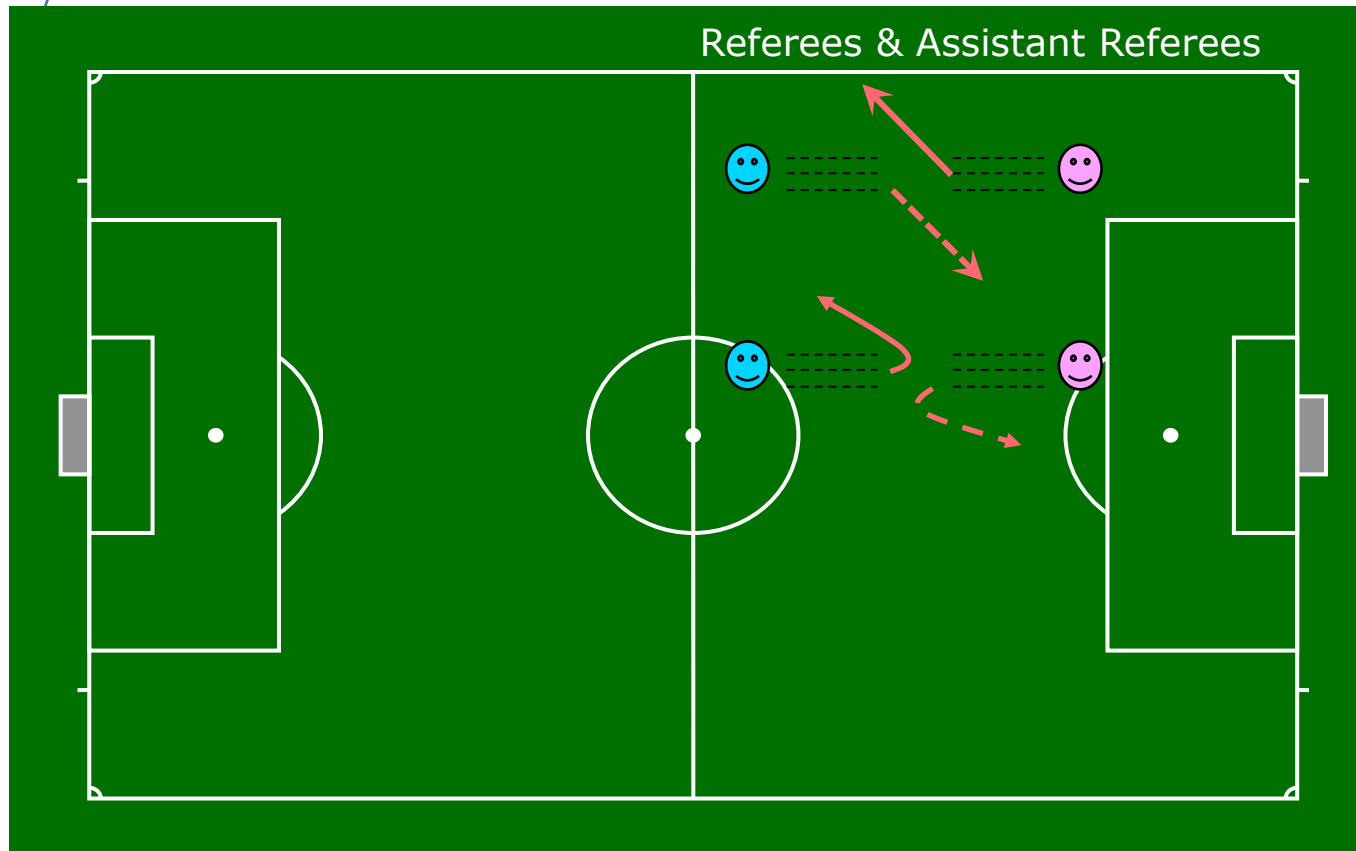
Perform minimal the exercises below, you can do additional exercises you know ...

- **Step up with lunge**
 - Position: stand upright in front of a bench.
 - Exercise: step up step up with straight body – bent down with knee in the lunge backwards
 - **2x 30 reps (variant: /)**
- **Overhead press**
 - Position: Stand upright with eleastic band in both hands and band fixed behind (possible to fix the band with one foot)
 - Exercise: stretch arms upright next to your body
 - Comment: stretch the arms fully
 - **2x 30 reps (variant: /)**
- **Triceps extension**
 - Position: stand upright, elastic band behind the head, both hands together. Elastic band can be fixed by one foot.
 - Exercise: stretch arms over the head – feel the triceps in both upper-arms
 - Comment: stretch out fully
 - **2x 30 reps (variant: /)**
- In addition to the set of strength and injury prevention exercises ...
- **Abdominals – ‘sissors’ – bring your hands to your feet and visaversa**
- **Push ups with ball – roll ball around the other arm + push up**

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

Tuesday: Speed & Agility exercise

FIFA®



2 sets of 10 reps

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: Coordination exercises + sprint. Perform 6 to 10 sprints. Make different coordination exercises.

IMPORTANT: R with whistle and AR with flag. Or referee leading with whistle or assistant leading with flag. Long ladder with different decisions in between the coordination exercise. One follows the other one!

Recovery: 4 min

Set 2: Repeat the same exercise.

Tuesday: High Intensity exercise

FIFA®



Referees & Assistant Referees

Set 1 :20 sec HI at 90% HRmax X10
 Active recovery (= jogging): always 30 sec
 Set 2: 20 sec HI at 90% HRmax X10
 Active recovery (= jogging): always 30 sec
 Total time: 8 min 20 sec + 2 min + 8 min 20 sec = 18 min 40 sec

2 sets of 8 min 20 sec

Set 1 (...)	8 min 20 sec
Recovery	2 min
Set 2 (...)	8 min 20 sec
Total duration ± 18 min 40 sec	

Walking	W	800 m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	2.000 m
Sprint	S	... m
Total distance		2.800 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 (YO-YO based exercise): 10X 100m shuttles (50m – turn L – 50m) to be completed in 20 sec, *followed by a 30 sec recovery walk/jog (40m)*

Recovery: 2 min

Set 2: Repeat the same exercise.

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

- 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

●









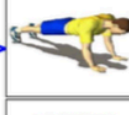
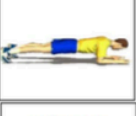


- **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
- *Good to know!*
 - *Do not forget a nice warm up at the start and a cool down at the end!*
 - *The levels mentioned are just an indication.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

STRENGTH/REACTIVITY/PLIOMETRIC					
LEGS Method Pre and Post Fatigue : 3 non stop link exercises without rest 3 sets with 2' rest after the 3 exercises					
1  4 X 1 MIN	→	1 bis  20 seconds Up and Down EACH LEG	→	1 ter  20 METERS	FIRST WEEK
LEGS Method Post Fatigue 3 link exercises without rest. After the last Exercise 1' rest. 3 sets.					
2  WITH WEIGHT / 50% BODY WEIGHT 15m WITHOUT 15m	→	2 bis  2 TIME* 50 REP WITH BALL ON THE FOOT REST 1'	→	3  3 X 2' REST 1' INTENSITY MEDIUM and HIGH SPEED	SECOND WEEK
ARMS / BACK Method Pre and Post Fatigue : 3 link exercises without REST. 4 SETS with 1mn45 of rest after the last exercises.					
1  15 rep. 3 times	→	1 bis  8 REP.	→	1 ter  2x10 REP.REST 1'	THIRD WEEK
ABS Method Pre and Post Fatigue : 3 link exercises without REST. 3 SETS with 3' of rest after the last exercises.					
1  3 X 1' REST 30"	→	1 BIS  3 X 20 EACH SIDE REST 30"	→	1 TER  4 X 30" REST 30"	WEEK FOUR

Produced by 28/08/2018

Thursday: Repeated Speed Ability (RSA)

FIFA®

Referees & Assistant Referees

Start

2 sets of RSA

Set 1 (3x)	-- min
Set 2 (3x)	-- min
Set 3 (...)	-- min
Recovery	2' each set
Total duration	-- min

One lap:		
Walking	W	150 m
Jogging	J	234 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	225 m
Total distance	609 m	

Perform the exercise like indicated on the picture.

A choice can be made: 2 sets of 5 laps (2250 m S) or 3 sets of 3 laps (2025 m S)

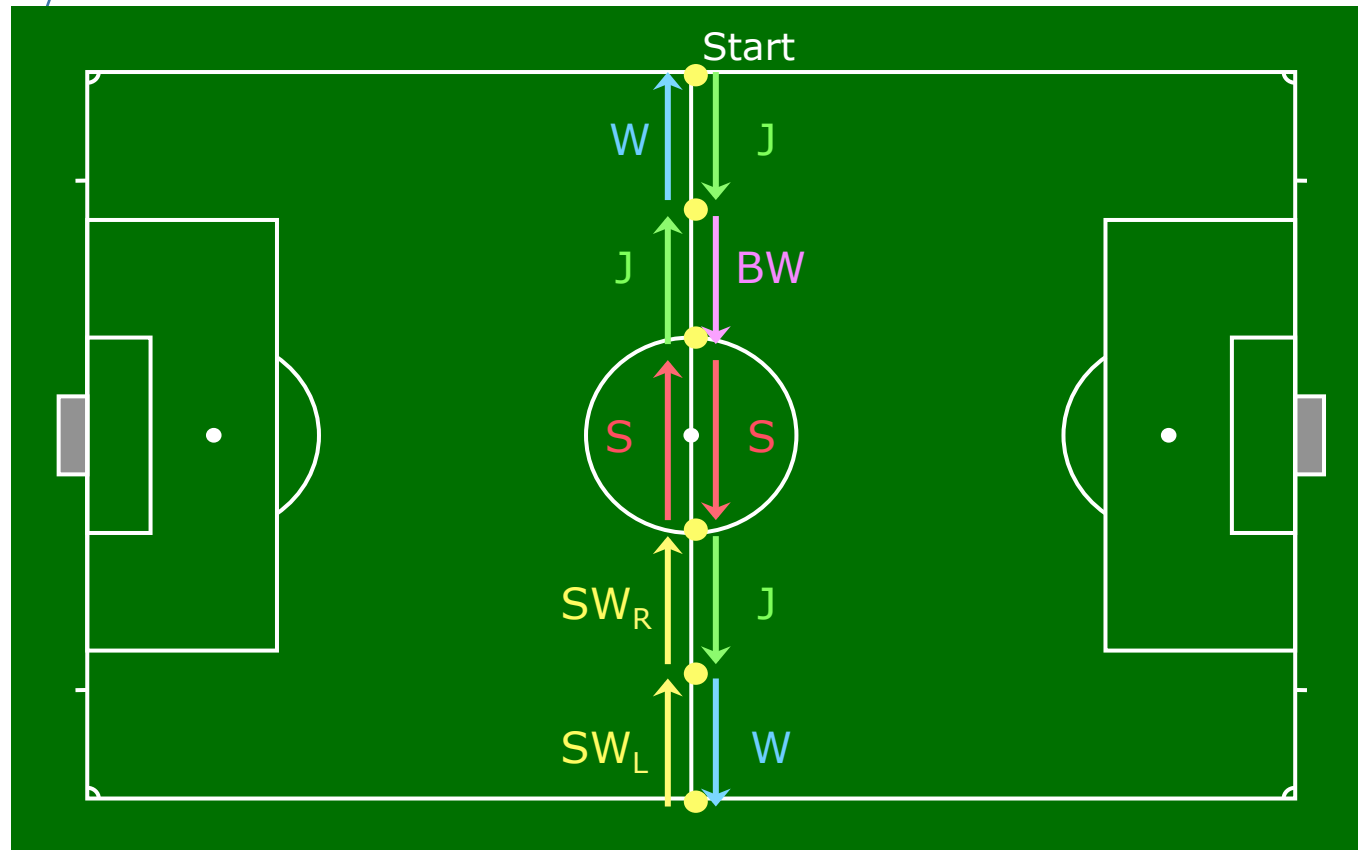
Set 1: 5 laps

Recovery: 3 to 5 min active recovery

Set 2: 5 laps again

Friday: Speed exercise

FIFA®



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

One lap:

Walking	W	35 m
Jogging	J	37,5 m
Backwards	BW	10 m
Sideways	SW	27,5 m
High intensity	HI	---
Sprint	S	40 m
Total distance		150 m

Centre-Circle-Sprint

Set 1: Variation on the centre circle sprint, 5 laps.

Recovery: 5 min

Set 2: Variation on the centre circle sprint, 5 laps.

Saturday: Game

FIFA®



Sunday: Active Recovery - Light Intensity exercise

FIFA®



Active recovery (AR)

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

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an 'comfortable jog/run'.



Success!

Kader Touati: **mobile** 00 689 74 34 51 **mail** kad.touati@gmail.com
Jean-Baptist Bultynck: **phone** +32 16 375 780 **mobile** +32 486 54 72 19 **mail** jean-baptist.bultynck@ucll.be

FIFA®
For the Game. For the World.