

## **Training plan – October 2018**

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# **Objectives & Planning**

- Final preparation for the FWWC U17 ladies. For you we will send an extra specific plan.
- For all others, perform at your maximum. Aim for the highest at your local competition. Take every opportunity to get better. Make extra time to improve your working points!
- Enjoy your next training session!
- Fitness team





# Week 1

### Fitness team



# Week 1

### Normal week with game on Saturday.

•	Monday	CORE	
	Extra CORE & basic	strength exercises	total time: 50 min
٠	Tuesday	S / Agi&Coo / HI	
	• (Speed – reactive ex	(.)	
	Agility & Coo icw Sp	eed	
	• HI-endurance run /	jogging	total time: 90 min
•	Wednesday	Rest	
٠	Thursday	MI	
	Strength		
	• MI basic endurance	session	total time: 90 min
٠	Friday	S	
	• Speed work in prepa	aration for the game	total time: 60 min
٠	Saturday	GAME	
•	Sunday	AR	
	Active recovery		total time: 60 min

### Monday: CORE & basic strength exercises





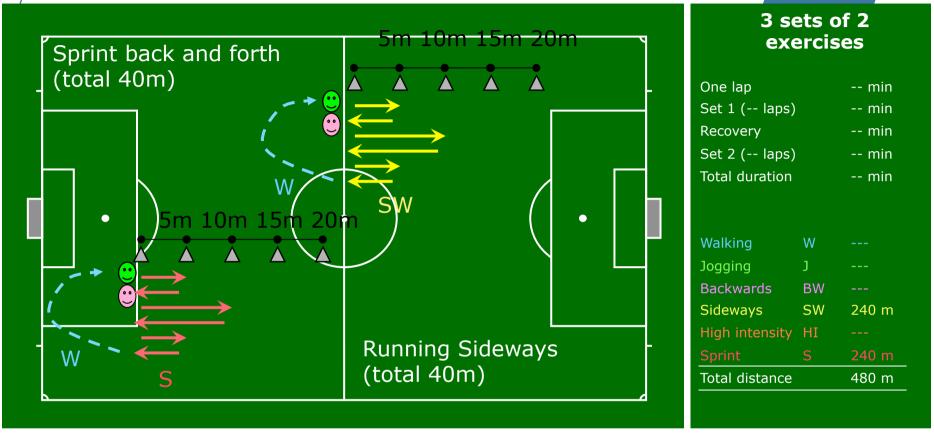
#### Perform minimal the exercises below, you can do additional exercises you know ...

- · Explose singl leg 'lunge'
  - · Position: lunge one leg behind, bent the knees with medicinbal in hands
  - · Exercise: push out both legs and push the ball 'up' as well
  - 2x 30 reps (variant: /)
- Pull ups
  - · Position: Stand upright with eleastic band in both hands and band fixed by the feed
  - · Exercise: stretch arms upright along the body, elbows up and hands in front of the chest
  - · Comment: bring the hands up till the hight of the eyes.
  - 2x 30 reps (variant: /)
- Triceps extension
  - Position: put hands backwards on a chair body straight
  - · Exercise: bent both arms and stretch them out on the bench or chair
  - Comment: stretch out fully
  - 2x 30 reps (variant: /)
- · In addition to the set of strength and injury prevention exercises ...
- Abdominals 'sissors' with a hoop bring your leggs in-and-out the hoop
- · Push ups in ladder make a push up in every square

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

### **Tuesday: Speed & Agility exercise**



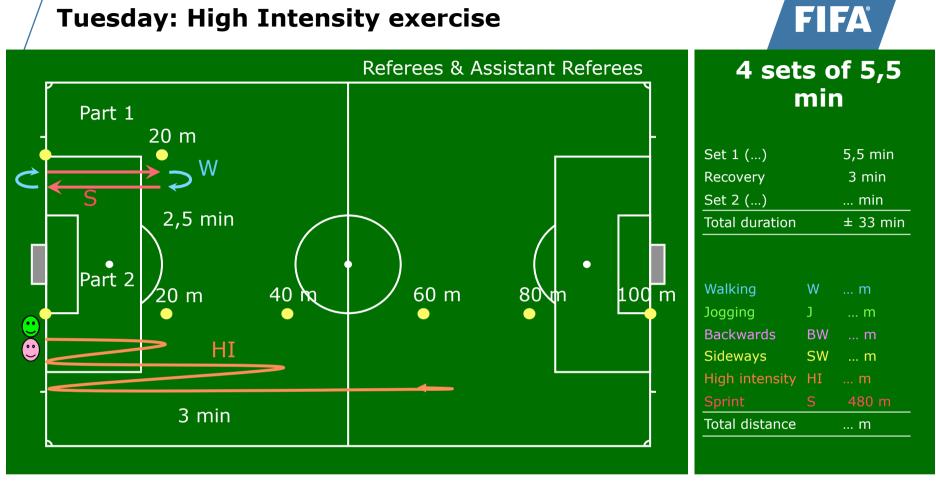


**Set 1:** *Speed exercises!* **2X** Sprint back and forth 5m – 10m – 5m. In total 2x 40m. **2X** Sideways back and forth 5m – 10m – 5m. In total 2x 40m

Recovery: 4 min (also recovery after each sprint by walking to the goal line and back)

Set 2 & Set 3: Repeat the same exercise.

### **Tuesday: High Intensity exercise**



Part 1: sprint 20 m in 3 to 5 sec – 20 sec rest – sprint again - 6 sprints in total (+/- 2,5 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 ...

**3 min** in total - No recovery during the 3 min

In total: 4 sets; 3 min active recovery in between

All together, this exercise takes  $(2,5'+3') \times 4 = +/-24' + 9'$  recup

(Note your own score on both sets!)

## Tuesday: Medium Intensity exercise – alternative FIFA

### Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min cycling at 70% Hrmax + after each 5 min a short acceleration of 15 sec (at 86% Hrmax)
- Total of 63 min = 5 (at 76%) + 0,15 (at 86%) X 12
- Alternative INDOOR
  - **`indoor-treadmill'-**workload:
    - The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 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.

MI-workload TREADMILL												
Level	vel Time (min) TOTAL TIME											
8												
9												
10												
11	5		5		5		5		5		5	6x
12												
13												
14												
15		0,15		0,15		0,15		0,15		0,15		5x
16												
												30,75

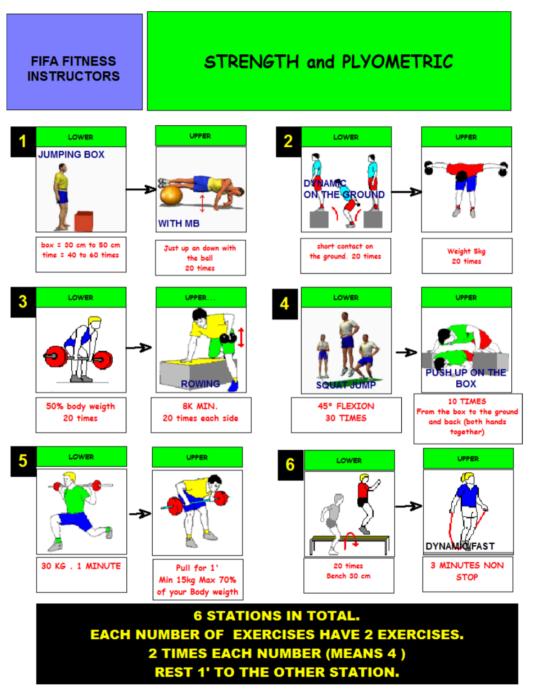


### Wednesday: REST day





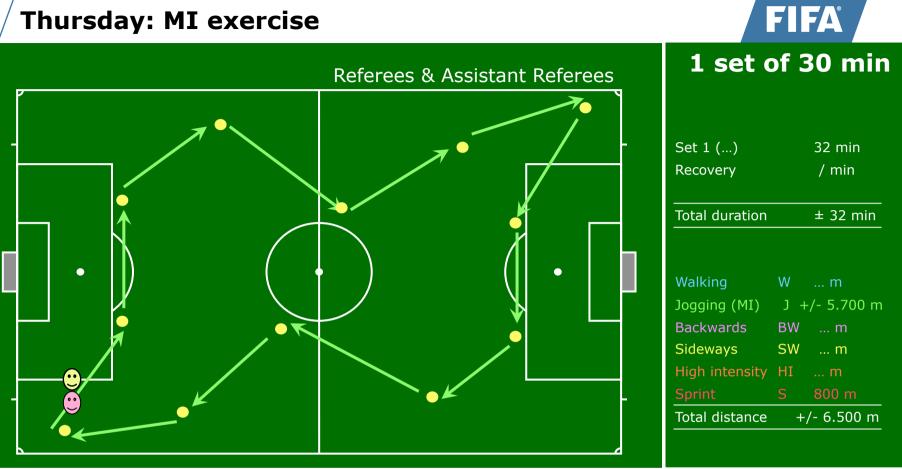
## Thursday: Strength exercises



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### **Thursday: MI exercise**



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

...

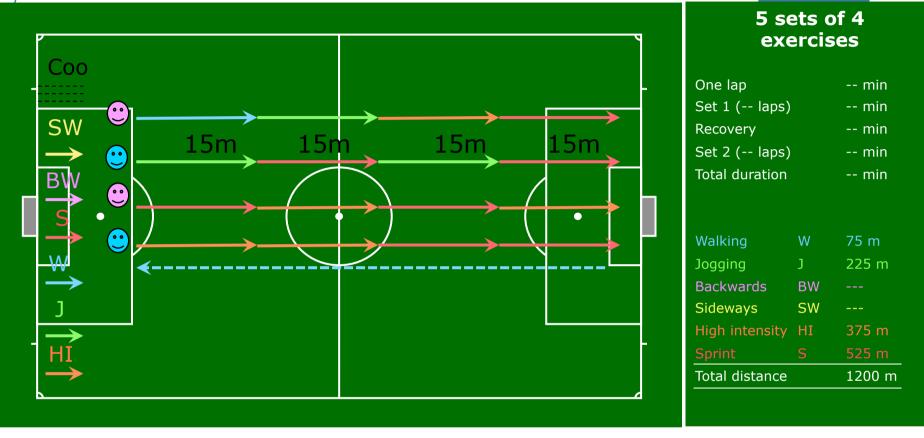
Set 1: 32 min at 76% HRmax (+/- 6,5km). At the end of each 4 min period, a 15 sec full speed run has to be performed (> 100m), or 8 all together resulting in a total distance of >800m.

#### **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





Set 1: Perform the following sprints at maximum speed; Recover to 65% HRmax between each sprint repetition

- Walk jog HI sprint (each time 15m)
- Jog sprint jog sprint (each time 15m)
- Sprint HI Sprint HI (each time 15m)
- HI HI sprint sprint (each time 15m)

#### 3 to 5 sets in total







### Sunday: Active Recovery - Light Intensity exercise











#### 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-aside soccer) to improve speed and agility.
  - To improve aerobic endurance race biking or mountain biking are also nice possibilities.
- In general different activities are possible to benefit from complementary mental and physical stimulation.





# Week 2

Fitness team



# Week 2

### Normal week with game on Saturday.

•	Monday	CORE	
	Extra CORE & basic	strength exercises	total time: 50 min
•	Tuesday	S / Agi&Coo / HI	
	• (Speed – reactive ex	(.)	
	Agility & Coo icw Sp	eed	
	HI-endurance run /	jogging	total time: 90 min
•	Wednesday	Rest	
•	Thursday	Strength / SE	
	Strength		
	SE-field run exercise	2	total time: 90 min
•	Friday	S	
	Speed work in prepa	aration for the game	total time: 60 min
•	Saturday	GAME	
•	Sunday	AR	
	Active recovery		total time: 60 min

### Monday: CORE & basic strength exercises

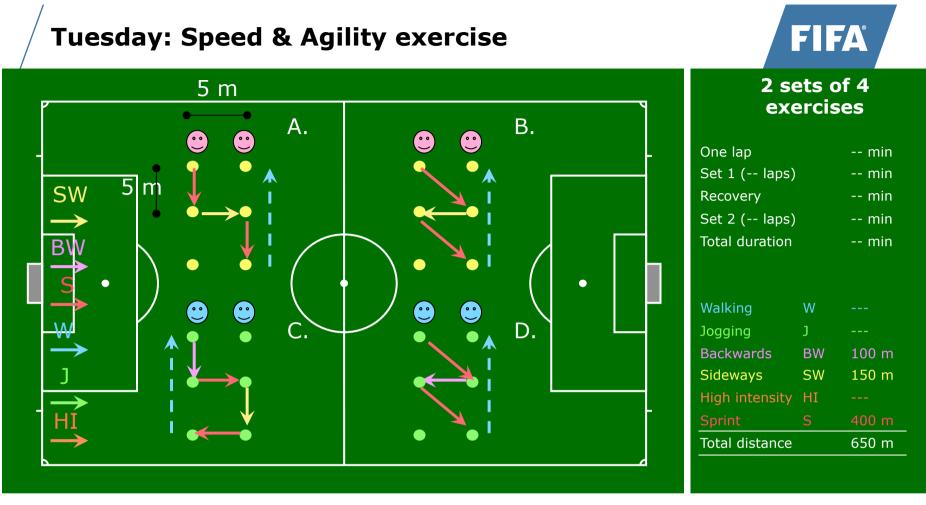




#### Perform minimal the exercises below, you can do additional exercises you know ...

- · Explose singl leg 'lunge'
  - · Position: lunge one leg behind, bent the knees with medicinbal in hands
  - · Exercise: push out both legs and push the ball 'up' as well
  - 2x 30 reps (variant: /)
- Pull ups
  - · Position: Stand upright with eleastic band in both hands and band fixed by the feed
  - · Exercise: stretch arms upright along the body, elbows up and hands in front of the chest
  - · Comment: bring the hands up till the hight of the eyes.
  - 2x 30 reps (variant: /)
- Triceps extension
  - Position: put hands backwards on a chair body straight
  - · Exercise: bent both arms and stretch them out on the bench or chair
  - Comment: stretch out fully
  - 2x 30 reps (variant: /)
- · In addition to the set of strength and injury prevention exercises ...
- Abdominals 'sissors' with a hoop bring your leggs in-and-out the hoop
- · Push ups in ladder make a push up in every square

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



**Set 1:** Short movements combined with short sprints. A. Sprint – sideways – Sprint. B. Diagonal sprint – sideways – diagonal sprint. C. Backwards – sprint – sideways – sprint. D. Diagonal sprint – backwards – diagonal sprint. Full recovery by walking back to starting position. 3 to 5 reps makes 1 set!

Recovery: 4 min active recovery in between sets

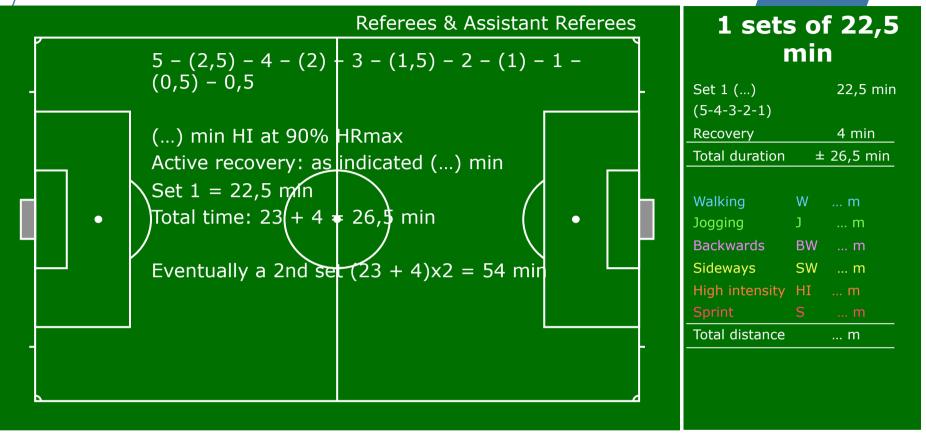
Set 2: Repeat the same exercise.

Total distance S:  $5x 40m \times 2 = 400m$ 

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.

### **Tuesday: High Intensity exercise**

# FIFA



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:** 5 min at 90% HRmax (HI tempo run) *followed by 2,5 min of jogging (active recovery); ...* 

#### Recovery: 4 min

#### Set 2: eventually, repeat the same exercise. (Eventually, walking as recovery)

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!

### **Medium-High Intensity exercise – alternative**



### Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 120 min **cycling** at 75% HRmax.

### • Alternative INDOOR

- **`indoor-treadmill'-**workload:
  - The Medium-High Intensity Training (MI-HI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% 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.

	MI/HI-workload TREADMILL											
Level Time (min)												TOTAL TIME
8												
9			0,5						0,5			10x
10												
11												
12												
13	3			3			3			3		10x
14												
15		0,10						0,10				10x
16												
												30 ' + 10'

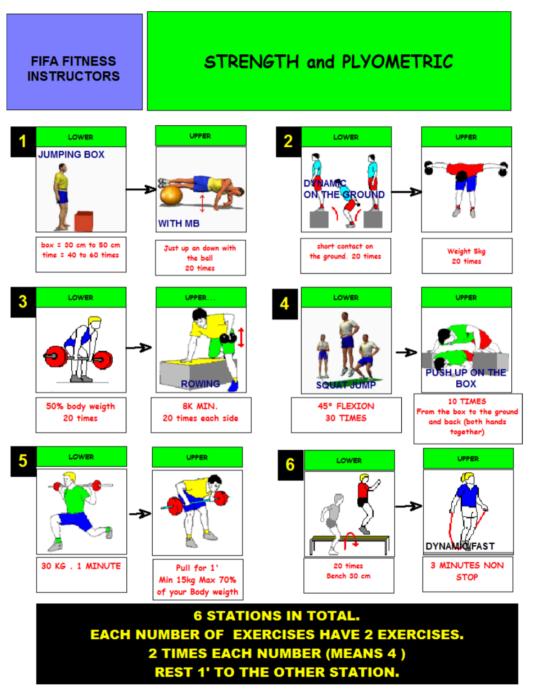


### Wednesday: REST day





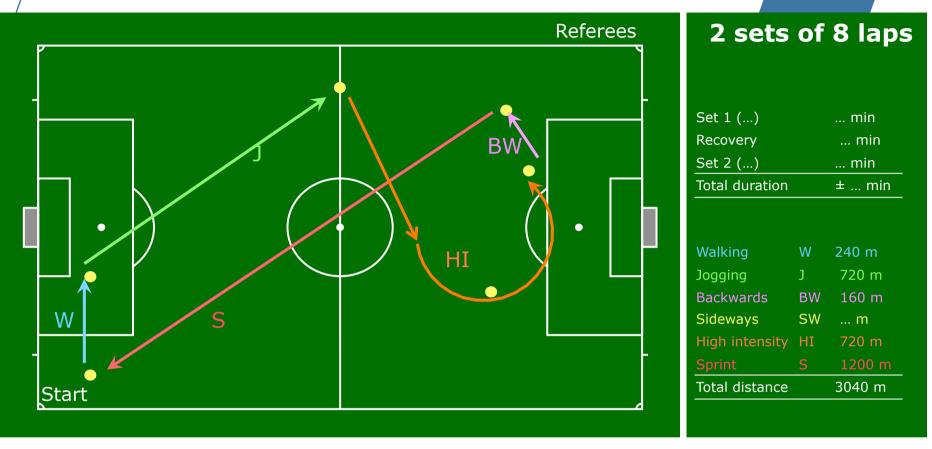
## Thursday: Strength exercises



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### Thursday: Speed Endurance (SE) exercise



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**Set 1:** Combination of HI-run – jogging – sprinting along the diagonal. And learning to leave the diagonal as well. Complete 8 laps.

Recovery: 4 min

Set 2: Repeat the same exercise.

### Speed endurance exercise for assistant referees

**Assistant Referees** 2 sets of 6 laps SŴ S BW S One lap  $\pm 2 \min$ Set 1 (6 laps) 12 min Recovery 4 min Set 2 (6 laps) 12 min Total duration ± 28 min  $\bullet$  $\bullet$ Walking 420 m 20 m Jogging 540 m Backwards BW 480 m W 10 m 10 m10 m Sideways SW 240 m S SW BW S Total distance 3120 m Start

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

Recovery: 4 min

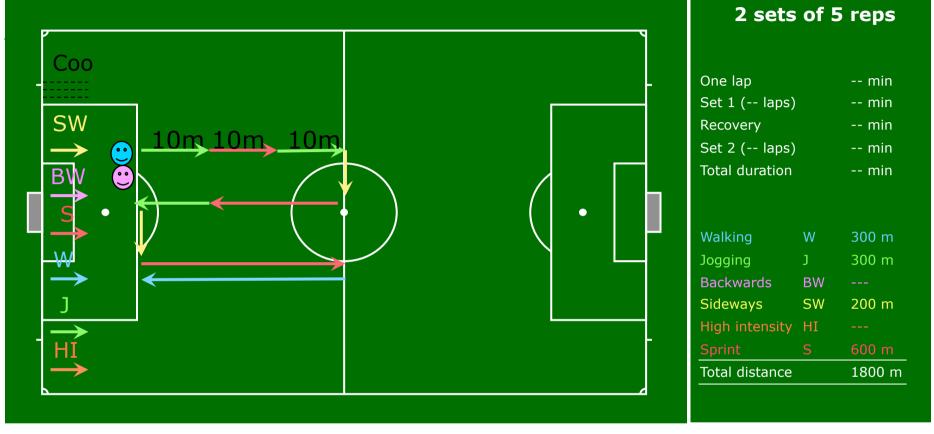
Set 2: Repeat the same exercise.

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

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### Friday: Speed exercise





Set 1: Perform the following sprints at maximum speed; Recover to 65% HRmax between each sprint repetition

- Jog- sprint jog (each time 10 m)
- Sprint (20 m) jog (10 m)
- Sprint (30 m)
- 3 to 5 reps in total

Set 2: repeat set 1







### Sunday: Active Recovery - Light Intensity exercise











#### 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-aside 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

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# 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 Spectrum	eed	
	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 prep	aration for the game)	total time: 60 min
•	Saturday	GAME	
•	Sunday	AR	
	Active recovery		total time: 60 min

### Monday: CORE & basic strength exercises





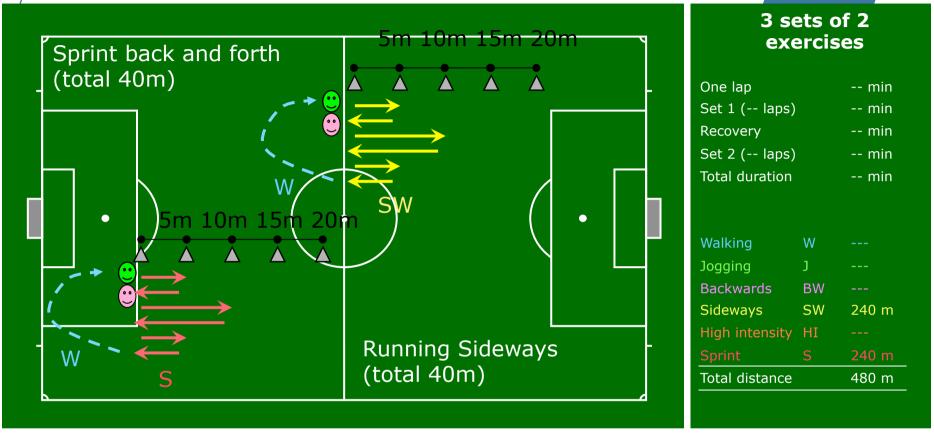
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- · Explose singl leg 'lunge'
  - · Position: lunge one leg behind, bent the knees with medicinbal in hands
  - · Exercise: push out both legs and push the ball 'up' as well
  - 2x 30 reps (variant: /)
- Pull ups
  - · Position: Stand upright with eleastic band in both hands and band fixed by the feed
  - · Exercise: stretch arms upright along the body, elbows up and hands in front of the chest
  - · Comment: bring the hands up till the hight of the eyes.
  - 2x 30 reps (variant: /)
- Triceps extension
  - Position: put hands backwards on a chair body straight
  - · Exercise: bent both arms and stretch them out on the bench or chair
  - Comment: stretch out fully
  - 2x 30 reps (variant: /)
- · In addition to the set of strength and injury prevention exercises ...
- Abdominals 'sissors' with a hoop bring your leggs in-and-out the hoop
- · Push ups in ladder make a push up in every square

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

### **Tuesday: Speed & Agility exercise**





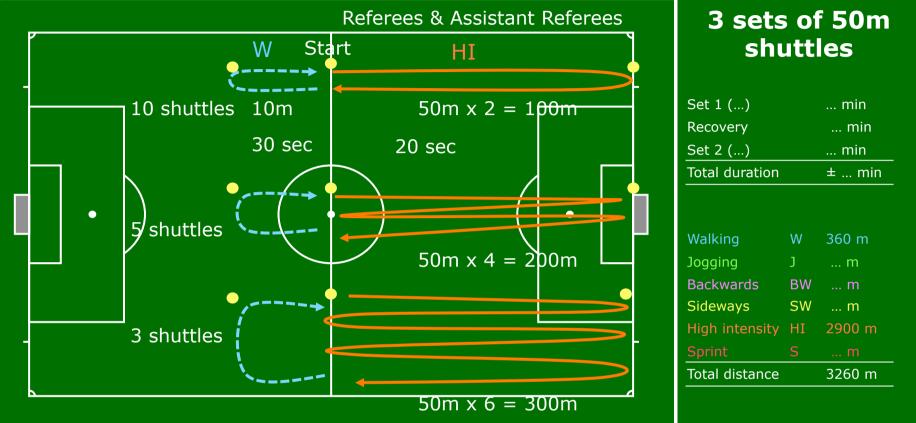
**Set 1:** *Speed exercises!* **2X** Sprint back and forth 5m – 10m – 5m. In total 2x 40m. **2X** Sideways back and forth 5m – 10m – 5m. In total 2x 40m

Recovery: 4 min (also recovery after each sprint by walking to the goal line and back)

Set 2 & Set 3: Repeat the same exercise.

### **Tuesday: High Intensity exercise**





#### Yo-Yo based exercise

**Set 1:** 10 shuttles of 100m (50m – turn L – 50m) to be completed in 20sec. 30" recovery walk (20 to 40m) **Recovery:** 2 min

**Set 2:** 5 shuttles of 200m (4x 50m) to be completed in 40 sec. 30" recovery walk (20 to 40m) (turn R in stead of L) **Recovery:** 2 min

**Set 3:** 3 shuttles of 300m (6x 50m) to be completed in 40 sec. 30" recovery walk (20 to 40m) (turn L and R) Total time: ...

Total distance: 1000 + 1000 + 900 = 2900m of HI running

### **High Intensity exercise – alternative**



### Alternative OUTDOOR

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

### • 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.

HI-workload TREADMILL												
Level	Time	(min)										TOTAL TIME
8												
9	5										5	
10												
11			2									
12		2			2							
13				2			2					
14						2			2			
15								2				
16										2		
												28

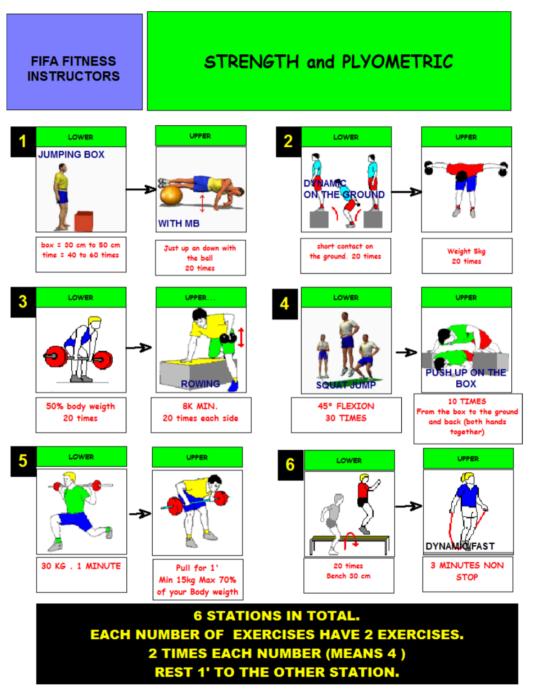


### Wednesday: REST day



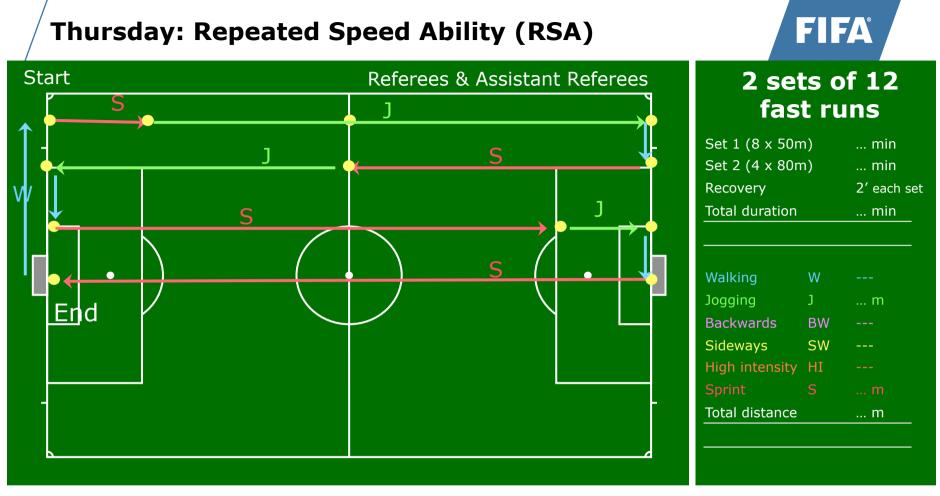


## Thursday: Strength exercises



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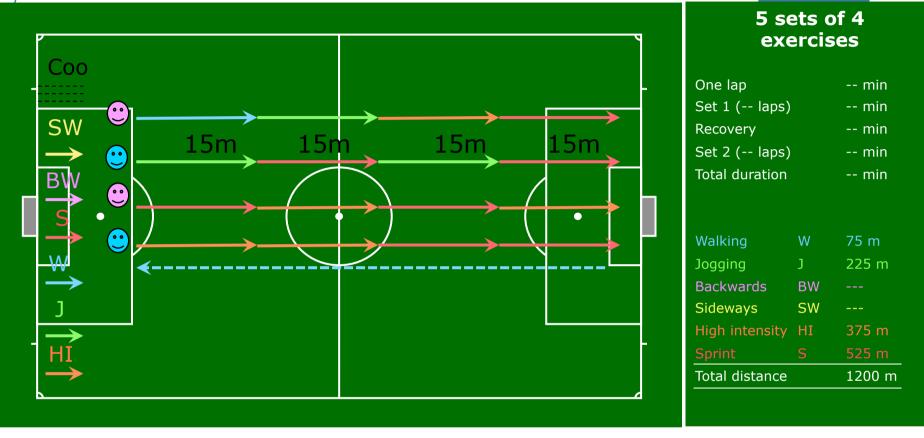
**Set 1:** 4 sprints along the pitch combined with jogging (starting from a small distance till a large distance). Repeat those 4 sprints 3 times (= 3 reps) (4 fast runs x 3 reps = 12 fast runs)

**Set 2:** Again a set of 3 reps of 4 sprints. This time start with the long distance and reduce each time the distance))

**Recovery:** between both sets a minimum of 2'30" recovery or 1 lap of jogging around the pitch.

## Friday: Speed exercise





Set 1: Perform the following sprints at maximum speed; Recover to 65% HRmax between each sprint repetition

- Walk jog HI sprint (each time 15m)
- Jog sprint jog sprint (each time 15m)
- Sprint HI Sprint HI (each time 15m)
- HI HI sprint sprint (each time 15m)

#### 3 to 5 sets in total







#### Sunday: Active Recovery - Light Intensity exercise









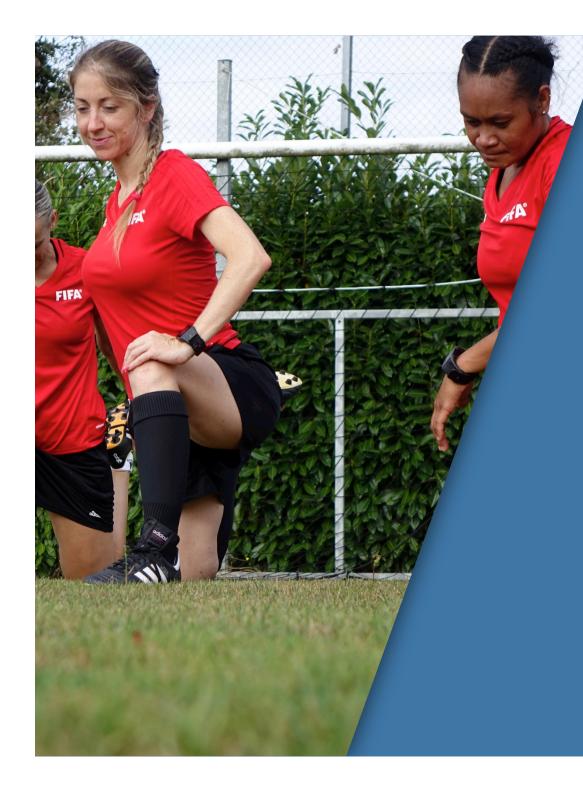


#### Active recovery (AR)

- 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'.



# FIFA

# 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 Spe	eed	
	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 prep	aration for the game)	total time: 60 min
•	Saturday	GAME	
•	Sunday	AR	
	Active recovery		total time: 60 min

#### Monday: CORE & basic strength exercises

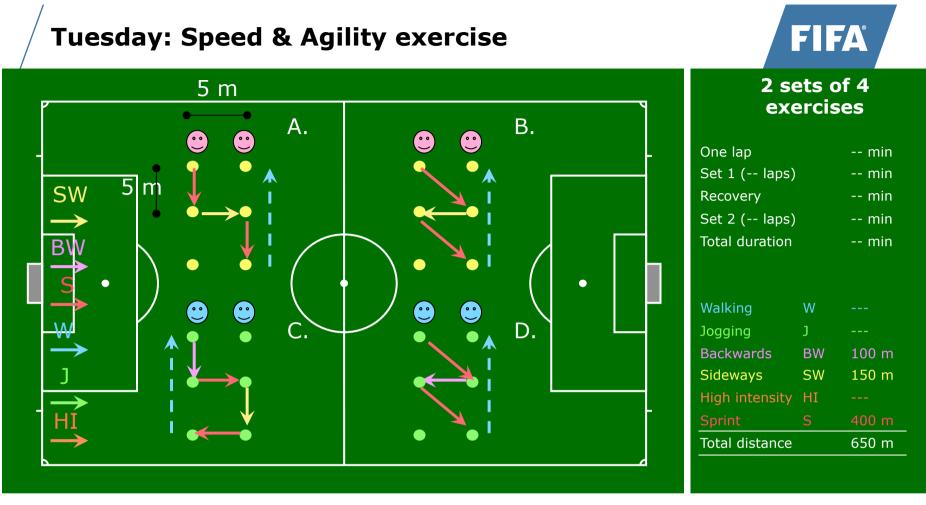




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- Pull ups
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- Triceps extension
  - Position: put hands backwards on a chair body straight
  - · Exercise: bent both arms and stretch them out on the bench or chair
  - Comment: stretch out fully
  - 2x 30 reps (variant: /)
- · In addition to the set of strength and injury prevention exercises ...
- Abdominals 'sissors' with a hoop bring your leggs in-and-out the hoop
- · Push ups in ladder make a push up in every square

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



**Set 1:** Short movements combined with short sprints. A. Sprint – sideways – Sprint. B. Diagonal sprint – sideways – diagonal sprint. C. Backwards – sprint – sideways – sprint. D. Diagonal sprint – backwards – diagonal sprint. Full recovery by walking back to starting position. 3 to 5 reps makes 1 set!

Recovery: 4 min active recovery in between sets

Set 2: Repeat the same exercise.

Total distance S:  $5x 40m \times 2 = 400m$ 

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.

#### **Tuesday: High Intensity exercise**



Set 1: 45 sec HI (90% HRmax) + 15 sec jog => 8X Recovery: 3 min walking Set 2: 30 sec HI (90% HRmax) + 15 sec jog => 8X Recovery: 2 min walking Set 3: 15 sec HI (90% HRmax) + 15 sec jog Set 3: 15 sec HI (90% HRmax) + 15 sec jog => 8X Recovery: 1 min walking Total time: 8 + 3 + 6 + 2 + 4 + 1 = 24 min Walking W m Jogging J m Backwards BW m	Referees & Assistant Referees		ets
Sprint S m Total distance m	<ul> <li>=&gt; 8X</li> <li>Recovery: 3 min walking</li> <li>Set 2: 30 sec HI (90% HRmax) + 15 sec jog</li> <li>=&gt; 8X</li> <li>Recovery: 2 min walking</li> <li>Set 3: 15 sec HI (90% HRmax) + 15 sec jog</li> <li>=&gt; 8X</li> <li>Recovery: 1 min walking</li> </ul>	Set 2 () Recovery Set 3 () Recovery Total duration Walking W Jogging J Backwards B Sideways S High intensity H Sprint S	6 min 2 min 4 min 1 min ± 24 min ± 24 min 0 m W m W m I m I 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: 45 sec at 90% HRmax (HI tempo run) followed by 15 sec sprint ; ...

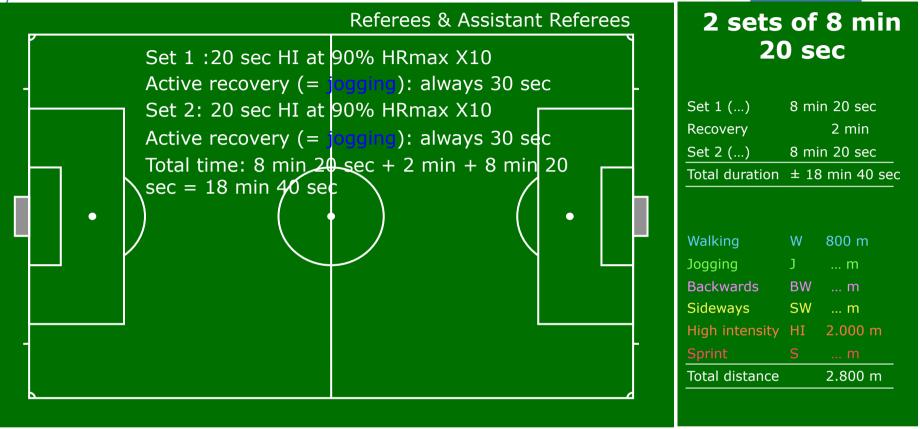
**Recovery:** 3 min walking

Set 2: Code: 30 sec at 90% HRmax (HI tempo run) followed by 15 sec sprint ; ...

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!

#### **Tuesday: High Intensity exercise**





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!

#### **Tuesday: High Intensity exercise – alternative**



#### Alternative OUTDOOR

- 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

### • 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.

	HI-workload TREADMILL											
Level	Time	(min)										TOTAL TIME
8												
9	5										5	
10												
11			2									
12		2			2							
13				2			2					
14						2			2			
15								2				
16										2		
												28

#### **High Intensity exercise – alternative**



#### Alternative OUTDOOR

- Referees & Assistant Referees
- Min. 60 min cycling at 76% Hrmax + after each 8 min a longer acceleration of 2 min (at 86% Hrmax)

### • 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).
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	HI-workload TREADMILL											
Level	Time	(min)									TOTAL TIME	
8												
9			0,45						0,45		9x	
10												
11												
12												
13	3			3			3			3	10x	
14												
15		0,15						0,15			9x	
16												
											30' + 10'	

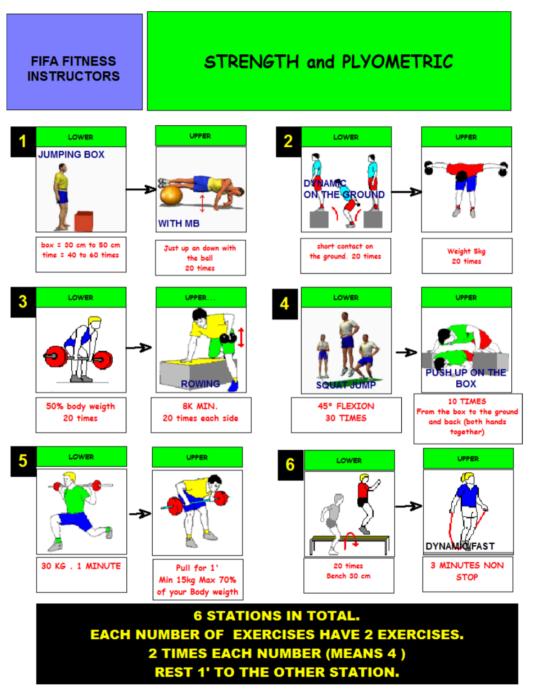


## Wednesday: REST day





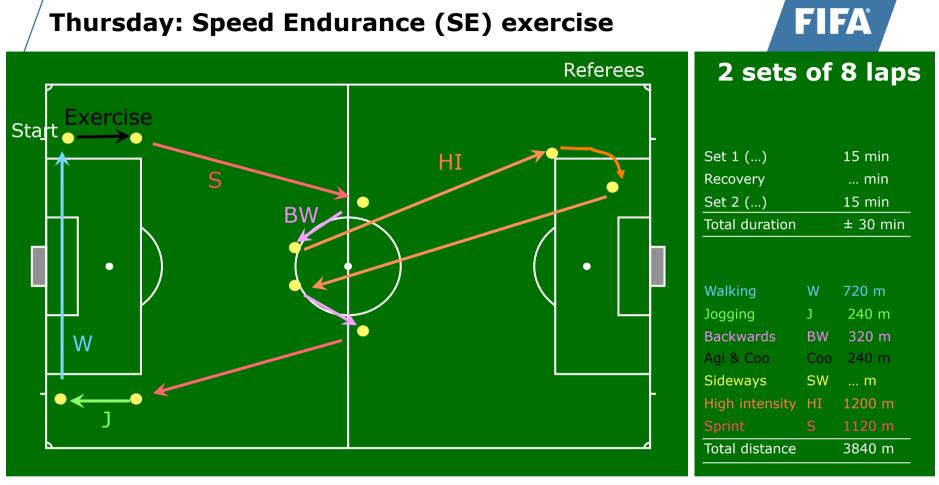
## Thursday: Strength exercises



FIFA

CREATE BY KSPORT+ www.ksportplus.com , éditée le 30/09/2018 www.cardisport.com

### **Thursday: Speed Endurance (SE) exercise**



**Set 1:** Perform 12 to 15 min of the speed endurance exercise as indicated in the picture. Combination of HI-run – jogging – sprinting – backwards moving along the diagonal. Complete 8 laps.

Recovery: 4 min

Set 2: Repeat the same exercise.

#### Speed endurance exercise for assistant referees

**Assistant Referees** 2 sets of ... Start Coo W Set 1 (...) 12 min Recovery 4 min Set 2 (...) 12 min ± 26 min Total duration  $\bullet$ Walking W 180 m HI 180 m Jogging Backwards BW 120 m Sideways SW 600 m <u>± 1</u>440 m Total distance Coo Start 00

**Set 1:** Perform min. 12 min of the speed endurance exercise as indicated in the picture. From Start, coordination, AR run sideways with flag in the left hand. Sprint to the corner flag, followed by a little jog and a HI-acceleration towards the middle.

#### Recovery: 4 min

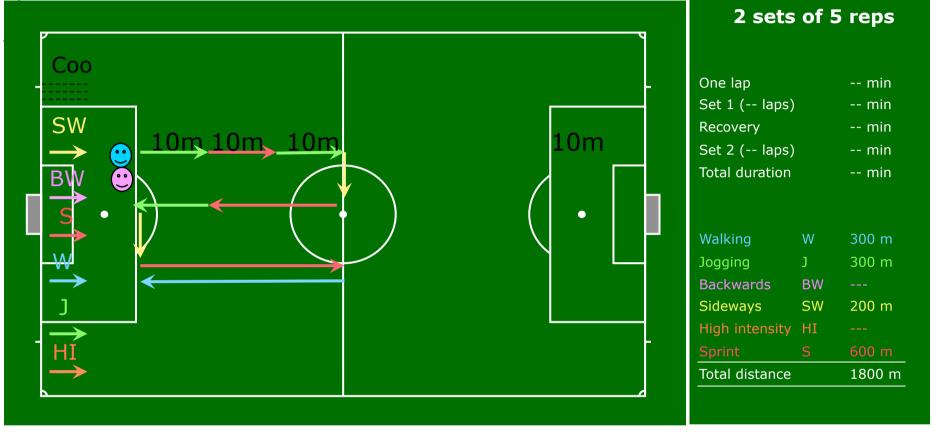
Set 2: Repeat the same exercise.

**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.

FIFA

## Friday: Speed exercise





Set 1: Perform the following sprints at maximum speed; Recover to 65% HRmax between each sprint repetition

- Jog- sprint jog (each time 10 m)
- Sprint (20 m) jog (10 m)
- Sprint (30 m)
- 3 to 5 reps in total

Set 2: repeat set 1







#### Sunday: Active Recovery - Light Intensity exercise











#### 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'.



# FIFA

# Week 5

## Fitness team



## Week 5

### Normal week with game on Saturday.

- Monday CORE
  - Extra CORE & basic strength exercises
- Tuesday S / Agi&Coo / HI
  - (Speed reactive ex.)
  - Agility & Coo icw Speed
  - HI-endurance run
- Wednesday Rest

total time: 50 min

total time: 90 min

#### Monday: CORE & basic strength exercises





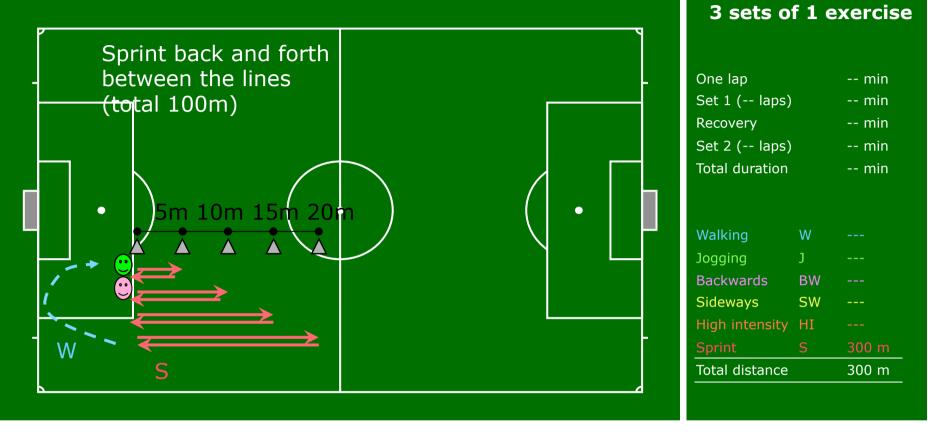
#### Perform minimal the exercises below, you can do additional exercises you know ...

- · Explose singl leg 'lunge'
  - · Position: lunge one leg behind, bent the knees with medicinbal in hands
  - · Exercise: push out both legs and push the ball 'up' as well
  - 2x 30 reps (variant: /)
- Pull ups
  - · Position: Stand upright with eleastic band in both hands and band fixed by the feed
  - · Exercise: stretch arms upright along the body, elbows up and hands in front of the chest
  - · Comment: bring the hands up till the hight of the eyes.
  - 2x 30 reps (variant: /)
- Triceps extension
  - Position: put hands backwards on a chair body straight
  - · Exercise: bent both arms and stretch them out on the bench or chair
  - Comment: stretch out fully
  - 2x 30 reps (variant: /)
- · In addition to the set of strength and injury prevention exercises ...
- Abdominals 'sissors' with a hoop bring your leggs in-and-out the hoop
- · Push ups in ladder make a push up in every square

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

#### **Tuesday: Speed & Agility exercise**





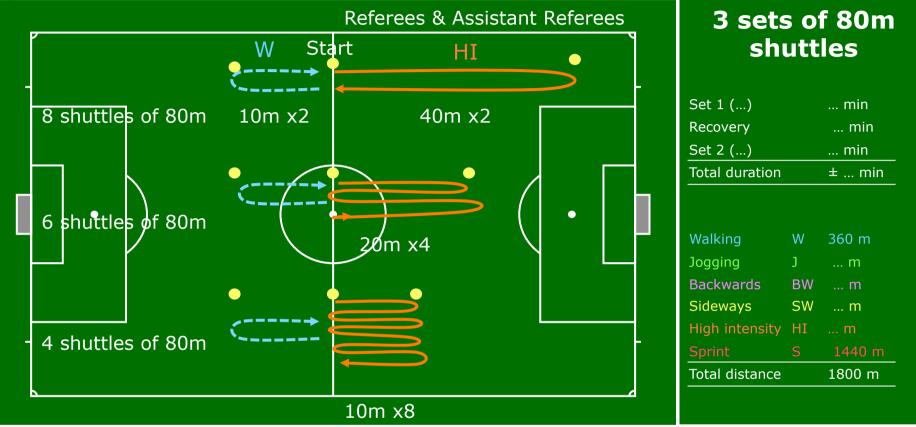
Set 1: Speed exercises! Sprint back and forth 5m – 10m – 15m – 20m. In total 100m. 1 reps make one set.

Recovery: 4 min (also recovery after each sprint by walking to the goal line and back)

Set 2 & 3: Repeat the same exercise.

#### **Tuesday: High Intensity exercise**





Yo-Yo based exercise: shuttles of 80m

**Set 1:** : 8 shuttles (40mx 2 = 80m)) to be completed in 17 sec. 30" recovery walk (40m) (Set 1 takes ...)

Recovery: 3 min

Set 2: 6 shuttles (20mx 4 = 80m) to be completed in 19 sec. 30" recovery walk (40m) Recovery: 3 min

Set 3: 4 shuttles (10mx 8 = 80m) to be completed in 21 sec. 30" recovery walk (40m)

Total time:  $\dots + 2' + \dots$  or  $\dots 00m$  ( $\dots$  at HI and  $\dots m$  walking)

#### **High Intensity exercise – alternative**



#### 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 + 10

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	HI-workload TREADMILL												
Level	Time	(min)									TOTAL TIME		
8													
9	5			5									
10													
11		12									'out'		
12													
13													
14			10								'back'		
15													
16													
											32		



## Wednesday: REST day







## Success!

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