



Training plan – February 2019

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Objectives & Planning



- Follow up after the FIFA Women Referee Seminar Doha 2019!
- It is great to see you for the first time all together. Let this be a great start towards the final World Cup! The atmosphere is great and we all learned a lot. VAR – Simulator – meeting colleagues that you only know from name, ... Let's motivate each other to give the best you have in you for the next 4 months!
- Very happy that a lot of you took a good holiday end of december / beginning of January. It was/is not yet the moment to be top fit. The heart rates showing acceptable level of fitness. So that means that even with a good break you didn't lose too much of your capacities. In contrary it shows a good basis. Let's go step-by-step to reach your peak-performance in June!
- From admin point of view, Topsportslab has finally changed their approach for 'variation'. From now on all days are counting (not longer the full weeks). So it should be correcter to get 'green'.
- Keep your focus and continue your hard work!
- Enjoy your next exciting game!
- Fitness team



FIFA

Week 2

Fitness team

FIFA Women Referees Fitness Programme / 3

Week 2 **FIFA**

- Monday CORE
 - Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo / MI
 - Speed – reactive ex.
 - Agility & Coo icw Speed
 - HI-endurance run / jogging total time: 90 min
- Wednesday Rest
- Thursday Strength / S / HI
 - Strength
 - Extra Speed!
 - HI-endurance run DYY / ARIET 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 ...

- **Bench**
 - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
 - **2x 20 sec**
- **Sideways bench knee**
 - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
 - **2x 20 sec**
- **Lying on stomach with arm and leg lift**
 - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
 - **2x 20 sec**
- **Sit-ups on Swiss ball (m. abdominis)**
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - **2 x 10 reps**

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

Tuesday: Speed – reactive exercises

FIFA

'Reactive exercises'

- Lunges (5x) + sprint
 - 3x 5 m; 3x 10 m; 3x 15 m
- High knees on the spot (5 sec) + sprint upstairs 5 m
 - 5 reps
- Total of 115 m at full speed.



- **NOTE:**
 - Perform each sprint at maximal speed!
 - Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
 - Take your time for a full recovery by walking back to start.



Tuesday: Speed & Agility exercise

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

Walking	W	250 m
Jogging	J	---
Backwards	BW	250 m
Sideways	SW	250 m
High Intensity	HI	---
Sprint	S	250 m
Total distance		480 m

Set 1: Combination of coordination movements – sideways and backwards moving + sprint and walking ... On set consist of 5 reps. Set 1 = B

Recovery: 2 min.

Set 2: Repeat set, Set 2 = A

Recovery: 2 min.

Set 3: Repeat set, Set 3 = B

Tuesday: High Intensity exercise

FIFA

3 sets

Set 1 (...)	8 min
Recovery	3 min
Set 2 (...)	6 min
Recovery	2 min
Set 3 (...)	4 min
Recovery	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

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
=> 8X
Recovery: 1 min walking

Total time: 8 + 3 + 6 + 2 + 4 + 1 = 24 min

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 – alternative

FIFA

- **Alternative OUTDOOR**
 - 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
- **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.

Nov 10, w1 / Nov 11, w1 / Nov 13, w14

HI-workload ... TREADMILL ...										
Level	Time (min)									TOTAL TIME
8	5							5		
9										
10		4		4		4				
11										
12										
13										
14		4		4		4				
15										
16										
										34

Wednesday: REST day

FIFA



Thursday: Speed & Agility exercise

FIFA

2 sets of 2 reps

Set 1 (T-drill)	1 min
Recovery	3 min
Set 2 (Coda)	1 min
Total duration	± 5 min

Walking	W	... m
Jogging	J	... m
Backwards	BW	20 m
Sideways	SW	72 m
High intensity	HI	... m
Sprint	S	60 m
Total distance		152 m

T-drill: Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line
 A second time: start Left side instead of Right side.
 (By preference timed with micro gate)

Recovery: 3 to 4 min

CODA-drill: Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line. 2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.
 (By preference timed with micro gate)

Thursday: Strength exercises

FIFA STRENGTH TRAINING – CORE AND STRENGTH FEBRUARY 2019

FIFA WOMEN WORLD CUP 2019 – BUILD THE BEST – Jean-Baptiste and Kader FIFA Fitness Instructors

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities.

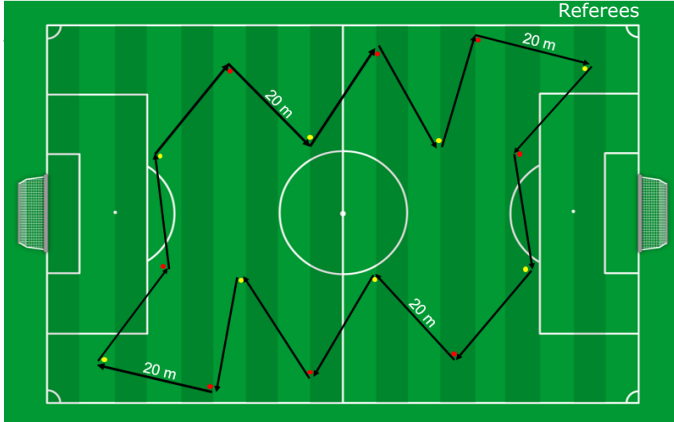
Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.

12 different stations.
20 times each exercises/each side or 30 seconds
Rest 30 seconds between each exercises.
3 to 5 rounds.
Rest between Rounds : 2'

FIFA

Thursday: High Intensity exercise exercise - DY

FIFA

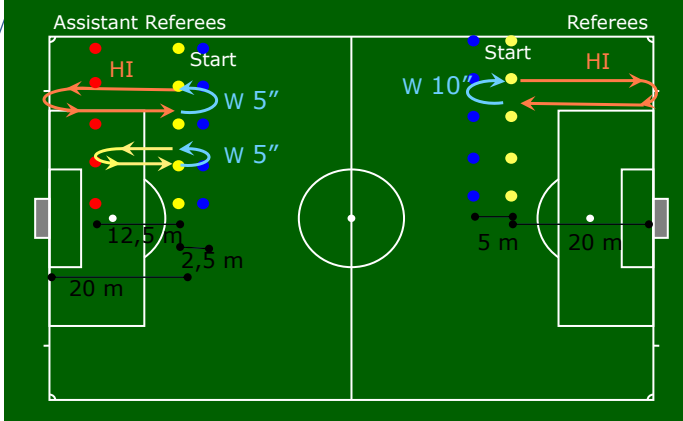


3 sets of x reps	
Set 1 (...)	6,17 min
Recovery	3 min
Set 2 (...)	6,04 min
Recovery	3 min
Set 3 (...)	4,47 min
Total duration ± 21 min	
Walking	W ... m
Jogging	J ... m
Backwards	BW ... m
Sideways	SW ... m
High intensity	HI 2120 m
Sprint	S ... m
Total distance	2120 m

Referees: Dynamic Yo-Yo based: Yo-Yo Intermittent Recovery test Level 1
Set 1: level 13.1 – 15.8 (20 accelerations)
Set 2: level 16.1 – 18.4 (20 accelerations)
Set 3: level 16.1 – 17.8 (16 accelerations)
Recovery: 3 min in between sets

Thursday: High Intensity exercise – ARIET

FIFA



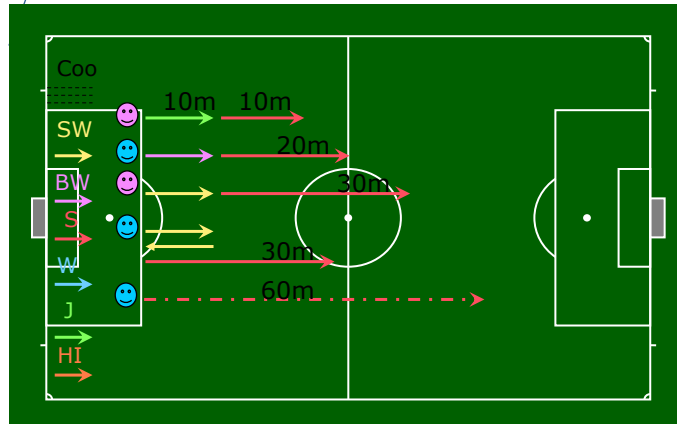
3 sets of x reps	
Set 1 (...)	6 min
Recovery	3 min
Set 2 (...)	6 min
Recovery	3 min
Set 3 (...)	6 min
Total duration ± 24 min	
Walking	W ... m
Jogging	J ... m
Backwards	BW ... m
Sideways	SW ... m
High intensity	HI ... m
Sprint	S ... m
Total distance	... m

Assistant Referees: ARIET based: Yo-Yo Intermittent Endurance test Level 2
Set 1: 2x 20m HI-run fort & back 10 sec ; 2x 12,5m sidew + backw 10 sec (+/- 6 min)
Set 2 & 3: idem
Recovery: 3 min in between sets

Friday: Speed exercise



1 sets of 3 laps



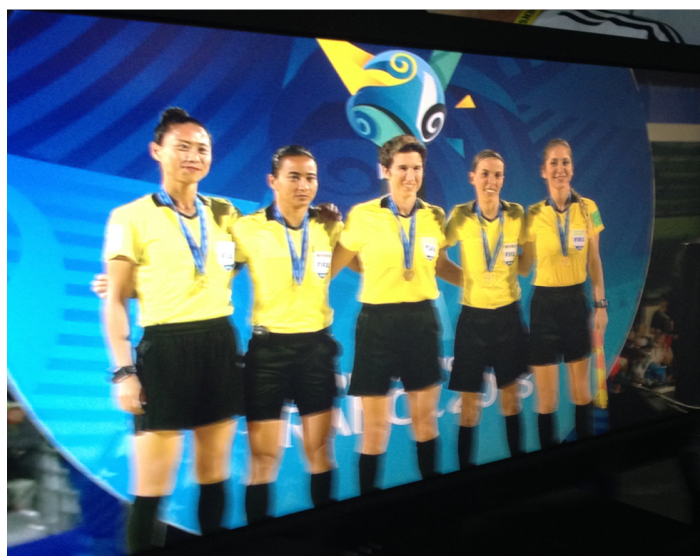
One lap	-- min
Set 1 (-- laps)	-- min
Recovery	-- min
Set 2 (-- laps)	-- min
Total duration	-- min
<hr/>	
Walking	W 570 m
Jogging	J 30 m
Backwards	BW 30 m
Sideways	SW 90 m
High intensity	HI ---
Sprint	S 450 m
Total distance	1170 m

Set 1: ...

Perform the following sprints at maximum speed x 3 rotations:

- 10m jogging, 10m sprint
 - 10m backwards, turn, 20m sprint
 - 10m SS right, turn, 30m sprint
 - 10m SS right, turn, 10m SS left, turn, 30m sprint
 - 60 m – progressive accelerations (not to fast), control your body and running style
- Recover to 65% HRmax between each sprint repetition
- Total = 15 sprints = 450m

Saturday: Game



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'.



FIFA

Week 3

Fitness team

FIFA Women Referees Fitness Programme / 18

Week 3

FIFA

Normal week with game on Saturday.

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

Monday: CORE & basic strength exercises

FIFA



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

- **Bench**
 - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
 - 2x 20 sec
- **Sideways bench knee**
 - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
 - 2x 20 sec
- **Lying on stomach with arm and leg lift**
 - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
 - 2x 20 sec
- **Sit-ups on Swiss ball (m. abdominis)**
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - 2 x 10 reps

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

Tuesday: Speed – reactive exercises

FIFA

'Reactive exercises'

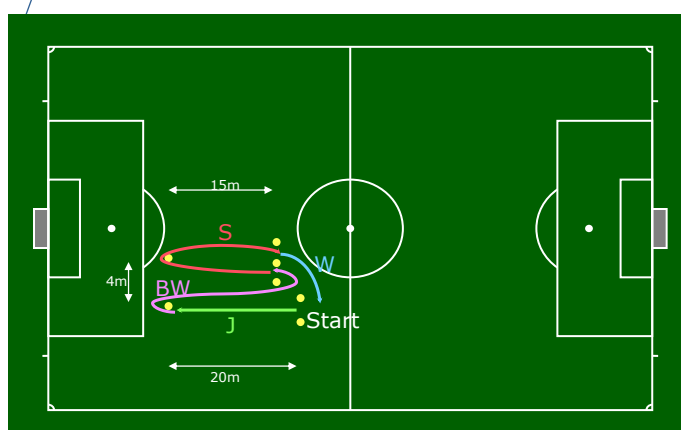
- Step off the bench + sprint
 - 3x 5 m; 3x 10 m
 - 'Step off the bench':
 - It's not jumping, make just a step.
 - But, the landing must be active on the forefeet!
 - Land also with your body almost straight up.
- Step off the bench + high knees on the spot (3 sec) + sprint
 - 2x 10 m; 2x 15 m
- Total of 95 m at full speed.



• NOTE:

- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
- Take your time for a full recovery by walking back to start.

Tuesday: Speed exercise & Agility

FIFA


2 sets of 5 sprints

Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
Total duration	15 min

Walking	W	100 m
Jogging	J	200 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	300 m
Total distance		800 m

Set 1: 5 sprints make 1 set; walk back slowly after every sprint; start each run on every 60 sec
See picture: Start by jogging 20 m – 20m backwards – finish with a sprint of 30m with a U-turn

Recovery: 5 min

Set 2: Repeat set 1

Eventually: Set 3: Same exercise, again 5 sprints.

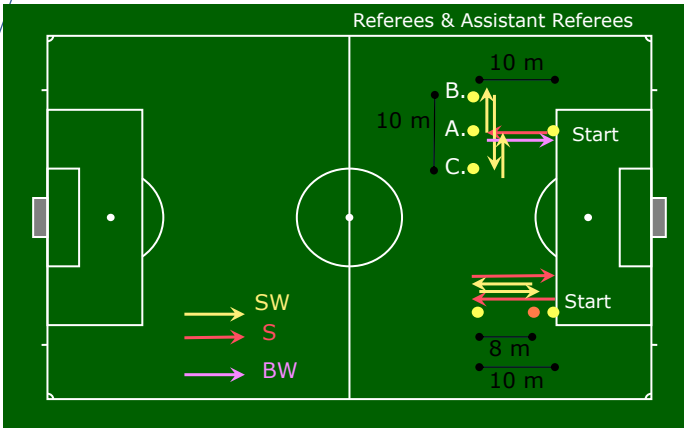
Wednesday: REST day

FIFA



Thursday: Speed & Agility exercise

FIFA



2 sets of 2 reps

Set 1 (T-drill)	1 min
Recovery	3 min
Set 2 (Coda)	1 min
Total duration	± 5 min

Walking	W	...	m
Jogging	J	...	m
Backwards	BW	20	m
Sideways	SW	72	m
High intensity	HI	...	m
Sprint	S	60	m
Total distance		152	m

T-drill: Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line

A second time: start Left side instead of Right side.

(By preference timed with micro gate)

Recovery: 3 to 4 min

CODA-drill: Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line. 2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.

(By preference timed with micro gate)

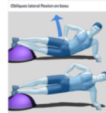
Thursday: Strength exercises

FIFA STRENGTH TRAINING – CORE AND STRENGTH – FEBRUARY 2019
FIFA WOMEN WORLD CUP 2019 – BUILD THE BEST – Jean-Baptiste and Kader FIFA Fitness Instructors

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities.

Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.


Exercise 1



Exercise 2



Exercise 3

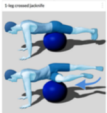

Exercise 4



Exercise 5



Exercise 6


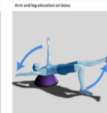
Exercise 7


Exercise 8



Exercise 9


Exercise 10


Exercise 11


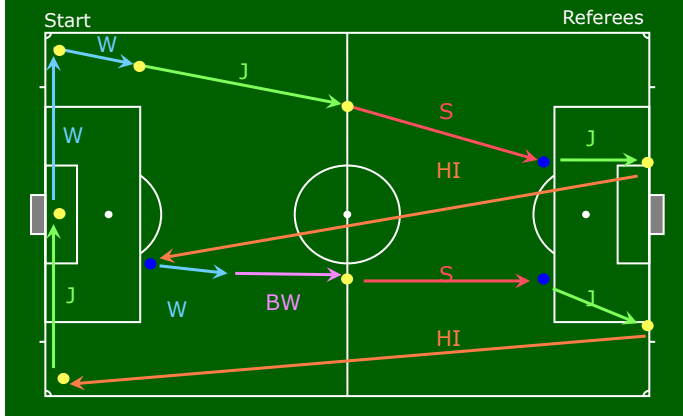
Exercise 12


12 different stations.
20 times each exercises/each side or 30 seconds
Rest 30 seconds between each exercises.
3 to 5 rounds.
Rest between Rounds : 2'



Thursday: Speed endurance exercise

FIFA STRENGTH TRAINING – CORE AND STRENGTH – FEBRUARY 2019
FIFA WOMEN WORLD CUP 2019 – BUILD THE BEST – Jean-Baptiste and Kader FIFA Fitness Instructors



2 sets of 4 laps

One lap	2,5-3 min
Set 1 (4-5 laps)	12 min
Recovery	4 min
Set 2 (4-5 laps)	12 min
Total duration	28 min

(indications)

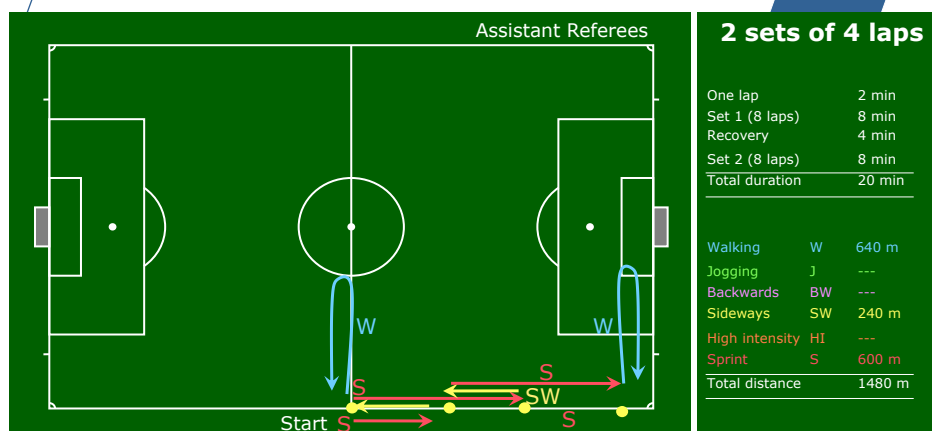
Walking	W	560 m
Jogging	J	960 m
Backwards	BW	240 m
Sideways	SW	---
High intensity	HI	1600 m
Sprint	S	480 m
Total distance		3840 m

Set 1: Run 4 to 5 laps of the speed endurance exercise as indicated in the picture. Recognize the 3 spots from the DYY (in dark blue), those are your reference points at the penalty area!

Recovery: 4 min, active recovery with stretches

Set 2: Again 4 to 5 laps of the same exercise.

Thursday: Speed endurance exercise for assistant referees



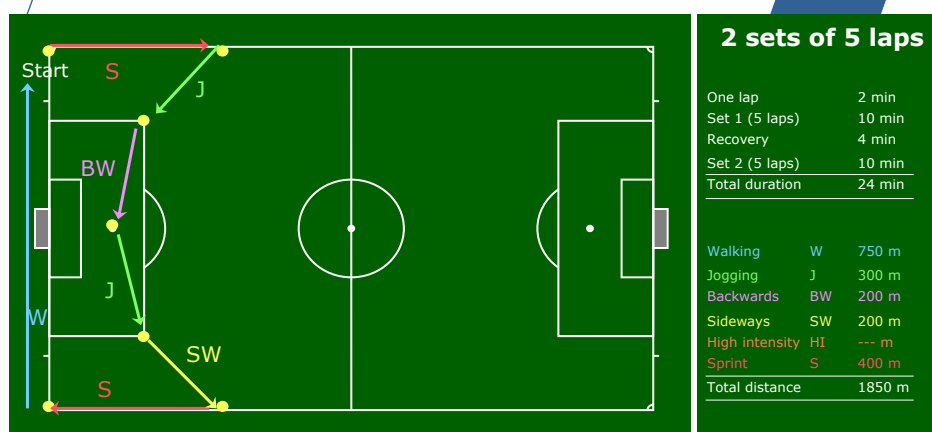
Set 1: Run 6 laps of the exercise as indicated in the picture.

Recovery: 4 min

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

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

Friday: Speed exercise



Set 1: Sprint exercise outside & inside the penalty area: sprint – jog – backpedal – jog – sideways – sprint – return by walking. 5 laps make 1 set.

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

Set 2: Repeat the same exercise.

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'.



Week 4 **FIFA**

Normal week with game on Saturday.

- Monday CORE
 - Extra CORE & basic strength exercises
 total time: 50 min
- Tuesday S / Agi&Coo / MI
 - Speed – reactive ex.
 - Agility & Coo icw Speed
 - HI-endurance run
 total time: 90 min
- Wednesday Rest
- Thursday Strength / S / HI
 - Strength
 - Extra Speed!
 - RSA field run exercise
 total time: 90 min
- Friday S
 - Speed work in preparation for the game
 total time: 60 min
- Saturday GAME
- Sunday AR
 - Active recovery
 total time: 60 min

Monday: CORE & basic strength exercises

FIFA



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

- **Bench**
 - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
 - **2x 20 sec**
- **Sideways bench knee**
 - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
 - **2x 20 sec**
- **Lying on stomach with arm and leg lift**
 - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
 - **2x 20 sec**
- **Sit-ups on Swiss ball (m. abdominis)**
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - **2 x 10 reps**

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

Tuesday: Speed – reactive exercises

FIFA

'Reactive exercises'

- Lunges (5x) + sprint
 - 3x 5 m; 3x 10 m; 3x 15 m
- High knees on the spot (5 sec) + sprint upstairs 5 m
 - 5 reps
- Total of 115 m at full speed.



- **NOTE:**
 - Perform each sprint at maximal speed!
 - Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
 - Take your time for a full recovery by walking back to start.



Tuesday: Speed & Agility exercise

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

Walking	W	250 m
Jogging	J	---
Backwards	BW	250 m
Sideways	SW	250 m
High Intensity	HI	---
Sprint	S	250 m
Total distance		480 m

Set 1: Combination of coordination movements – sideways and backwards moving + sprint and walking ... On set consist of 5 reps. Set 1 = B

Recovery: 2 min.

Set 2: Repeat set, Set 2 = A

Recovery: 2 min.

Set 3: Repeat set, Set 3 = B

Tuesday: High Intensity exercise

FIFA

2 sets of 10 min

Set 1 (...)	10 min
Recovery	2 min
Set 2 (...)	10 min
Recovery	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

Referees & Assistant Referees

HI at 90% HRmax

Set 1: 20 (10) – 40 (20) – 60 (30) – 80 (40) – 100 (50) – 120 (60) – 140 (70) – 160 (80) – 180 (90) – 200 (100)

Recovery (= jogging): 2'

Set 2: 20 (10) – 40 (20) – 60 (30) – 80 (40) – 100 (50) – 120 (60) – 140 (70) – 160 (80) – 180 (90) – 200 (100)

Active recovery: always ½ of time (jogging)

Total time: 10 + 2 + 10 + 2 min = 24 min

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: 20 sec at 90% HRmax (HI tempo run) followed by 10 sec jogging (active recovery); ...

Recovery: 2-4 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!

Tuesday: High Intensity exercise – alternative

FIFA

- 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 62 min = 10 (at 76%) + 3 (at 86%) + 10 + 3 + 10 + 3 + 10 + 3 + 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.

Nov 10, w3 / Nov 11, w5 / Nov 13, w4

HI-workload ... TREADMILL ...									
Level	Time (min)								TOTAL TIME
8									
9	10								10
10									
11									
12		1							
13		2		1					
14			2		1				
15				2		1			
16					2				
									32

Wednesday: REST day

FIFA


Thursday: Speed & Agility exercise

FIFA

2 sets of 2 reps

Set 1 (T-drill)	1 min
Recovery	3 min
Set 2 (Coda)	1 min
Total duration	± 5 min

Walking	W	... m
Jogging	J	... m
Backwards	BW	20 m
Sideways	SW	72 m
High intensity	HI	... m
Sprint	S	60 m
Total distance		152 m

T-drill: Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line
 A second time: start Left side instead of Right side.
 (By preference timed with micro gate)

Recovery: 3 to 4 min

CODA-drill: Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line. 2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.
 (By preference timed with micro gate)

Thursday: Strength exercises

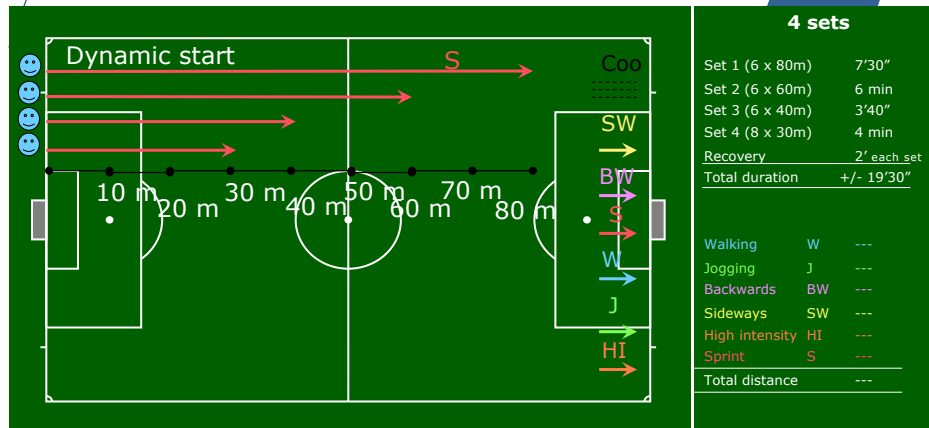
FIFA STRENGTH TRAINING – CORE AND STRENGTH FEBRUARY 2019
FIFA WOMEN WORLD CUP 2019 – BUILD THE BEST – Jean-Baptiste and Kader FIFA Fitness Instructors

Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. This leads to better balance and stability, whether on the playing field or in daily activities.

Weak core muscles can also leave you susceptible to poor posture, lower back pain and muscle injuries. Strengthening core muscles may also help improve back pain.

12 different stations.
20 times each exercises/each side or 30 seconds
Rest 30 seconds between each exercises.
3 to 5 rounds.
Rest between Rounds : 2'

Thursday: Repeated Speed Ability (RSA) exercise **FIFA**



Set 1: 6 sprints over 80 m (+/- 12 sec), 1:6 recovery. 7 min 30 sec in total.

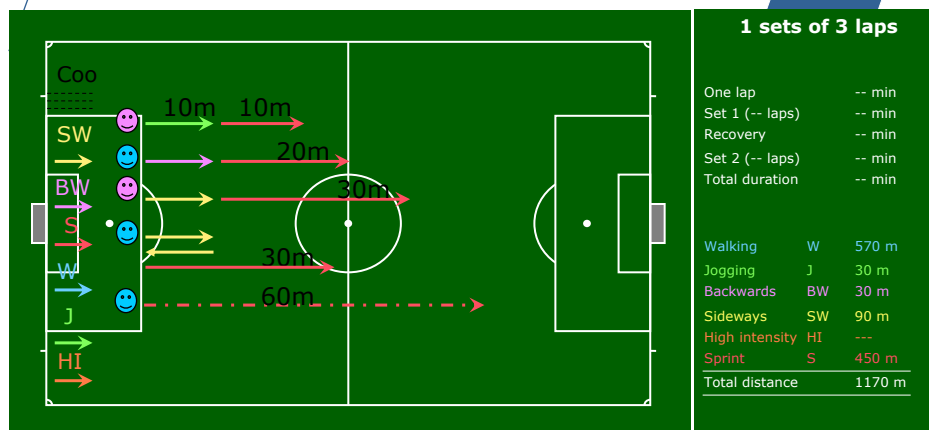
Set 2: 6 sprints over 60 m (+/- 9 sec), 1:6 recovery. 6 min in total.

Set 3: 6 sprints over 40 m (+/- 6 sec), 1:6 recovery. 3 min 40 sec in total.

Set 4: 8 sprints over 30 m (+/- 4,5 sec), 1:6 recovery. 4 min in total.

Recovery: 2 min between each set.

Friday: Speed exercise **FIFA**



Set 1: ...

Perform the following sprints at maximum speed x 3 rotations:

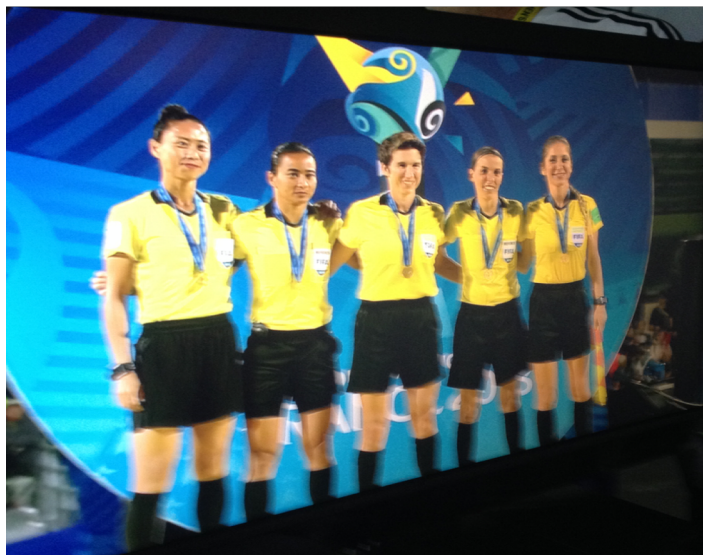
- 10m jogging, 10m sprint
- 10m backwards, turn, 20m sprint
- 10m SS right, turn, 30m sprint
- 10m SS right, turn, 10m SS left, turn, 30m sprint
- 60 m – progressive accelerations (not to fast), control your body and running style

Recover to 65% HRmax between each sprint repetition

Total = 15 sprints = 450m

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'.



Week 5 **FIFA**

Normal week with game on Saturday.

- Monday CORE
 - Extra CORE & basic strength exercises total time: 50 min
- Tuesday S / Agi&Coo / MI
 - Speed – reactive ex.
 - Agility & Coo icw Speed
 - HI-field run exercise total time: 90 min
- Wednesday Rest
- Thursday Strength / S / HI
 - Strength
 - Extra Speed!
 - RSA field run exercise total time: 90 min

Monday: CORE & basic strength exercises

FIFA



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

- **Bench**
 - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position. Your body should be in a straight line. Do not sway or arch your back
 - **2 x 20 sec**
- **Sideways bench knee**
 - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
 - **2 x 20 sec**
- **Lying on stomach with arm and leg lift**
 - Lie on your stomach. Lift your arms and legs up (15 cm). Hold the position.
 - **2 x 20 sec**
- **Sit-ups on Swiss ball (m. abdominis)**
 - Lie on your back on the ball. Place your hands in your neck.
 - Exercise: bring your upper body slowly up and down.
 - Keep looking upwards!
 - **2 x 10 reps**

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

Tuesday: Speed – reactive exercises

FIFA

'Reactive exercises'

- Step off the bench + sprint
 - 3x 5 m; 3x 10 m
 - 'Step off the bench':
 - It's not jumping, make just a step.
 - But, the landing must be active on the forefeet!
 - Land also with your body almost straight up.
- Step off the bench + high knees on the spot (3 sec) + sprint
 - 2x 10 m; 2x 15 m
- Total of 95 m at full speed.



- **NOTE:**
 - Perform each sprint at maximal speed!
 - Pay attention to your sprinting technique!
 - Active arm action in line with the body
 - Foot positioning (straight forwards)
 - Lean a little forward with the body
 - ...
 - Take your time for a full recovery by walking back to start.

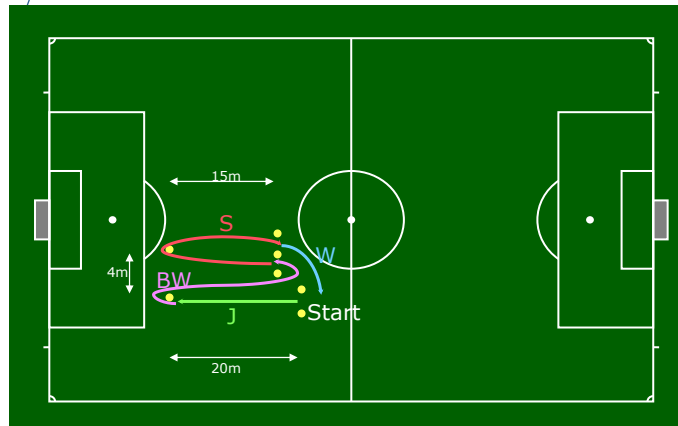
Tuesday: Speed exercise & Agility

FIFA

2 sets of 5 sprints

Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
Total duration	15 min

Walking	W	100 m
Jogging	J	200 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	300 m
Total distance		800 m



Set 1: 5 sprints make 1 set; walk back slowly after every sprint; start each run on every 60 sec
See picture: Start by jogging 20 m – 20m backwards – finish with a sprint of 30m with a U-turn

Recovery: 5 min

Set 2: Repeat set 1

Eventually: Set 3: Same exercise, again 5 sprints.

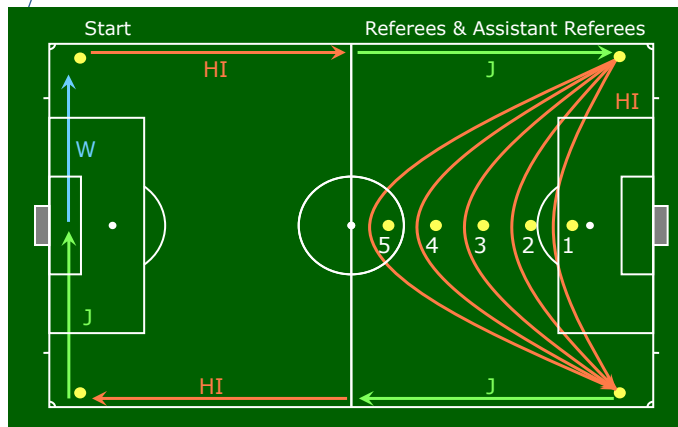
Tuesday: High intensity exercise

FIFA

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	300 m
Jogging	J	1300 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1800 m
Sprint	S	---
Total distance		3400 m



Set 1: From the start, run at the indicated intensity around the field perimeter. For the first lap 1, run around cone 1, for the second lap, run around cone 2 and so on up to cone 5 for lap 5, thus increasing the run distance at high intensity with each subsequent lap. The high intensity running should be at 85-95% of the maximal running speed.

Recovery: 4 min

Set 2: Now run around cone 5 on lap 1, and work down to cone 1 on lap 5, thus decreasing the run distance with each subsequent lap.

Tuesday: High Intensity exercise – alternative

FIFA

- Alternative OUTDOOR
 - Referees & Assistant Referees
 - Min. 70 min **cycling** at 76% H_{rmax} + after each 10 min a longer acceleration of 5/4/3/2/1 min (at 86% H_{rmax})
 - Total of 75 min = 10 (at 76%) + 5 (at 86%) + 10 + 4 + 10 + 3 + 10 + 2 + 10 + 1 + 10
- Alternative INDOOR
 - **'indoor-treadmill'-workload:**
 - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% H_{rmax}) and (short) HI-tempo runs (86-93% H_{rmax}).
 - **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.

Nov 10, w4 / Nov13, w5

HI-workload ... TREADMILL ...										
Level	Time (min)									
8										
9	10							10		
10										
11		5								
12			4							
13				3						
14					2					
15						1				
16										
										35

Wednesday: REST day

FIFA


Thursday: Speed & Agility exercise

FIFA

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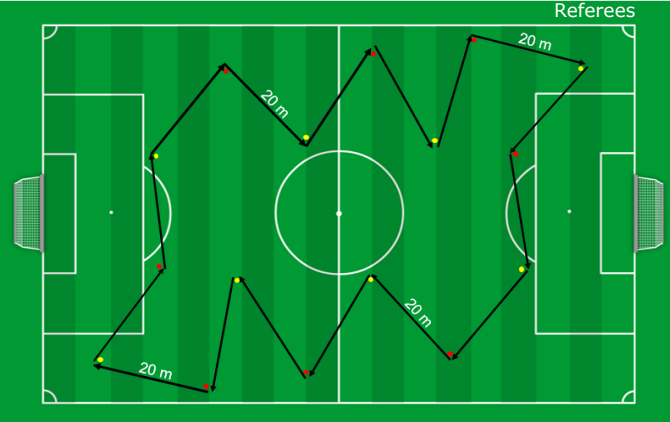
Rest 30 seconds between each exercises.

3 to 5 rounds.

Rest between Rounds : 2'

Thursday: High Intensity exercise – DYY

Referees



3 sets of x reps

Set 1 (...)	6,17 min
Recovery	3 min
Set 2 (...)	6,04 min
Recovery	3 min
Set 3 (...)	4,27 min
Total duration	± 23 min

Walking	W	... m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	1960 m
Sprint	S	... m
Total distance		1960 m

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

Set 1: level 13.1 – 15.8 (20 accelerations)

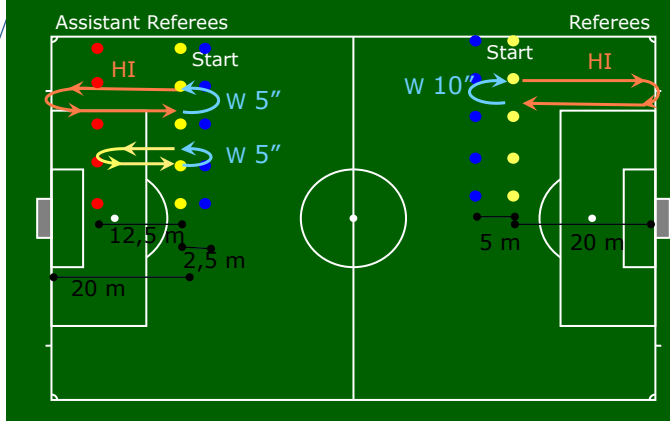
Set 2: level 16.1 – 17.8 (16 accelerations)

Set 3: level 18.1 – 19.4 (12 accelerations)

Recovery: 3 min in between sets

Thursday: High Intensity exercise – ARIET

Assistant Referees



2 sets of x reps

Set 1 (...)	4 min
Recovery	3 min
Set 2 (...)	4 min
Total duration	± 11 min

ARIET		
Walking	W	... m
Jogging	J	... m
Backwards	BW	... m
Sideways	SW	... m
High intensity	HI	1040 m
Sprint	S	... m
Total distance		1040 m

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

Set 1: level 13,5 (8) – 15.5 (2) (+/- 4 min)

Set 2: level 13.5 (6) – 15.0 (3) (+/- 4 min)

Recovery: 3 min in between sets

If still fresh enough, both sets can be repeated!

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Success!

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