



## Training plan – August 2019

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# Objectives & Planning

- First of all a big Go-Go-Go for Carol Anne and Yongmei!
- Hope you enjoyed all a good physical and mental rest!
- Meanwhile new seasons have started and others are continuing. Maybe time to set new targets? One of your new targets can be to work towards the Olympic Games in Tokyo!
- Wish you good luck with the adaptations we made in the training plan 😊. Of course it's less demanding than the ones that were made towards the FWWC ...
- Enjoy your next exiting training 😊
- Fitness team



# Monthly overview of training sessions

|                       | Monday              | Tuesday                         | Wednesday | Thursday                | Friday     | Saturday | Sunday     |
|-----------------------|---------------------|---------------------------------|-----------|-------------------------|------------|----------|------------|
| <b><u>Week 1:</u></b> |                     |                                 |           | SP<br>RSA<br>CORE       | SP<br>CORE | GAME     | AR or Rest |
| <b><u>Week 2:</u></b> | STAMINA<br>CORE&STR | SP&Agi<br>MI/HI<br>CORE         | REST      | STR<br>SP<br>HI<br>CORE | SP<br>CORE | GAME     | AR or Rest |
| <b><u>Week 3:</u></b> | STAMINA<br>CORE&STR | SP&Agi<br>HI<br>CORE            | REST      | SP<br>MI<br>CORE        | SP<br>CORE | GAME     | AR or Rest |
| <b><u>Week 4:</u></b> | STAMINA<br>CORE&STR | SP&Agi<br>HI/YOYO based<br>CORE | REST      | STR<br>SP&Agi<br>CORE   | SP<br>CORE | GAME     | AR or Rest |
| <b><u>Week 5:</u></b> | STAMINA<br>CORE&STR | SP&Agi<br>HI/YOYO based<br>CORE | REST      | STR<br>SP&Agi<br>CORE   | SP<br>CORE | GAME     | AR or Rest |



- Every training should start with a **warm up** (10 to 15 min.)
  - 5' low intensity jogging, 5' mobilisation exercises and dynamic stretching
- Every training should end with a **cool down** (8 min.)
  - 4' jogging and walking, followed by 4' static stretching exercises as indicated below



Lower back stretch



Quad stretch



Glute stretch



Hip flexor stretch



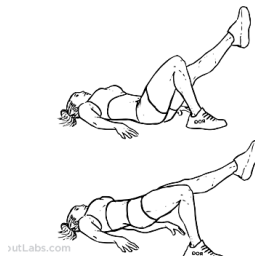
Hamstring stretch



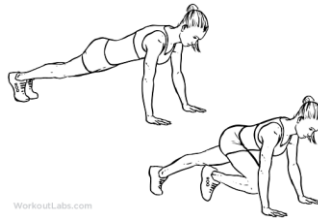
- Every (mandatory) training should begin or end with a **12 min. circuit of CORE exercise**
  - 30 to 45 sec for each exercise
  - repeat each exercise twice
  - Recovery: take 15 to 30 sec rest between the exercises
  - Total duration: 12 min.



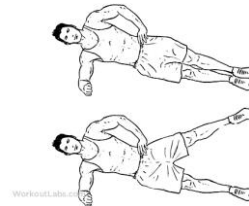
Deadbug  
(abdominals)



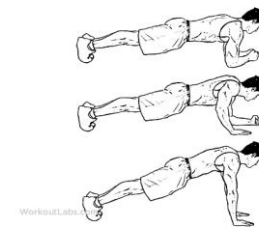
Single leg glute  
bridge left. Move  
the hips up and  
down



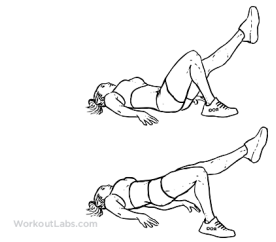
Mountain  
climbers  
(bring the  
knees  
alternatively  
to the chest)



Side plank move the  
upper leg up and  
down



Plank to push-up



Single leg glute  
bridge right. Move  
the hips up and  
down

Images: workoutlabs



A close-up photograph of a female referee is shown on the left side of the slide. She is wearing a light blue V-neck shirt with a black collar. On her left chest is a white rectangular patch with the word "REFEREE" in black, "FIFA" in blue, and "2018" in white on a blue background. She has a black earpiece in her right ear and is looking off to the side with a focused expression.

# *Week 1*

## *Fitness team*



## Week 1: weekly overview

|          | Training objectives | Remark                          | Training duration | Training intensity<br>RPE range<br>from 0 to 10 |
|----------|---------------------|---------------------------------|-------------------|---|
|          |                     |                                 |                   |   |
|          |                     |                                 |                   |   |
|          |                     |                                 |                   |   |
| Thursday | Str & S & RSA       | Repeated Speed Ability exercise | 55 min.           | 6-7   |
| Friday   | S                   | Speed and acceleration training | 50 min.           | 3-4   |
| Saturday | Game ...            |                                 | 90 min.           |   |
| Sunday   | AR                  |                                 | 50 min.           | 2-3   |



# Thursday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



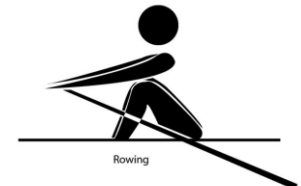
- **Swimming**

- 20 min non stop as target (3 sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Thursday: Strength exercises



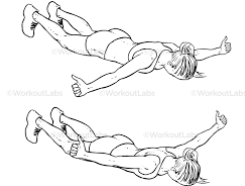
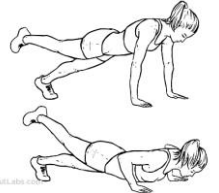


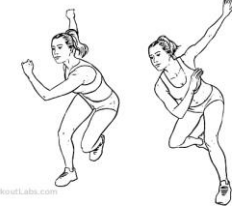
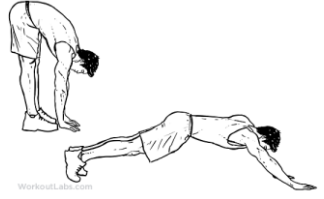
8 exercises

**1x each exercise**

**40 sec work with 20 sec rest** in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

| Activity       | Duration |
|----------------|----------|
| Warm-up        | 10 min.  |
| Strength       | 10 min.  |
| RSA            | 15 min.  |
| Cool down      | 8 min.   |
| CORE (slide 6) | 12 min.  |
| TOTAL          | 55 min.  |

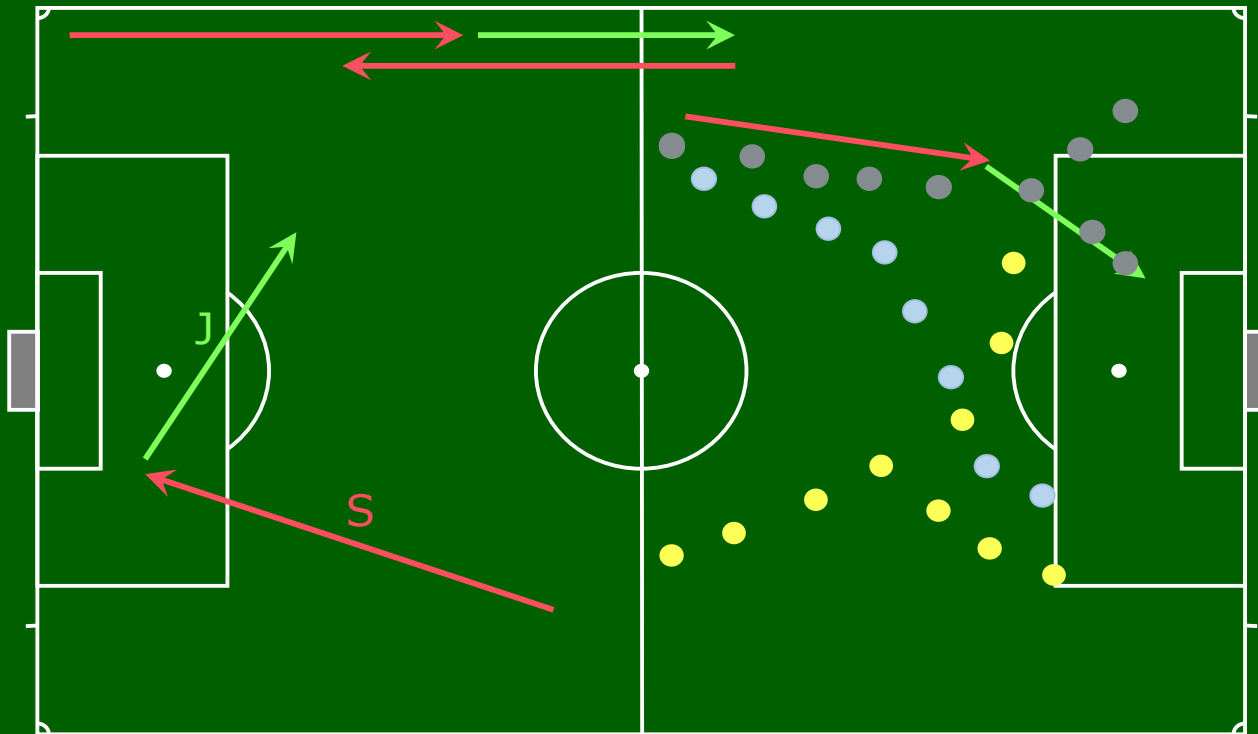
|  |  |   |  |
|--|--|---|--|
| <b>Lateral lunge to knee raise and balance 3 sec</b>  | <b>Alternate heel touches/lying oblique reach</b>  | <b>Floor T raises/back flies</b>         | <b>Raised one-leg push-ups</b>  |
| <b>Wide stance/Sumo body weight squat</b>            | <b>Snap jumps</b>                                 | <b>Lateral shuffles / Hops skaters</b>  | <b>Inchworm/walkouts</b>       |



# Thursday: Repeated Speed Ability (RSA)

FIFA®

Referees & Assistant Referees



3 sets of 4 min

|                |           |
|----------------|-----------|
| 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:** Full speed for 2 – 3 or 4 sec. Respectively 28 – 27 or 26 sec recovery by jogging. In 1,5 sec 10m should be covered; 3 sec – 20 m and in 4 sec 30m. Total duration of 4min.

**Recovery:** 2-3 min stretching individually

**Set 2 and 3:** Repeat the same exercise for another 4 min.

NOTE:

The different colored cones indicate different referee-running-patterns. Try those so that you are used to do them when such situation appears in a game. Simulate as ell with your focus real game situations.

**Assistant referees** should perform this exercise along the sideline with focus inside the field.



# Friday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



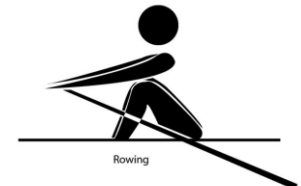
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



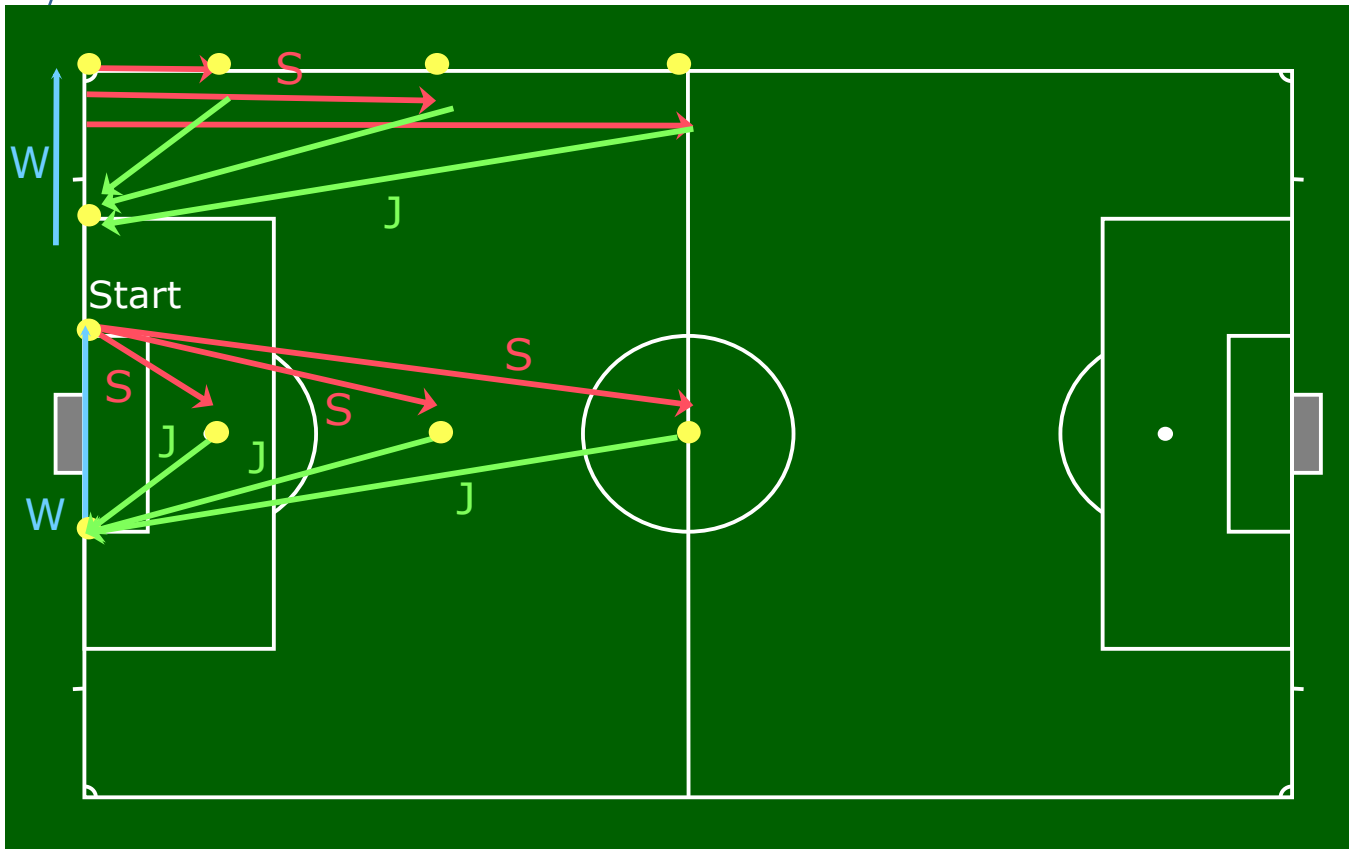
- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Friday: Speed exercise

FIFA®



## 2 sets of 7 sprints

|                   |        |
|-------------------|--------|
| Set 1 (7 sprints) | 5 min  |
| Recovery          | 5 min  |
| Set 2 (7 sprints) | 5 min  |
| Total duration    | 15 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | 256 m |
| Jogging        | J  | 288 m |
| Backwards      | BW | ---   |
| Sideways       | SW | ---   |
| High intensity | HI | ---   |
| Sprint         | S  | 288 m |
| Total distance |    | 832 m |

**Set 1:** Combination of 3 sprints on a different distance

- 1) 11m sprint, 11m jogging, walking to start, 4x
- 2) 25 m sprint, 25m jogging, walking to start, 2x
- 3) 50m sprint, 50m jogging, walking to start, 1x

**Recovery:** 5 min

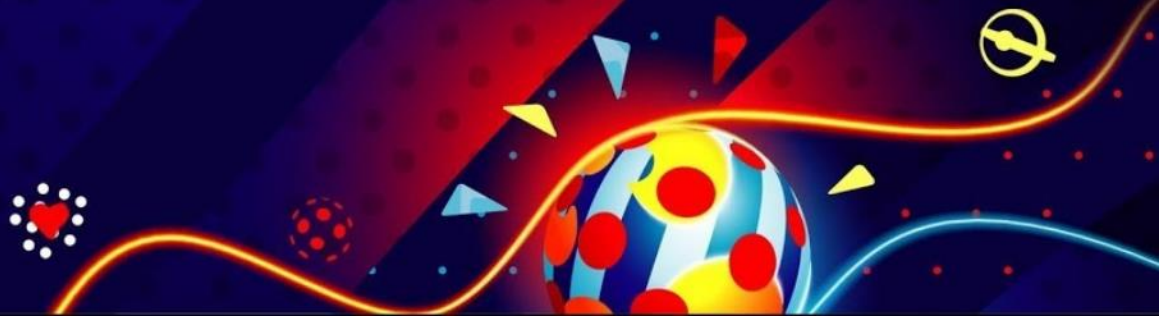
**Set 2:** Same exercise, again 7 sprints

Note: AR's are using their flag 😊





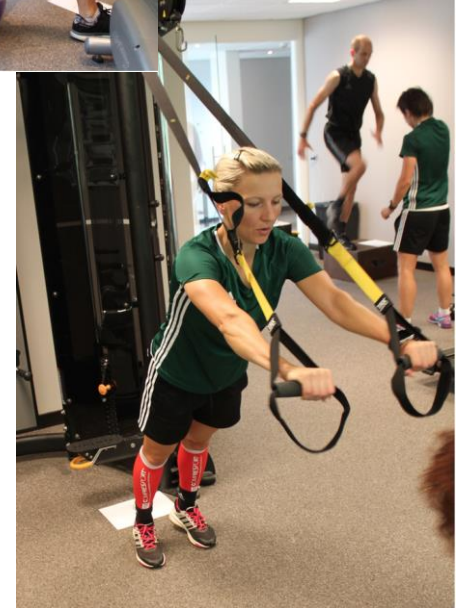
**DARE TO SHINE™**





# Sunday: Active Recovery - Light Intensity exercise

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## Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (85-95 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 ... (weekend without game)

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- 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: weekly overview

|           | Training objectives | Remark                                | Training duration | Training intensity<br>RPE range<br>from 0 to 10 |
|-----------|---------------------|---------------------------------------|-------------------|---|
| Monday    | STAMINA<br>CORE     | Strength                              | 80 min.           | 2-3   |
| Tuesday   | S&Agi HI            | HI-endurance run                      | 80 min.           | 7-8   |
| Wednesday | REST                |                                       |                   |   |
| Thursday  | Str & SE<br>R/AR    | Speed Endurance field<br>exercise     | 65 min.           | 6-7   |
| Friday    | S                   | Speed and acceleration<br>training    | 50 min.           | 3-4   |
| Saturday  | Game ...            | Or CORE & basic<br>strength exercises | 90 min.           |   |
| Sunday    | AR                  |                                       | 50 min.           | 2-3   |



# Monday: Stamina / CORE & basic strength circuit

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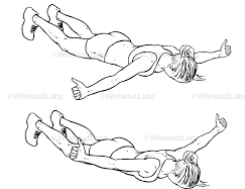
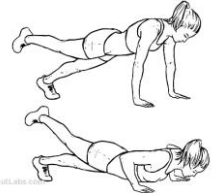



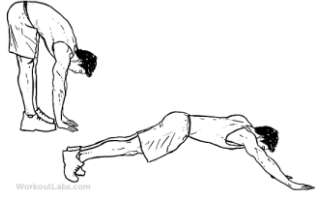
8 exercises

**4x each exercise**

30-40 sec work with 20-30 sec rest in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

| Activity   | Duration       |
|--|----------------|
| Jogging  | 5 min.         |
| Dynamic stretches  | 5 min.         |
| <b>STAMINA:</b><br>Jogging at 9-11 km/h or 65-70% H <sub>r</sub> max | 30 min.        |
| <b>CORE and STRENGTH circuit</b>                                     | 32 min.        |
| Cool down  | 8 min.         |
| <b>TOTAL</b>   | <b>80 min.</b> |

| Lateral lunge to knee raise and balance 3 sec                                      | Alternate heel touches/lying oblique reach  | Floor T raises/back flies  | Raised one-leg push-ups  |
|--|---|--|--|
|   |   |   |   |
| Wide stance/Sumo body weight squat   | Snap jumps  | Lateral shuffles / Hops skaters  | Inchworm/walkouts  |
|  |  |  |  |



# Tuesday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



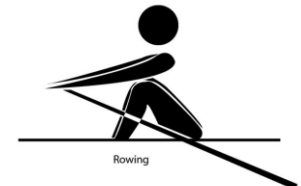
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



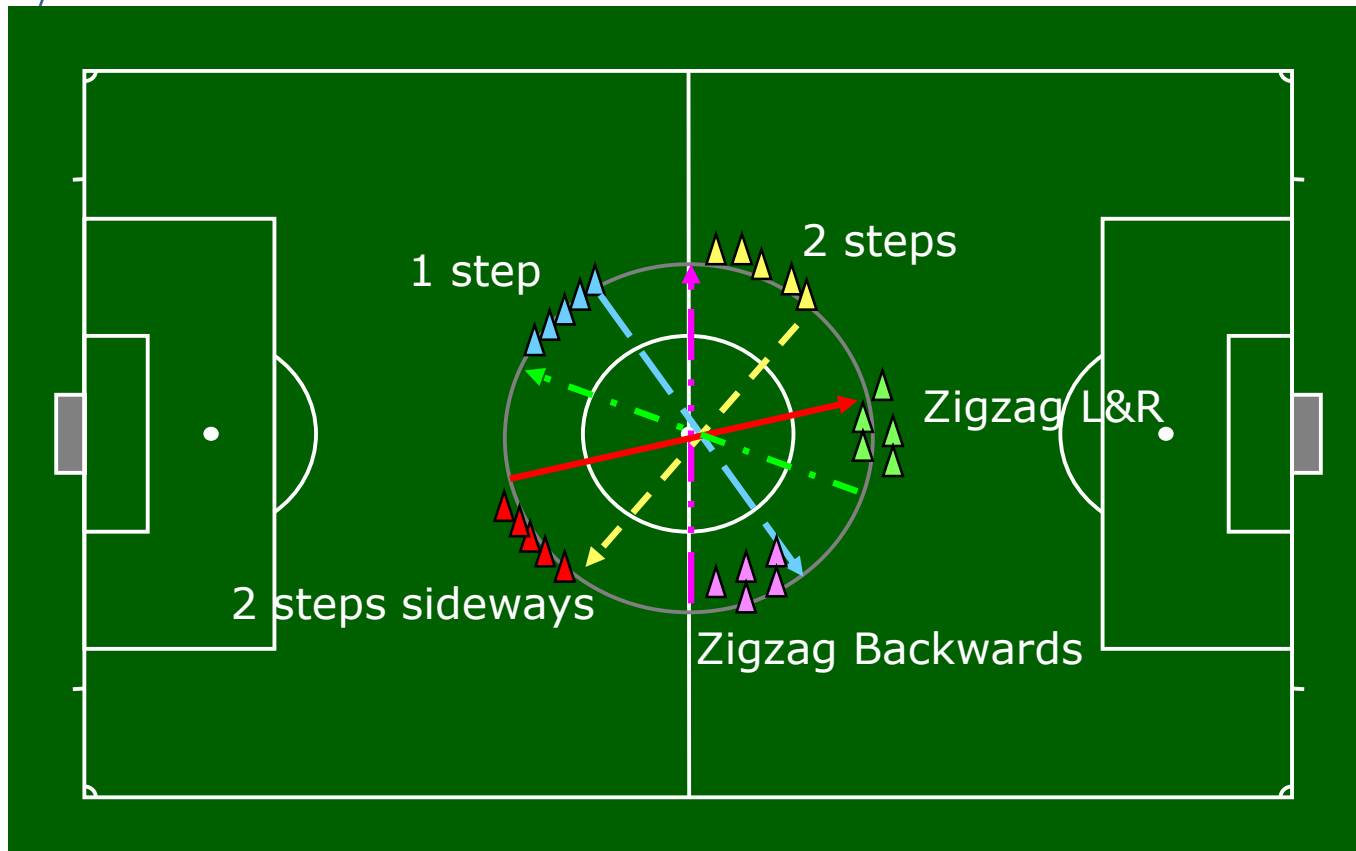
- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



## Tuesday: Speed & Coordination exercise

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### 2 sets of 2 laps

|                |          |
|----------------|----------|
| One lap        | 1,25 min |
| Set 1 (2 laps) | 2,5 min  |
| Recovery       | 4 min    |
| Set 2 (2 laps) | 2,5 min  |
| Total duration | 9 min    |

|                |     |       |
|----------------|-----|-------|
| Walking        | W   | ---   |
| Jogging        | J   | 160 m |
| Backwards      | BW  | ---   |
| Sideways       | SW  | ---   |
| Coordination   | Coo | 100 m |
| High intensity | HI  | ---   |
| Sprint         | S   | 200 m |
| Total distance |     | 460 m |

**Set 1:** Combine 5 coordination exercises (5 m) with a sprint in the mid circle. Sprint 10 m and decelerate 8 m before starting the next coordination exercise. Make 2 reps of each. *(The picture indicates a bigger circle than the mid circle, but that's only to have a clear indication.)* The given exercises are just indications, you can choose other coordination exercises.

**Recovery:** 3 to 4 min active recovery in between sets

**Set 2:** Repeat the same exercise.

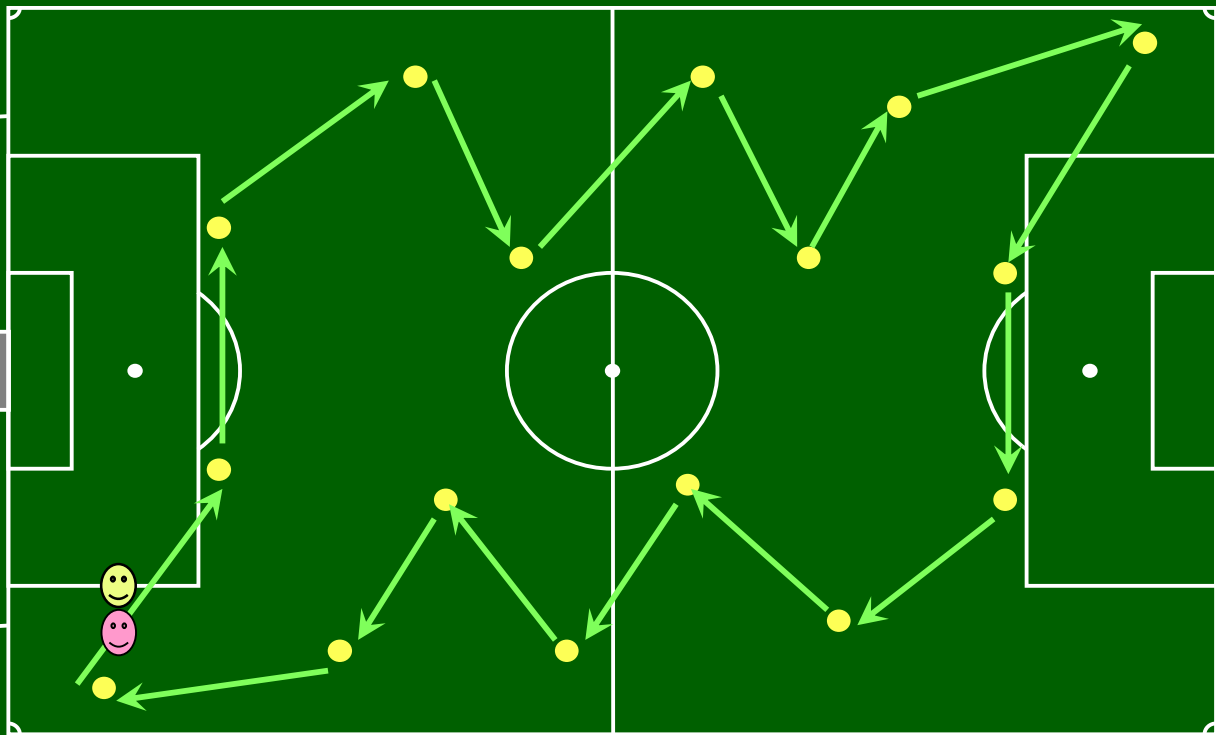
In total 20 sprints in the Centre circle.



## Tuesday: Medium/High Intensity exercise

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Referees & Assistant Referees



### 1 set of 30 min

Set 1 (...) 32 min

+ 08 min S & rec.

Recovery / min

Total duration ± 30 min

Walking W ... m

Jogging (MI) +/- 5.800–6.800 m

Backwards BW ... m

Sideways SW ... m

High intensity HI ... m

Sprint S 770 m

Total distance +/- 7.000–8.000 m

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 + 08 min** at 76% HRmax (+/- 7-8km). **After each 4 min** period, a **30 sec full speed** run has to be performed (>150m), or 8 all together resulting in a total distance of 1200m. After each acceleration you get 30 sec recovery/jogging.

### 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'.



# Wednesday – morning aerobic session

- **Jogging**

- HR 75% Hrmax
- Total duration: +/- 30 min



- *PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE*
- *Suggestions:*
  - *Go by bike to work (full trip or partial trip (car-bike));*
  - *Log 30 min during your lunch pause;*
  - *...*



## Wednesday: REST day

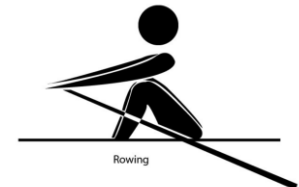
- Always possible to do CORE exercises at home 😊





# Thursday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min
- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min
- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity
- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...





# Thursday: Strength exercises



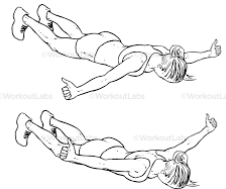




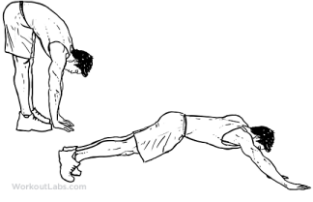
8 exercises

**1x each exercise**

**40 sec work with 20 sec rest** in between every exercise

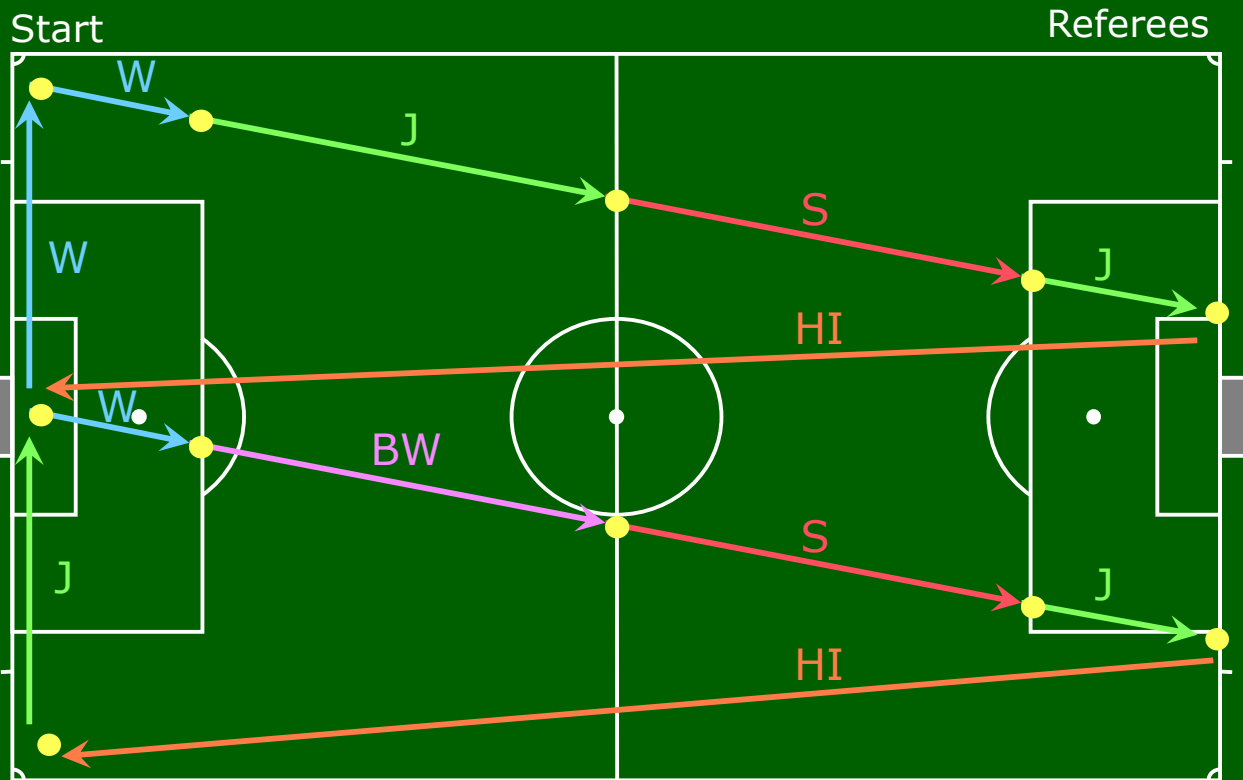
More info on: <https://workoutlabs.com/exercise-guide/>

| Activity       | Duration       |
|----------------|----------------|
| Warm-up        | 10 min.        |
| Strength       | 10 min.        |
| SE R/AR        | 35 min.        |
| Cool down      | 8 min.         |
| CORE (slide 6) | 12 min.        |
| <b>TOTAL</b>   | <b>75 min.</b> |

|  |  |   |  |
|--|--|---|--|
| <b>Lateral lunge to knee raise and balance 3 sec</b>  | <b>Alternate heel touches/lying oblique reach</b>  | <b>Floor T raises/back flies</b>         | <b>Raised one-leg push-ups</b>  |
| <b>Wide stance/Sumo body weight squat</b>            | <b>Snap jumps</b>                                 | <b>Lateral shuffles / Hops skaters</b>  | <b>Inchworm/walkouts</b>       |



# Thursday: Speed Endurance field exercise



## 2 sets of 4 laps

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

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 600 m  |
| Jogging        | J  | 760 m  |
| Backwards      | BW | 240 m  |
| Sideways       | SW | ---    |
| High intensity | HI | 1600 m |
| Sprint         | S  | 480 m  |
| Total distance |    | 3680 m |

**Set 1:** Run 4 laps of the speed endurance exercise as indicated in the picture.

Speed indication: HI = 18 to 20 km/h; Max Speed at S.

Heart rate during HI in between 86 – 93% Hrmax.

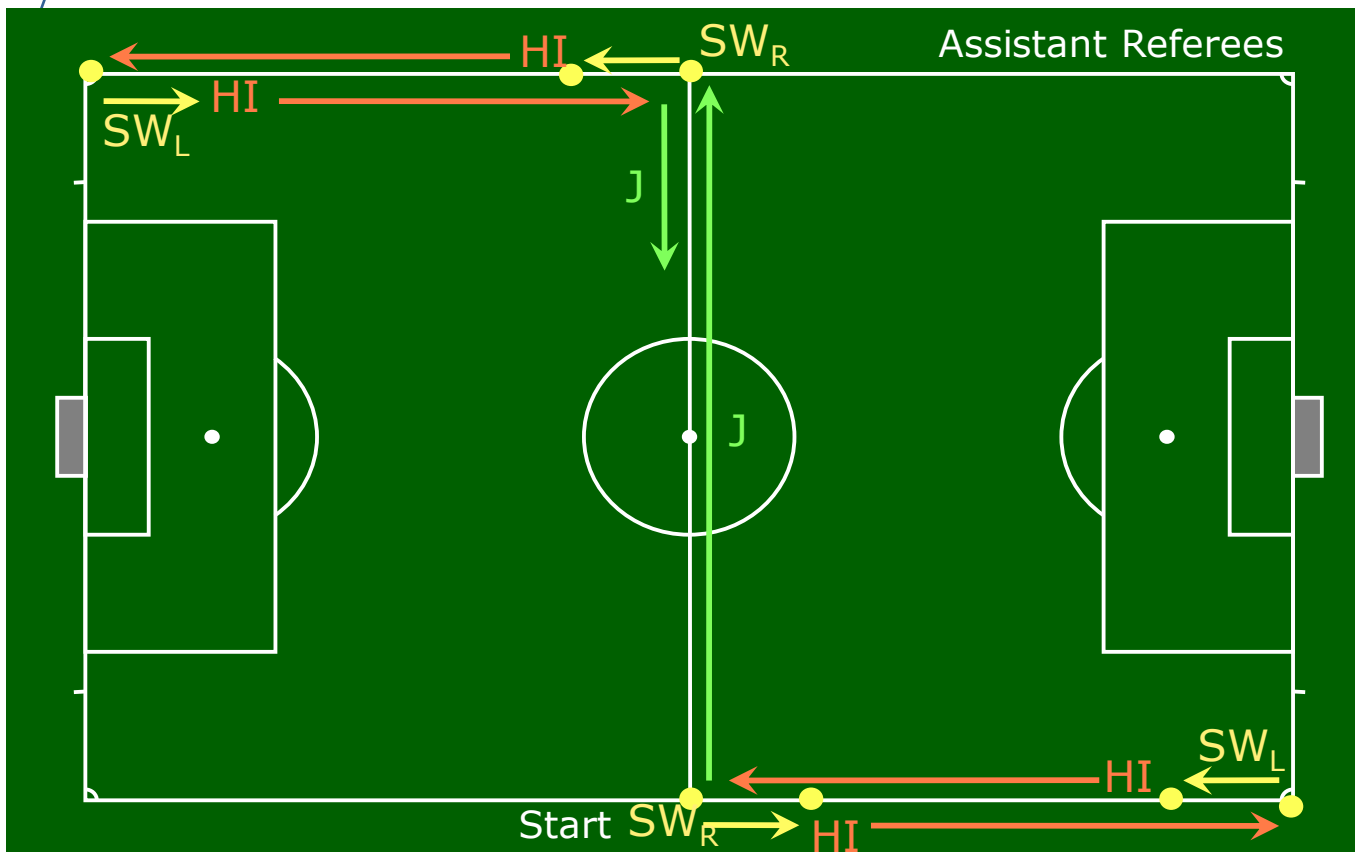
**Recovery:** 4 min

**Set 2:** Again 4 laps of the same exercise.

(Optional: 5 in stead of 4 laps.)



# Thursday: Speed Endurance field exercise for AR



## 2 sets of 5 laps

|                |             |
|----------------|-------------|
| One lap        | +/- 1,5 min |
| Set 1 (7 laps) | 11 min      |
| Recovery       | 4 min       |
| Set 2 (7 laps) | 11 min      |
| Total duration | 26 min      |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | ---    |
| Jogging        | J  | 1960 m |
| Backwards      | BW | ---    |
| Sideways       | SW | 640 m  |
| High intensity | HI | 2240 m |
| Sprint         | S  | ---    |
| Total distance |    | 4840 m |

**Set 1:** Perform 7 laps of field run exercise as indicated in the picture.

(Speed indication: HI = 18 to 20 km/h); Heart rate during HI in between 86 – 93% Hrmax.)

**Recovery:** 4 min

**Set 2:** Perform again 7 laps of the same exercise.

Variant: 1x full Speed in stead of HI, in this case 5 laps is fine.

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



# Friday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



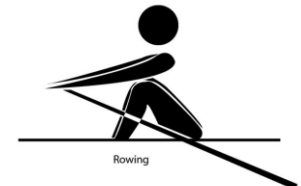
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



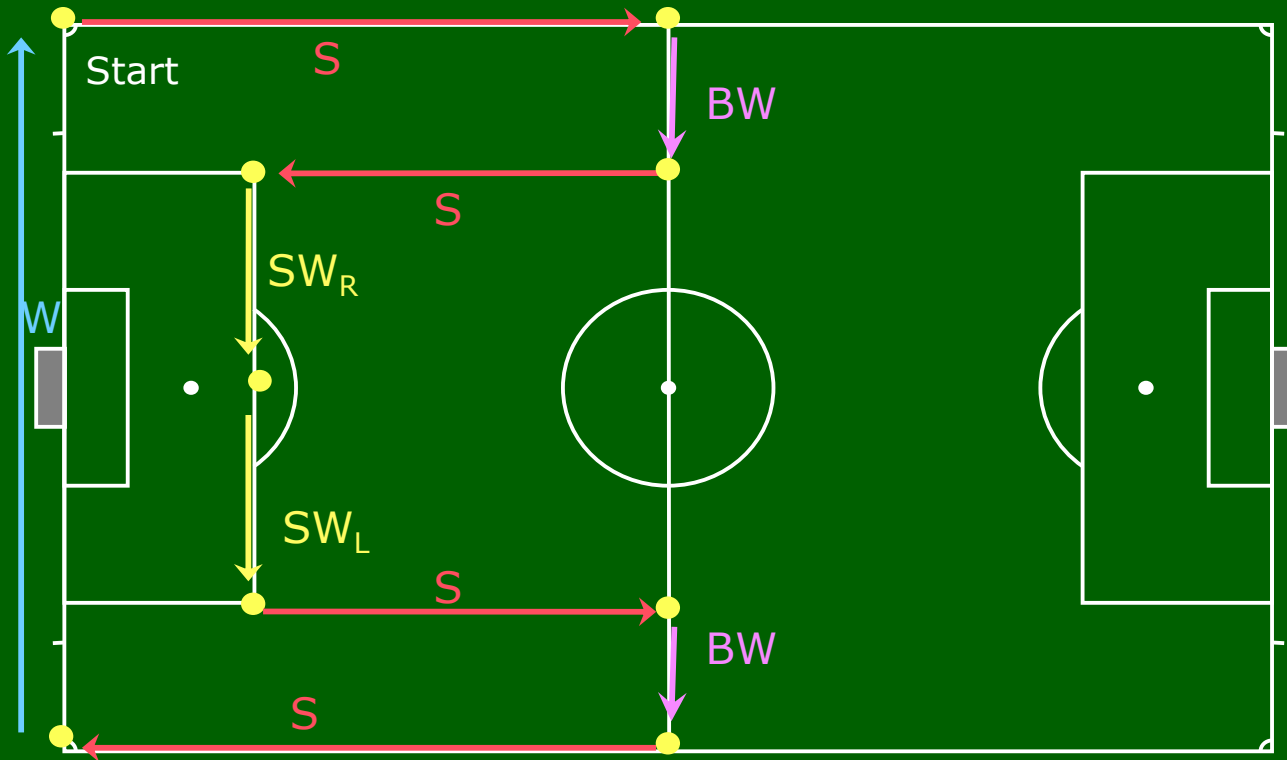
# Friday: Speed exercise

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

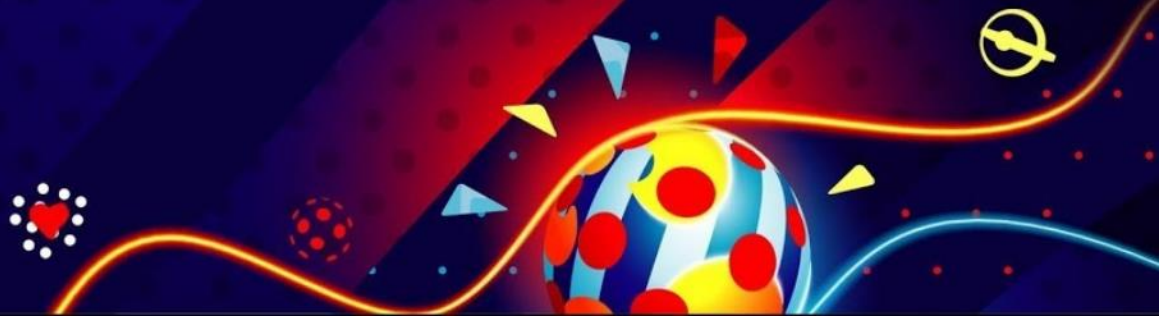
**NOTE:** Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

Speed always MAXIMAL!





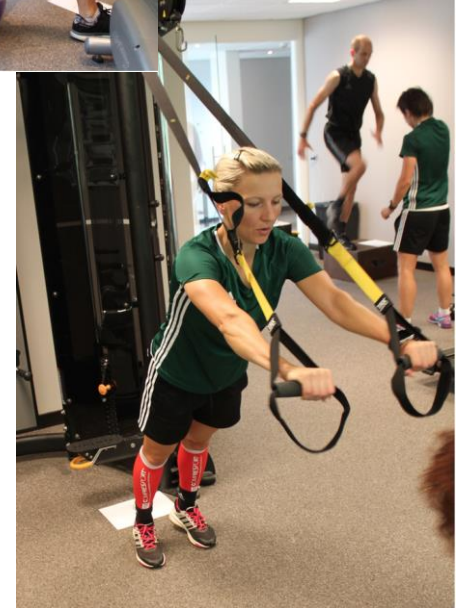
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# Sunday: Active Recovery - Light Intensity exercise

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## Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (85-95 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'.



- 
- 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: weekly overview

|           | Training objectives | Remark                                | Training duration | Training intensity<br>RPE range<br>from 0 to 10 |
|-----------|---------------------|---------------------------------------|-------------------|---|
| Monday    | STAMINA<br>CORE     | Strength                              | 80 min.           | 2-3   |
| Tuesday   | S&Agi HI            | HI-endurance run                      | 90 min.           | 7-8   |
| Wednesday | REST                |                                       |                   |   |
| Thursday  | Str & S & SE        | Speed endurance field<br>exercise     | 75 min.           | 6-7   |
| Friday    | S                   | Speed and acceleration<br>training    | 50 min.           | 3-4   |
| Saturday  | Game ...            | Or CORE & basic<br>strength exercises | 90 min.           |   |
| Sunday    | AR                  |                                       | 50 min.           | 2-3   |



# Monday: Stamina / CORE & basic strength circuit

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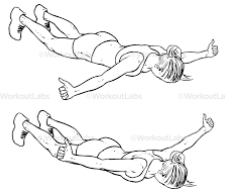
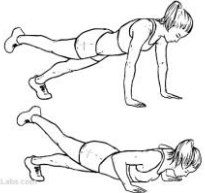



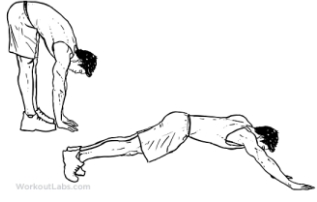
8 exercises

**4x each exercise**

30-40 sec work with 20-30 sec rest in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

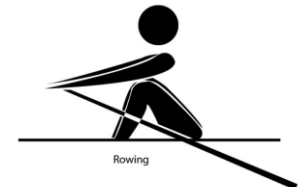
| Activity   | Duration       |
|--|----------------|
| Jogging  | 5 min.         |
| Dynamic stretches  | 5 min.         |
| <b>STAMINA:</b><br>Jogging at 9-11 km/h or 65-70% H <sub>r</sub> max | 30 min.        |
| <b>CORE and STRENGTH circuit</b>                                     | 32 min.        |
| Cool down  | 8 min.         |
| <b>TOTAL</b>   | <b>80 min.</b> |

| Lateral lunge to knee raise and balance 3 sec                                      | Alternate heel touches/lying oblique reach  | Floor T raises/back flies  | Raised one-leg push-ups  |
|--|---|--|--|
|   |   |   |   |
| Wide stance/Sumo body weight squat   | Snap jumps  | Lateral shuffles / Hops skaters  | Inchworm/walkouts  |
|  |  |  |  |



# Tuesday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min
- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min
- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity
- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...





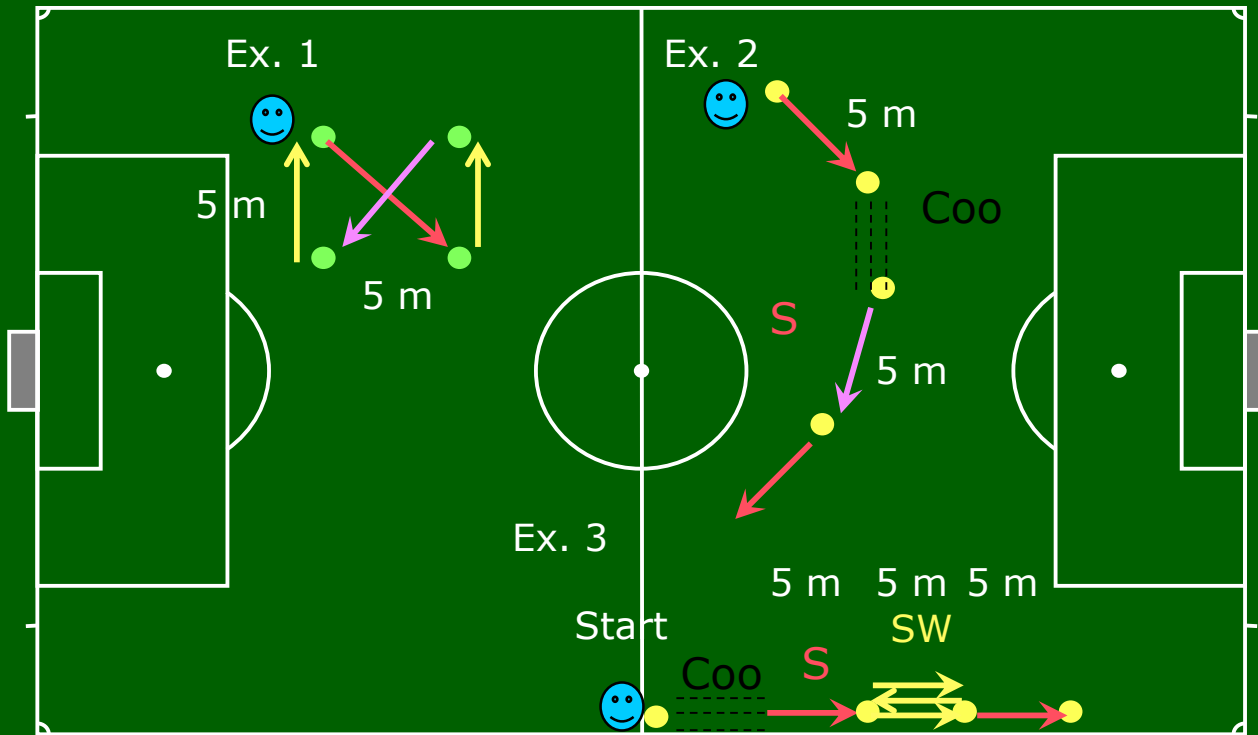
## Tuesday: Speed & Agility exercise

FIFA®

### 3 sets of 5 reps

|                |          |
|----------------|----------|
| Set 1 (5x)     | 5 min    |
| Recovery       | 2 min    |
| Set 2 (5x)     | 5 min    |
| Recovery       | 2 min    |
| Set 2 (5x)     | 5 min    |
| Total duration | ± 19 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | ... m |
| Jogging        | J  | ... m |
| Backwards      | BW | ... m |
| Sideways       | SW | ... m |
| High intensity | HI | ... m |
| Sprint         | S  | 125 m |
| Total distance |    | ... 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 3 different exercises:

Ex. 1: S – SW L – BW – SW R; rest 45"; 3 to 5 reps and 2'

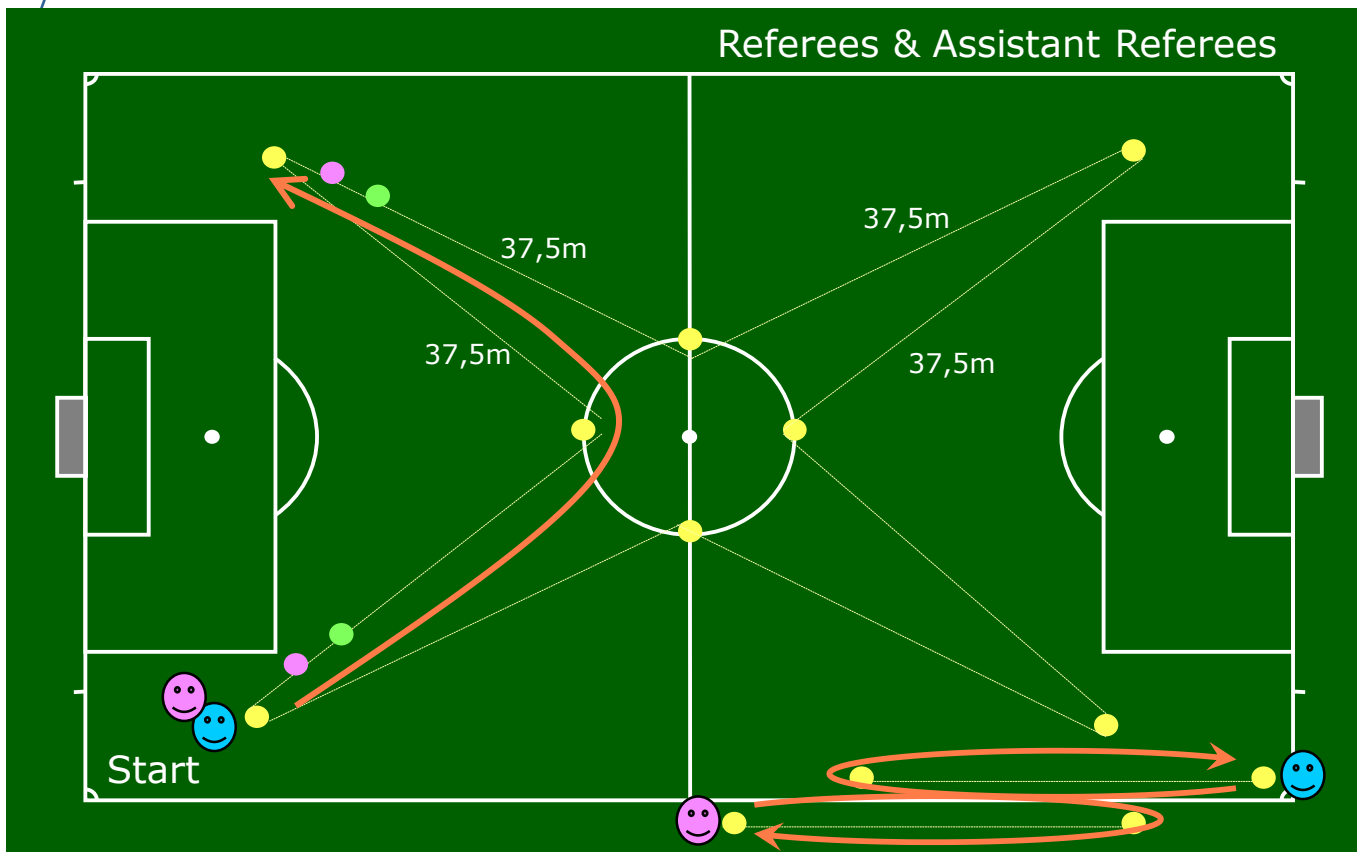
Ex. 2: S – Coo – BW – S; rest 45" ; 3 to 5 reps and 2'

Ex. 3: Coo – S – SW 3x – S; rest 45"; 3 to 5 reps and 2'



# Tuesday: High Intensity exercise

FIFA®



## 2 sets of 18 HI runs

|                    |       |
|--------------------|-------|
| Set 1 (18 HI runs) | 7 min |
| Recovery           | 4 min |
| Set 2 (18 HI runs) | 7 min |

|                |        |
|----------------|--------|
| Total duration | 18 min |
|----------------|--------|

|                |    |        |
|----------------|----|--------|
| Walking        | W  | ---    |
| Jogging        | J  | ---    |
| Backwards      | BW | ---    |
| Sideways       | SW | ---    |
| High intensity | HI | 1680 m |
| Sprint         | S  | ---    |
| Total distance |    | 1680 m |

**Set 1:** The referee has to cover 75m each acceleration (variations are possible depending on the level). 15 sec running high speed (at +/- 90% Hrmax) – 15 sec recup. Or 15"-10". Recup can be at the spot/cone. Can be done for 3 to 5 laps is 20 accelerations. For the AR's the same system can be introduced along the sideline.

**Recovery:** 4 min

**Set 2:** Again 3 to 5 full laps, both now counterclockwise as an other option.



# Wednesday – morning aerobic session

- **Jogging**

- HR 75% Hrmax
- Total duration: +/- 30 min



- *PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE*
- *Suggestions:*
  - *Go by bike to work (full trip or partial trip (car-bike));*
  - *Log 30 min during your lunch pause;*
  - *...*



## Wednesday: REST day

- Always possible to do CORE exercises at home 😊





# Thursday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



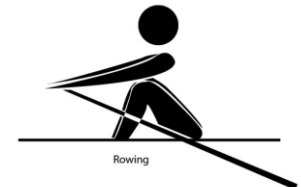
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Thursday: Strength exercises



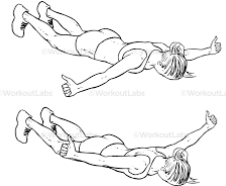



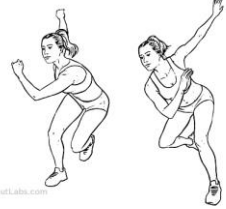
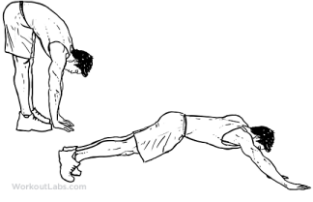
8 exercises

**1x each exercise**

**40 sec work with 20 sec rest** in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

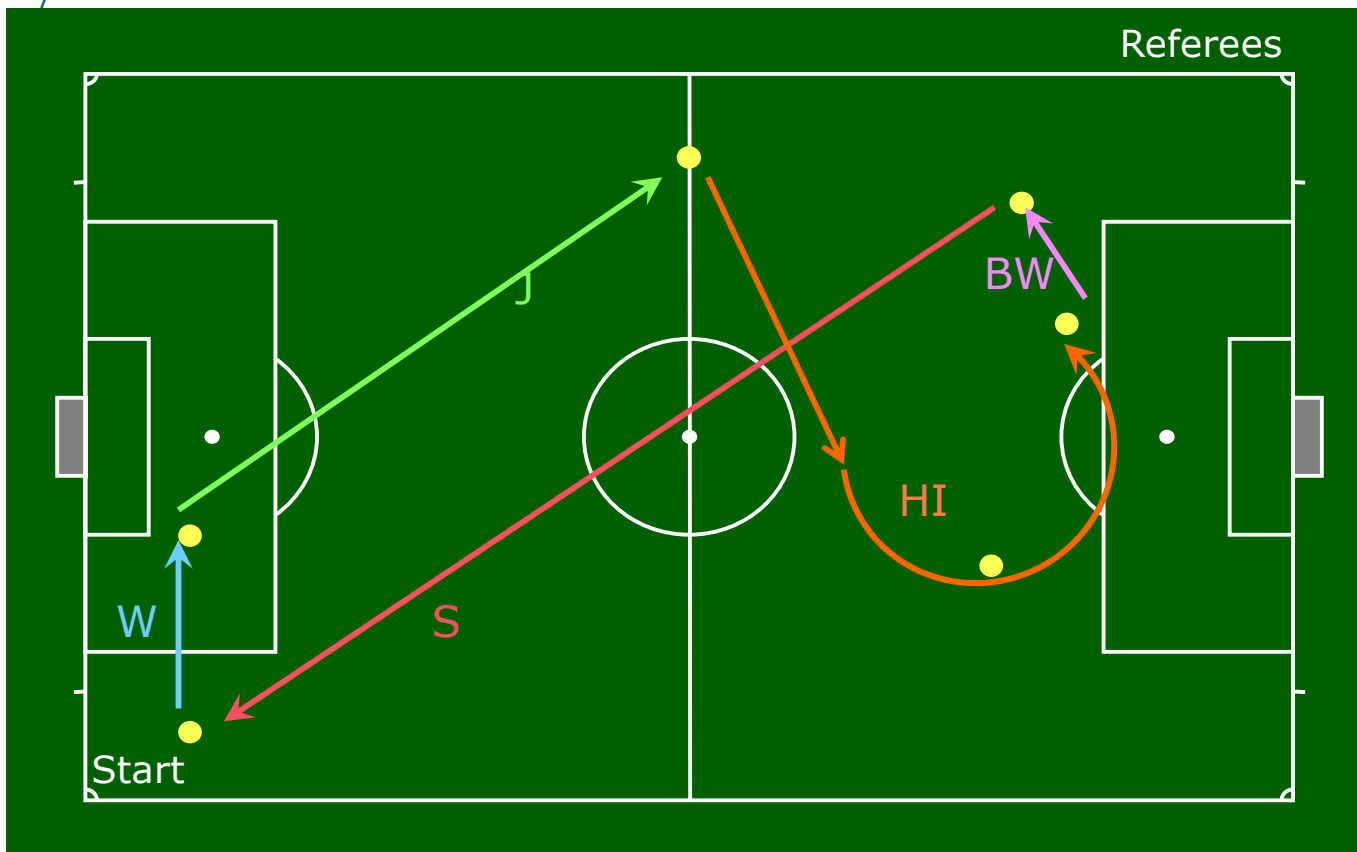
| Activity       | Duration       |
|----------------|----------------|
| Warm-up        | 10 min.        |
| Strength       | 10 min.        |
| SE R/AR        | 35 min.        |
| Cool down      | 8 min.         |
| CORE (slide 6) | 12 min.        |
| <b>TOTAL</b>   | <b>75 min.</b> |

|  |  |   |  |
|--|--|---|--|
| <b>Lateral lunge to knee raise and balance 3 sec</b>  | <b>Alternate heel touches/lying oblique reach</b>  | <b>Floor T raises/back flies</b>         | <b>Raised one-leg push-ups</b>  |
| <b>Wide stance/Sumo body weight squat</b>            | <b>Snap jumps</b>                                 | <b>Lateral shuffles / Hops skaters</b>  | <b>Inchworm/walkouts</b>       |



# Thursday: Speed Endurance field exercise (SE) R

**FIFA®**



## 2 sets of 8 laps

|                |          |
|----------------|----------|
| Set 1 (...)    | 12 min   |
| Recovery       | 4 min    |
| Set 2 (...)    | 12 min   |
| Total duration | ± 26 min |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 240 m  |
| Jogging        | J  | 720 m  |
| Backwards      | BW | 160 m  |
| Sideways       | SW | ... m  |
| High intensity | HI | 720 m  |
| Sprint         | S  | 1200 m |
| Total distance |    | 3040 m |

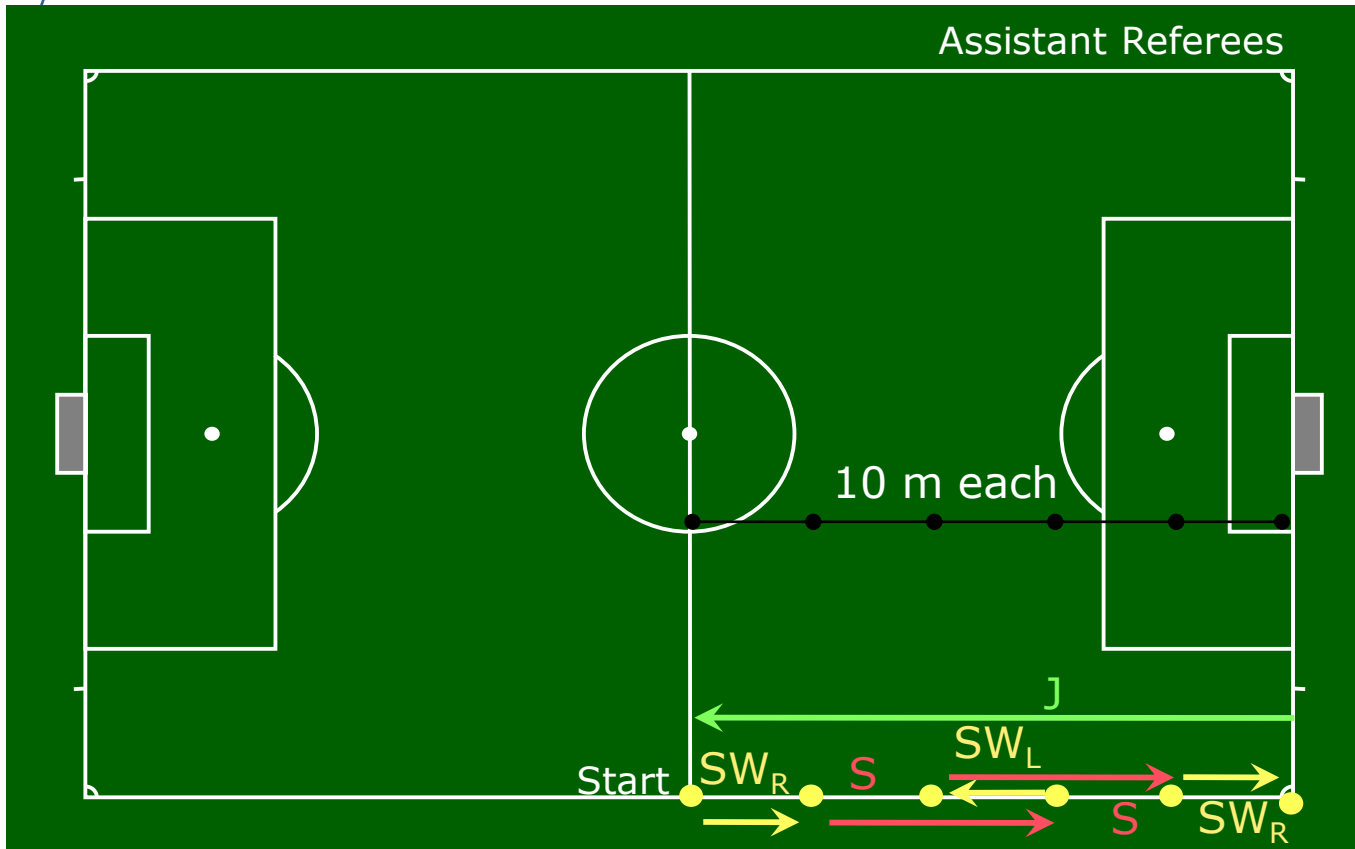
**Set 1:** Combination of HI-run – jogging – sprinting along the diagonal. And learning to leave the diagonal as well. Complete 8 laps.

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.



# Thursday: Speed Endurance field exercise (SE) AR **FIFA®**



## 2 sets of 8 laps

|                |        |
|----------------|--------|
| One lap        | 45 sec |
| Set 1 (8 laps) | 6 min  |
| Recovery       | 4 min  |
| Set 2 (8 laps) | 6 min  |
| Recovery       | 4 min  |
| Set 3 (8 laps) | 6 min  |
| Total duration | 26 min |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | ---    |
| Jogging        | J  | 1200 m |
| Backwards      | BW | ---    |
| Sideways       | SW | 720 m  |
| High intensity | HI | ---    |
| Sprint         | S  | 960 m  |
| Total distance |    | 2880 m |

**Set 1:** Run 8 laps of the speed endurance exercise as indicated in the picture.

**Recovery:** 4 min

**Set 2 & 3:** Run again 8 laps of the same exercise.

Or

**Set 1:** Perform 10 min to 12 of the speed endurance exercise as indicated in the picture. **Recovery:** 4 min

**Set 2:** Repeat the same exercise.

All together this exercise takes  $10 + 4 + 10 = +/- 24$  min

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



# Friday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



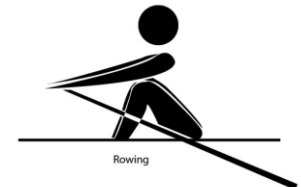
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



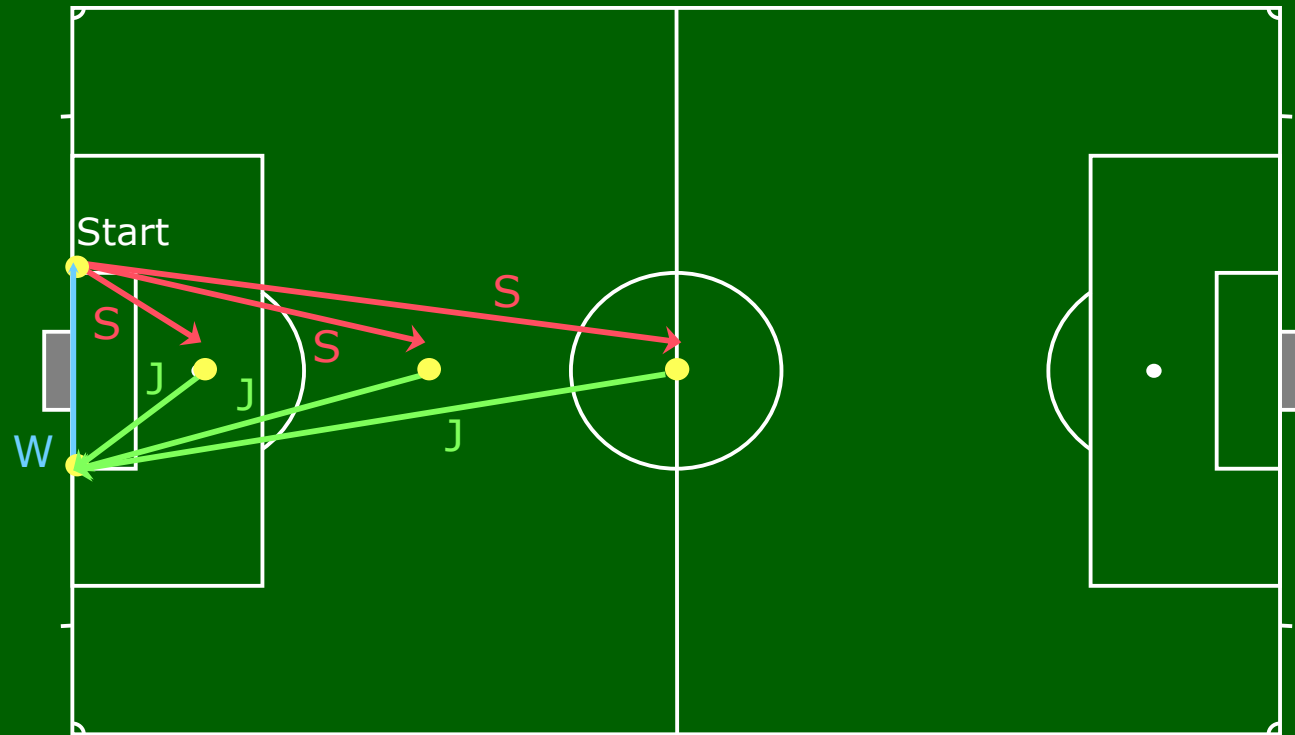
- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Friday: Speed exercise

FIFA®



## 2 sets of 7 sprints

|                   |        |
|-------------------|--------|
| Set 1 (7 sprints) | 5 min  |
| Recovery          | 5 min  |
| Set 2 (7 sprints) | 5 min  |
| Total duration    | 15 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | 256 m |
| Jogging        | J  | 288 m |
| Backwards      | BW | ---   |
| Sideways       | SW | ---   |
| High intensity | HI | ---   |
| Sprint         | S  | 288 m |
| Total distance |    | 832 m |

**Set 1:** Combination of 3 sprints on a different distance

- 1) 11m sprint, 11m jogging, walking to start, 4x
- 2) 25 m sprint, 25m jogging, walking to start, 2x
- 3) 50m sprint, 50m jogging, walking to start, 1x

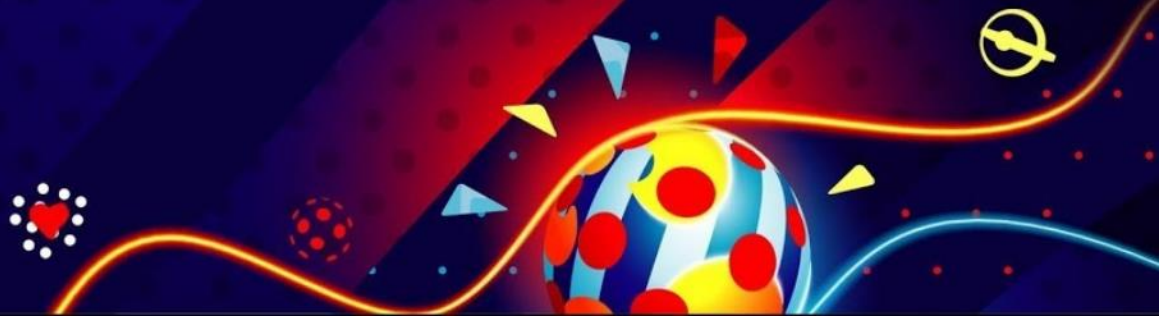
**Recovery:** 5 min

**Set 2:** Same exercise, again 7 sprints





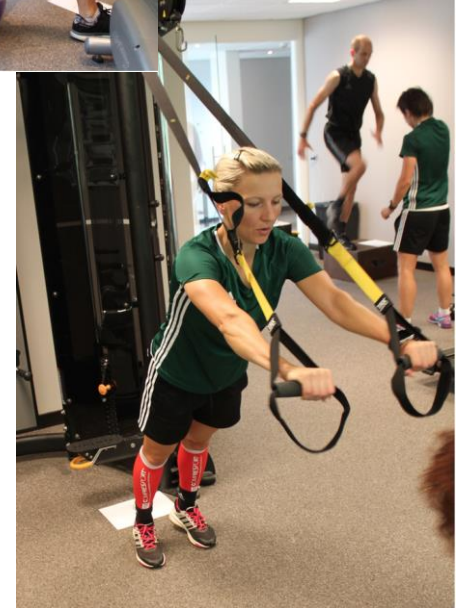
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# Sunday: Active Recovery - Light Intensity exercise

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 (85-95 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 ... (weekend without game)

**FIFA®**

- Moment of rest or ...
  - No game can also be a moment of training some weaknesses you might have: strength, agility, starting speed, injury prevention, ...
  - Alternatively,
  - Referees can also practice other intermittent sports they are familiar with (e.g., badminton, tennis, squash, or playing 5-a-side soccer) to improve speed and agility.
  - To improve aerobic endurance race biking or mountain biking are also nice possibilities.
  - In general different activities are possible to benefit from complementary mental and physical stimulation.
- 



A photograph of two female soccer players in action on a green field. The player in the foreground is wearing an orange jersey and is captured in a dynamic pose, leaning forward with her arms extended. The player in the background is wearing a blue jersey with the number 23 and is also in motion. The background is slightly blurred, showing a stadium setting.

## *Week 4*

### *Fitness team*



## Week 4: weekly overview

|           | Training objectives | Remark                                | Training duration | Training intensity<br>RPE range<br>from 0 to 10 |
|-----------|---------------------|---------------------------------------|-------------------|---|
| Monday    | STAMINA<br>CORE     | Strength                              | 70 min.           | 2-3   |
| Tuesday   | S&Agi HI            | HI-endurance run                      | 75 min.           | 7-8   |
| Wednesday | REST                |                                       |                   |   |
| Thursday  | Str & RSA           | Repeated Speed Ability                | 55 min.           | 7-8   |
| Friday    | S                   | Speed and acceleration<br>training    | 50 min.           | 3-4   |
| Saturday  | Game ...            | Or CORE & basic<br>strength exercises | 90 min.           |   |
| Sunday    | AR                  |                                       | 50 min.           | 2-3   |



# Monday: Stamina / CORE & basic strength circuit

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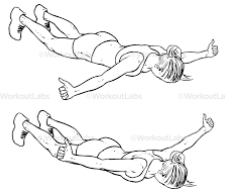
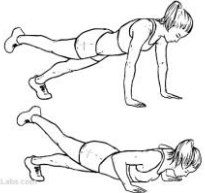



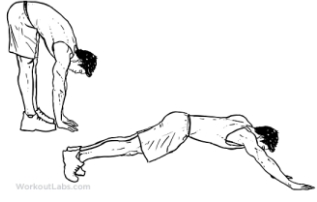
8 exercises

**4x each exercise**

30-40 sec work with 20-30 sec rest in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

| Activity   | Duration       |
|--|----------------|
| Jogging  | 5 min.         |
| Dynamic stretches  | 5 min.         |
| <b>STAMINA:</b><br>Jogging at 9-11 km/h or 65-70% H <sub>r</sub> max | 30 min.        |
| <b>CORE and STRENGTH circuit</b>                                     | 32 min.        |
| Cool down  | 8 min.         |
| <b>TOTAL</b>   | <b>80 min.</b> |

| Lateral lunge to knee raise and balance 3 sec                                      | Alternate heel touches/lying oblique reach  | Floor T raises/back flies  | Raised one-leg push-ups  |
|--|---|--|--|
|   |   |   |   |
| Wide stance/Sumo body weight squat   | Snap jumps  | Lateral shuffles / Hops skaters  | Inchworm/walkouts  |
|  |  |  |  |



# Tuesday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



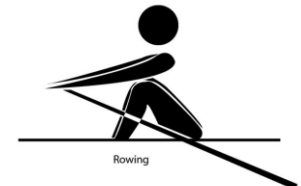
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



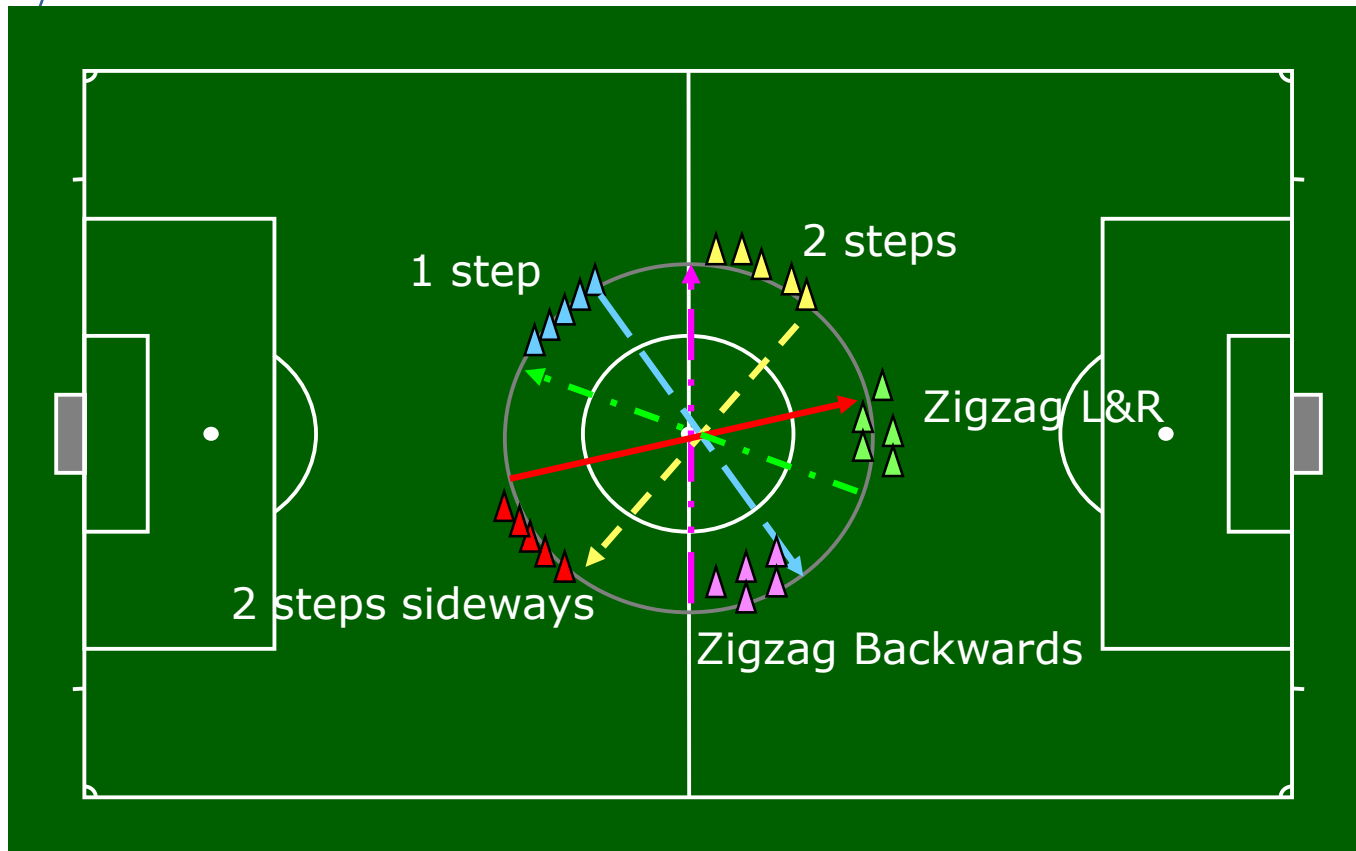
- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



## Tuesday: Speed & Coordination exercise

FIFA®



### 2 sets of 2 laps

|                |          |
|----------------|----------|
| One lap        | 1,25 min |
| Set 1 (2 laps) | 2,5 min  |
| Recovery       | 4 min    |
| Set 2 (2 laps) | 2,5 min  |
| Total duration | 9 min    |

|                |     |       |
|----------------|-----|-------|
| Walking        | W   | ---   |
| Jogging        | J   | 160 m |
| Backwards      | BW  | ---   |
| Sideways       | SW  | ---   |
| Coordination   | Coo | 100 m |
| High intensity | HI  | ---   |
| Sprint         | S   | 200 m |
| Total distance |     | 460 m |

**Set 1:** Combine 5 coordination exercises (5 m) with a sprint in the mid circle. Sprint 10 m and decelerate 8 m before starting the next coordination exercise. Make 2 reps of each. *(The picture indicates a bigger circle than the mid circle, but that's only to have a clear indication.)* The given exercises are just indications, you can choose other coordination exercises.

**Recovery:** 3 to 4 min active recovery in between sets

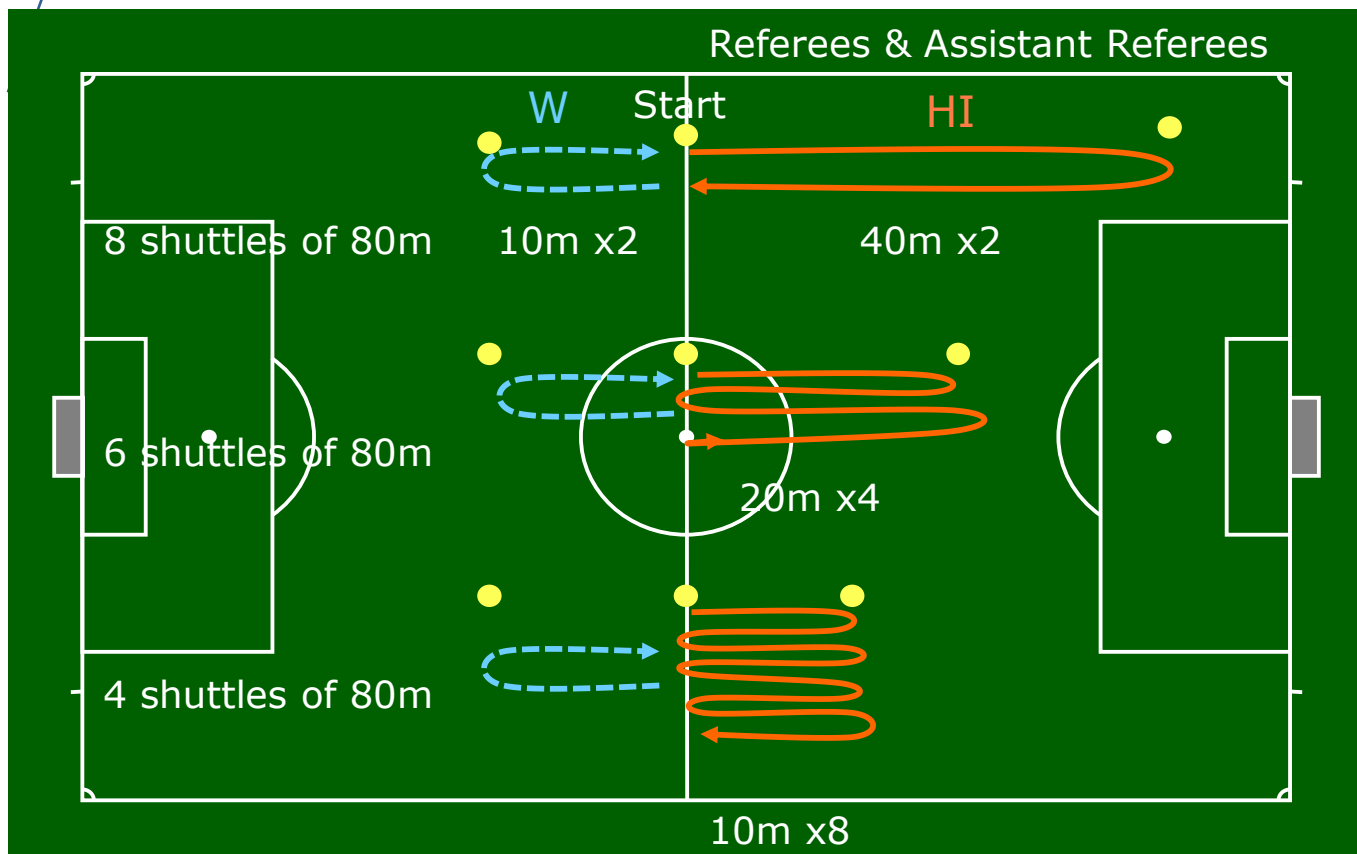
**Set 2:** Repeat the same exercise.

In total 20 sprints in the Centre circle.



# Tuesday: High Intensity exercise

FIFA®



## 3 sets of 80m shuttles

|                |             |
|----------------|-------------|
| Set 1 (...)    | +/- 6,5 min |
| Recovery       | 3 min       |
| Set 2 (...)    | +/- 5 min   |
| Recovery       | 3 min       |
| Set 3 (...)    | +/- 3,5 min |
| Total duration | ± 21 min    |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 360 m  |
| Jogging        | J  | ... m  |
| Backwards      | BW | ... m  |
| Sideways       | SW | ... m  |
| High intensity | HI | 1440 m |
| Sprint         | S  | ... m  |
| Total distance |    | 1800 m |

**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)



# Wednesday – morning aerobic session

- **Jogging**

- HR 75% Hrmax
- Total duration: +/- 30 min



- *PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE*
- *Suggestions:*
  - *Go by bike to work (full trip or partial trip (car-bike));*
  - *Log 30 min during your lunch pause;*
  - *...*



## Wednesday: REST day

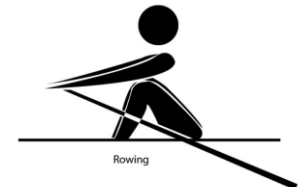
- Always possible to do CORE exercises at home 😊





# Thursday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min
- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min
- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity
- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...





# Thursday: Strength exercises



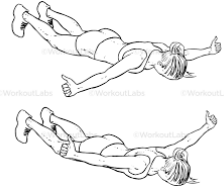
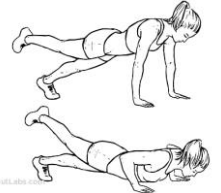


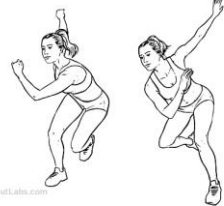
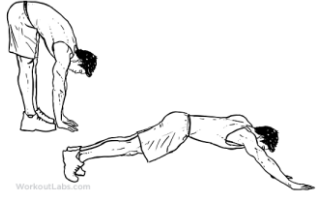
8 exercises

**1x each exercise**

**40 sec work with 20 sec rest** in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

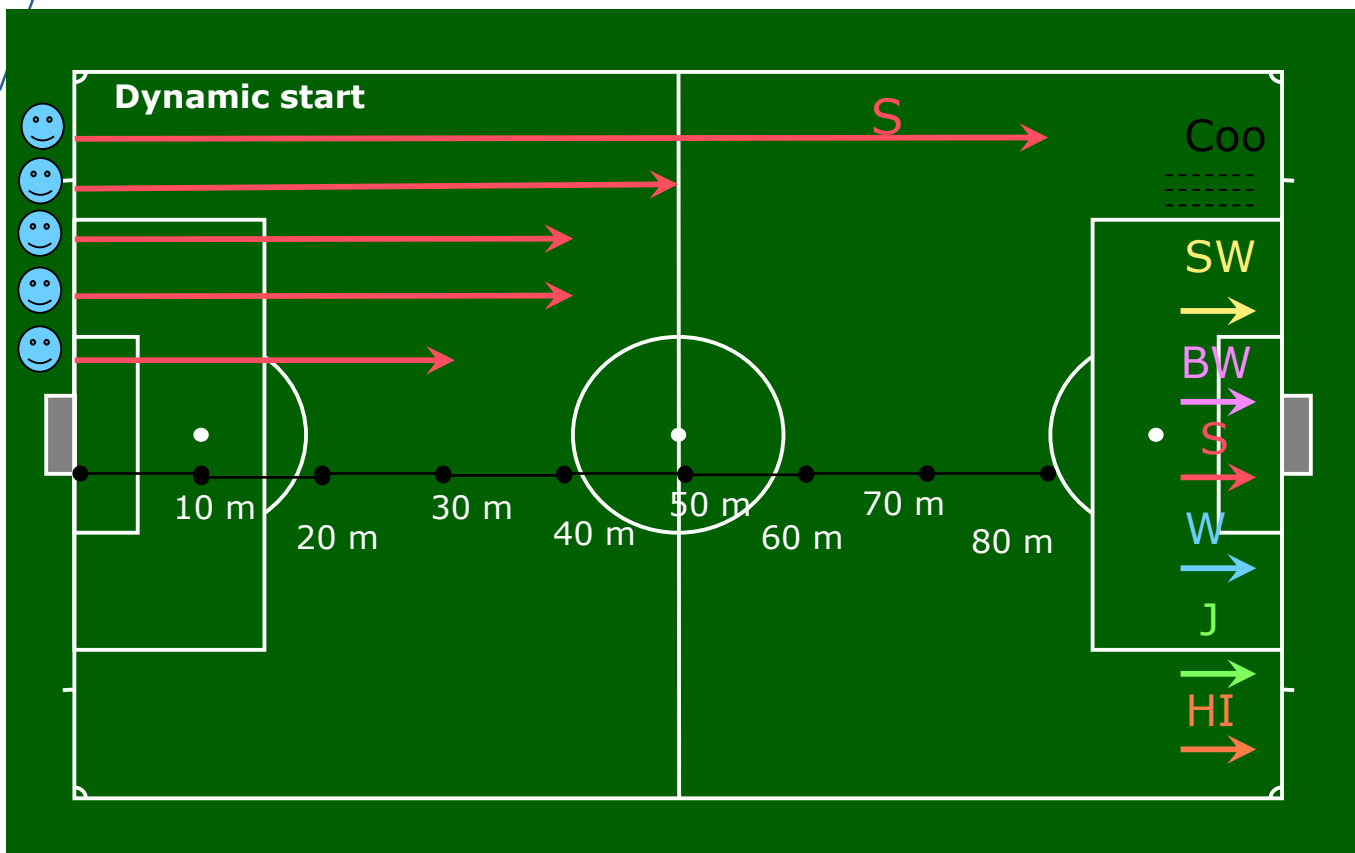
| Activity       | Duration       |
|----------------|----------------|
| Warm-up        | 10 min.        |
| Strength       | 10 min.        |
| RSA            | 35 min.        |
| Cool down      | 8 min.         |
| CORE (slide 6) | 12 min.        |
| <b>TOTAL</b>   | <b>75 min.</b> |

|  |  |   |  |
|--|--|---|--|
| <b>Lateral lunge to knee raise and balance 3 sec</b>  | <b>Alternate heel touches/lying oblique reach</b>  | <b>Floor T raises/back flies</b>         | <b>Raised one-leg push-ups</b>  |
| <b>Wide stance/Sumo body weight squat</b>            | <b>Snap jumps</b>                                 | <b>Lateral shuffles / Hops skaters</b>  | <b>Inchworm/walkouts</b>       |



# Thursday: Repeated Speed Ability exercise (RSA)

FIFA®



## 4 sets

|                       |                   |
|-----------------------|-------------------|
| Set 1 (4 x 80m)       | 5 min             |
| Set 2 (6 x 50m)       | 6 min             |
| Set 3 (8 x 40m)       | 4'40"             |
| Set 4 (6 x 40m)       | 3'40"             |
| Set 5 (6 x 30m)       | 4 min             |
| Recovery              | 2' each set       |
| <b>Total duration</b> | <b>+/- 32'20"</b> |

|                       |    |            |
|-----------------------|----|------------|
| Walking               | W  | ---        |
| Jogging               | J  | ---        |
| Backwards             | BW | ---        |
| Sideways              | SW | ---        |
| High intensity        | HI | ---        |
| Sprint                | S  | ---        |
| <b>Total distance</b> |    | <b>---</b> |

**Set 1:** 4 sprints over 80 m (+/- 12 sec), 1:5 recovery. 5 min in total.

**Set 2:** 6 sprints over 50 m (+/- 7,5 sec), 1:5 recovery. 6 min in total.

**Set 3:** 8 sprints over 40 m (+/- 6 sec), 1:5 recovery. 4 min 40 sec in total.

**Set 4:** 6 sprints over 40 m (+/- 6 sec), 1:5 recovery. 3 min 40 sec in total.

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

**Recovery:** 2 min between each set.



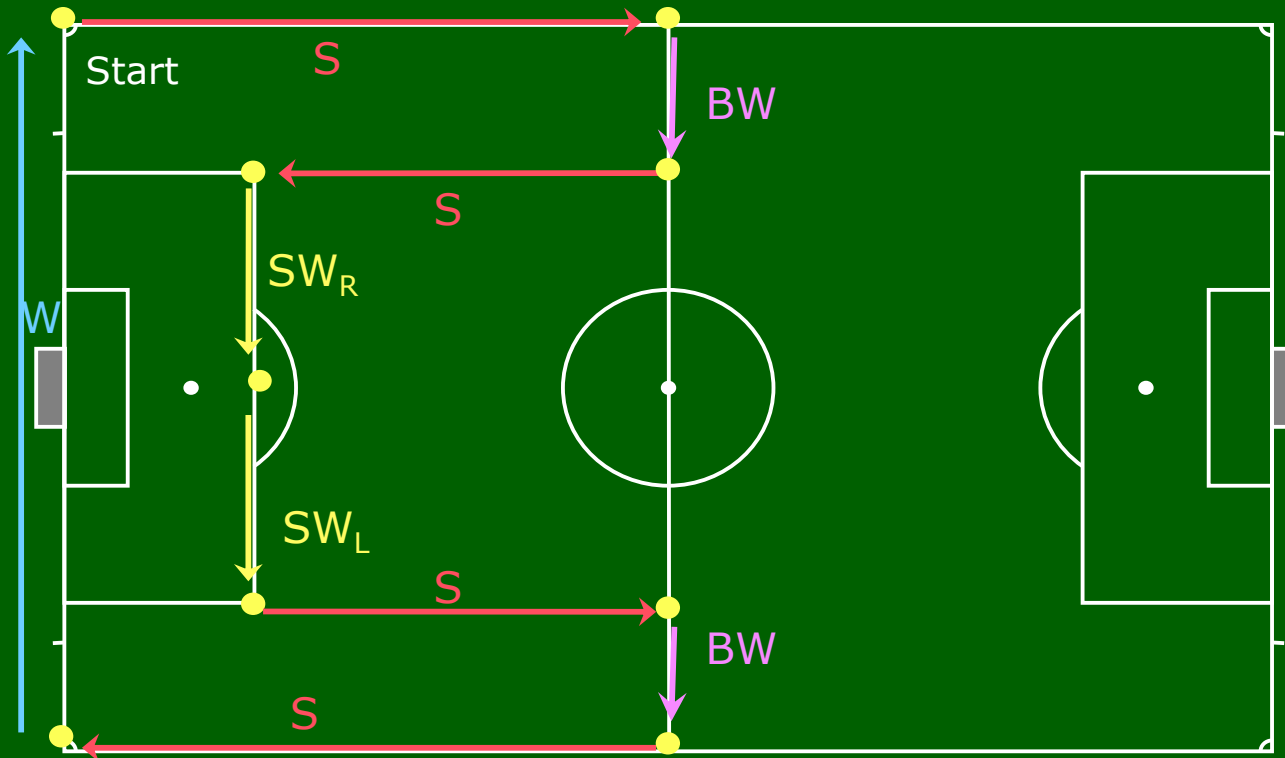
# Friday: Speed exercise

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

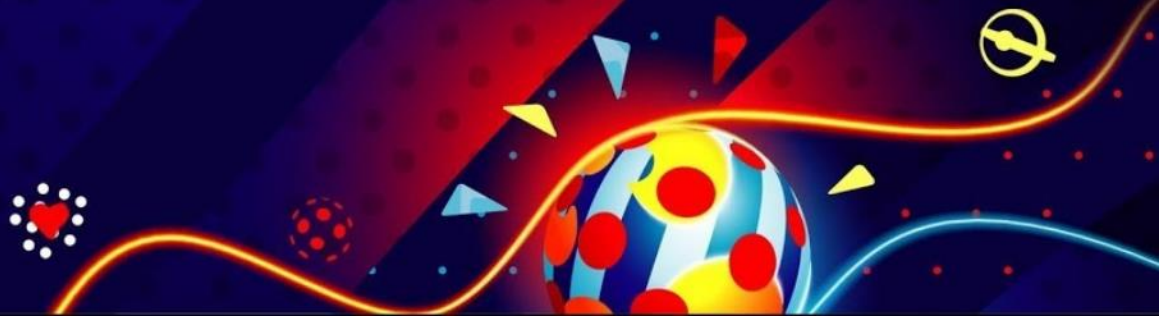
**NOTE:** Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)

Speed always MAXIMAL!





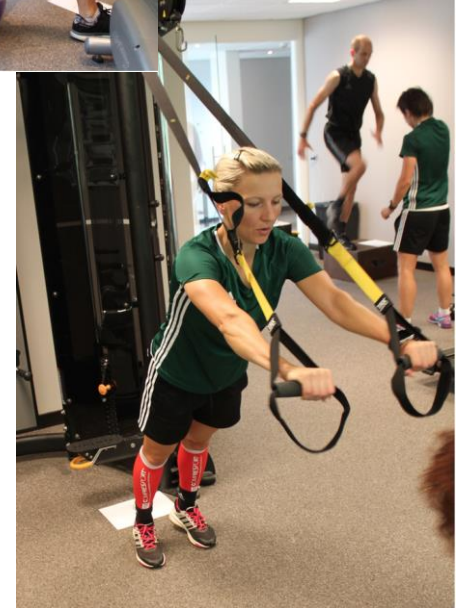
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# Sunday: Active Recovery - Light Intensity exercise

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## Active recovery (AR)

- 10' warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70-75% HRmax), such as: 15' cycling (85-95 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 background image showing a group of female soccer players in light blue training shirts and dark shorts, performing a high-kick drill in a gymnasium. They are arranged in a line, with the player in the foreground on the left being the most prominent. The floor is light-colored wood with red lines, and the walls are white.
- 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-side soccer) to improve speed and agility.
  - To improve aerobic endurance race biking or mountain biking are also nice possibilities.
  - In general different activities are possible to benefit from complementary mental and physical stimulation.



A photograph of Canadian fans celebrating at a sports event. In the foreground, a man wearing a black baseball cap and a red shirt with "CAN" on it is shouting with his mouth wide open. He has a small Canadian flag painted on his cheek. Behind him, a woman is also cheering. They are holding a large Canadian flag. Other fans in red shirts are visible in the background.

## *Week 5*

### *Fitness team*



## Week 5: weekly overview

|           | Training objectives | Remark                                | Training duration | Training intensity<br>RPE range<br>from 0 to 10 |
|-----------|---------------------|---------------------------------------|-------------------|---|
| Monday    | STAMINA<br>CORE     | Strength                              | 70 min.           | 2-3   |
| Tuesday   | S&Agi HI            | HI-endurance run                      | 75 min.           | 7-8   |
| Wednesday | REST                |                                       |                   |   |
| Thursday  | Str & S&Agi         | Speed & Agility exercise              | 55 min.           | 7-8   |
| Friday    | S                   | Speed and acceleration<br>training    | 50 min.           | 3-4   |
| Saturday  | Game ...            | Or CORE & basic<br>strength exercises | 90 min.           |   |
| Sunday    | AR                  |                                       | 50 min.           | 2-3   |



# Monday: Stamina / CORE & basic strength circuit



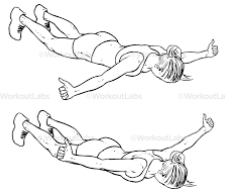
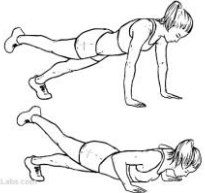



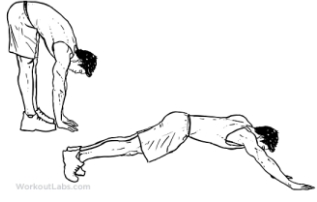
8 exercises

**4x each exercise**

30-40 sec work with 20-30 sec rest in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

| Activity   | Duration       |
|--|----------------|
| Jogging  | 5 min.         |
| Dynamic stretches  | 5 min.         |
| <b>STAMINA:</b><br>Jogging at 9-11 km/h or 65-70% H <sub>r</sub> max | 20 min.        |
| <b>CORE and STRENGTH circuit</b>                                     | 32 min.        |
| Cool down  | 8 min.         |
| <b>TOTAL</b>   | <b>70 min.</b> |

| Lateral lunge to knee raise and balance 3 sec                                      | Alternate heel touches/lying oblique reach  | Floor T raises/back flies  | Raised one-leg push-ups  |
|--|---|--|--|
|   |   |   |   |
| Wide stance/Sumo body weight squat   | Snap jumps  | Lateral shuffles / Hops skaters  | Inchworm/walkouts  |
|  |  |  |  |



# Tuesday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



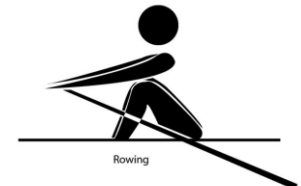
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



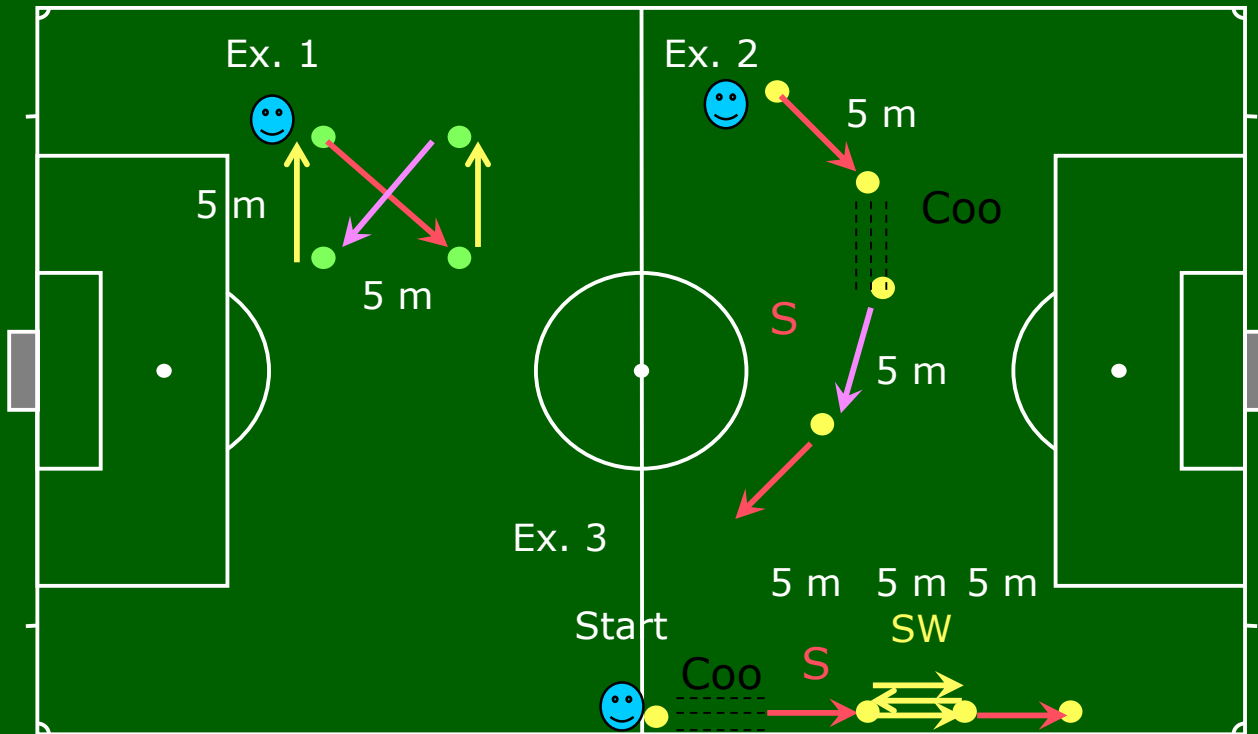
## Tuesday: Speed & Agility exercise

FIFA®

### 3 sets of 5 reps

|                |          |
|----------------|----------|
| Set 1 (5x)     | 5 min    |
| Recovery       | 2 min    |
| Set 2 (5x)     | 5 min    |
| Recovery       | 2 min    |
| Set 2 (5x)     | 5 min    |
| Total duration | ± 19 min |

|                |    |       |
|----------------|----|-------|
| Walking        | W  | ... m |
| Jogging        | J  | ... m |
| Backwards      | BW | ... m |
| Sideways       | SW | ... m |
| High intensity | HI | ... m |
| Sprint         | S  | 125 m |
| Total distance |    | ... 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 3 different exercises:

Ex. 1: S – SW L – BW – SW R; rest 45"; 3 to 5 reps and 2'

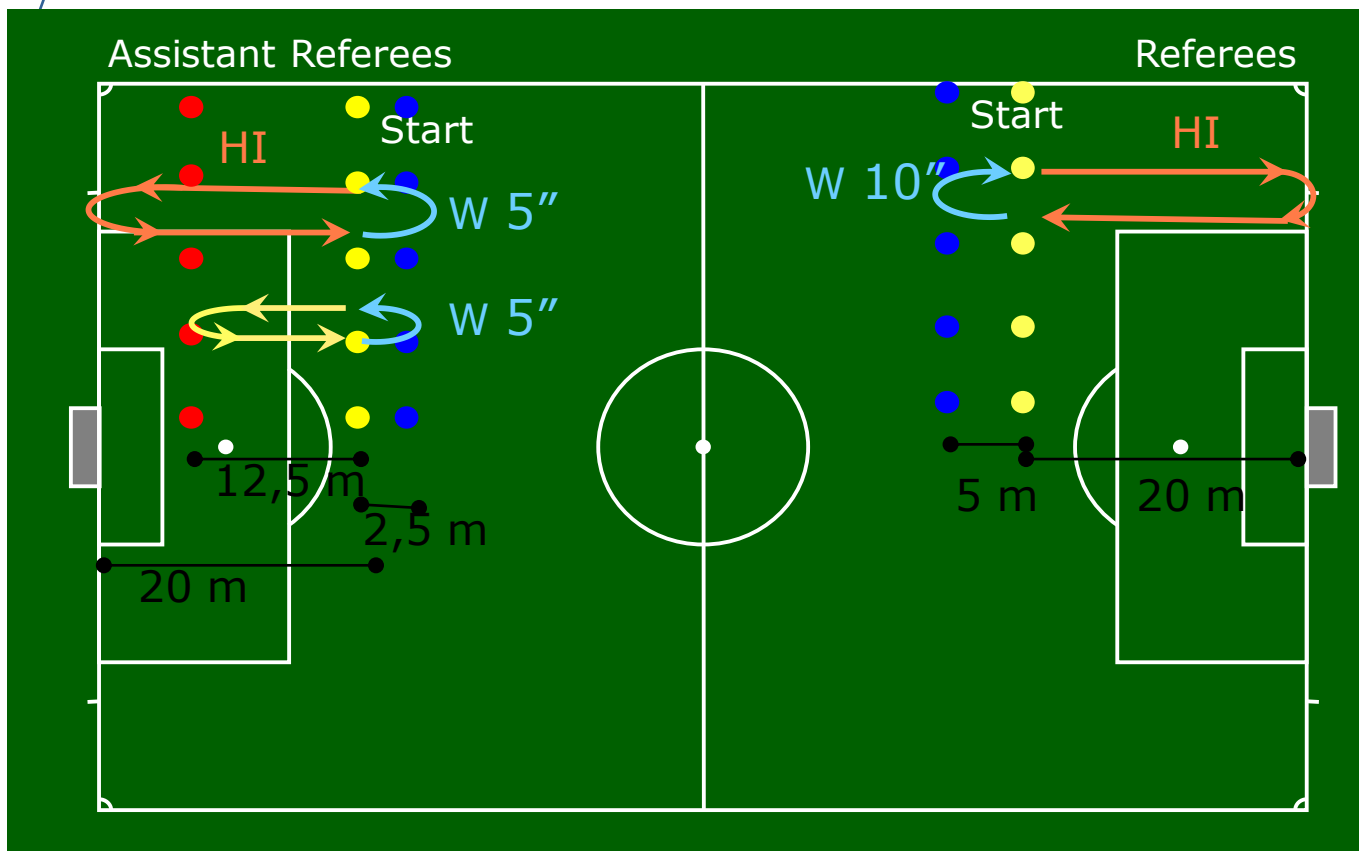
Ex. 2: S – Coo – BW – S; rest 45" ; 3 to 5 reps and 2'

Ex. 3: Coo – S – SW 3x – S; rest 45"; 3 to 5 reps and 2'



# Tuesday: High Intensity exercise

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 |

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

**Set 1:** 2x 20m HI-run fort & back 10 sec (+/- 6 min)

**Set 2 & 3:** idem

**Recovery:** 3 min in between sets

**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



# Wednesday – morning aerobic session

- **Jogging**

- HR 75% Hrmax
- Total duration: +/- 30 min



- *PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE*
- *Suggestions:*
  - *Go by bike to work (full trip or partial trip (car-bike));*
  - *Log 30 min during your lunch pause;*
  - *...*



## Wednesday: REST day

- Always possible to do CORE exercises at home 😊





# Thursday – morning aerobic session

- **Cycling**

- HR 70% Hrmax
- Total duration: +/- 60 min



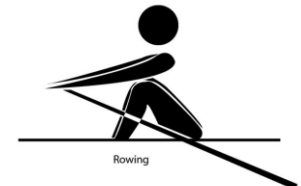
- **Swimming**

- 15 min non stop as target (several sets)
- Total duration: +/- 60 min



- **Gym – fitness center**

- Crosswalker 15 min
- Rowing 15 min
- Steps or stairs 15 min
- HR 75% Hrmax
- Total duration: +/- 45 min activity



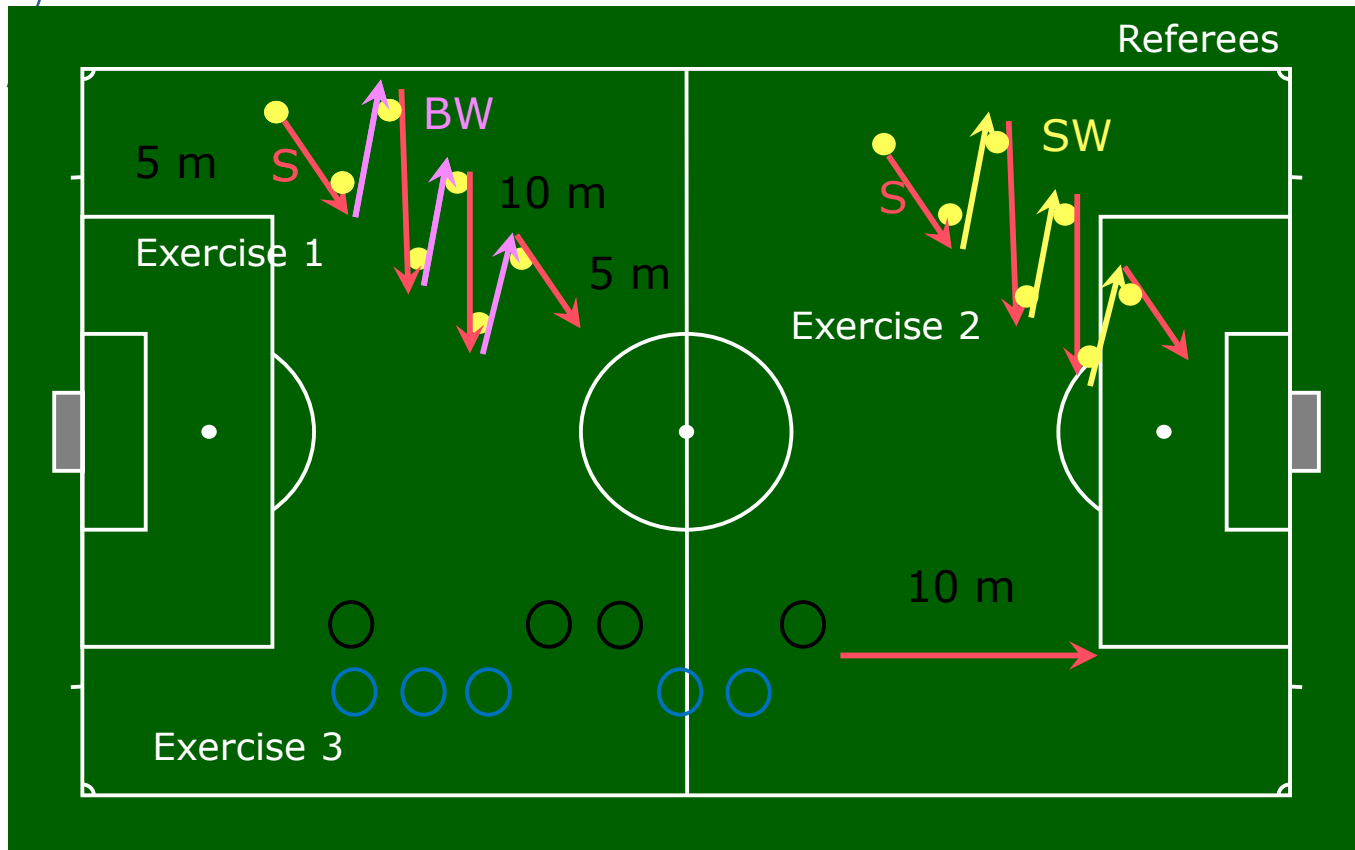
- Plan extra session in case of need for better endurance.

- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Thursday: 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'



# Thursday: Strength exercises



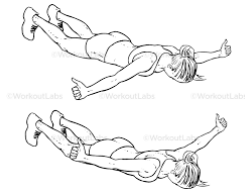




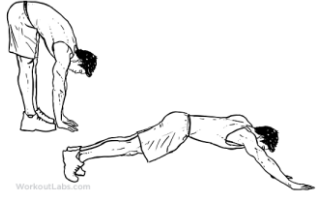
8 exercises

**1x each exercise**

**40 sec work with 20 sec rest** in between every exercise

More info on: <https://workoutlabs.com/exercise-guide/>

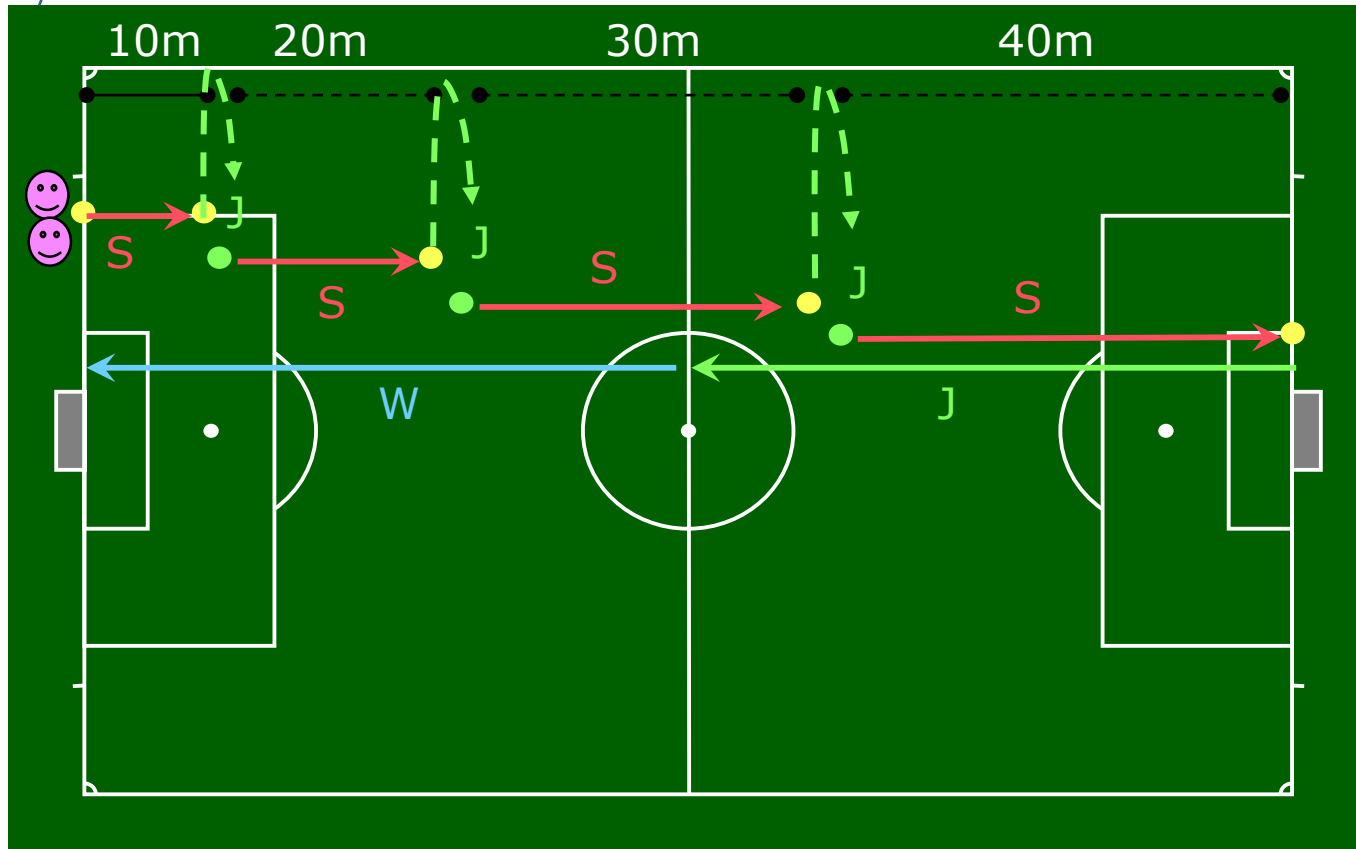
| Activity       | Duration       |
|----------------|----------------|
| Warm-up        | 10 min.        |
| S&Agi          | 15 min.        |
| Strength       | 10 min.        |
| Cool down      | 8 min.         |
| CORE (slide 6) | 12 min.        |
| <b>TOTAL</b>   | <b>55 min.</b> |

|  |  |   |  |
|--|--|---|--|
| <b>Lateral lunge to knee raise and balance 3 sec</b>  | <b>Alternate heel touches/lying oblique reach</b>  | <b>Floor T raises/back flies</b>         | <b>Raised one-leg push-ups</b>  |
| <b>Wide stance/Sumo body weight squat</b>            | <b>Snap jumps</b>                                 | <b>Lateral shuffles / Hops skaters</b>  | <b>Inchworm/walkouts</b>       |



# Friday: Speed exercise

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## 2 sets of 3 laps

|                |           |
|----------------|-----------|
| One lap        | +/- 2 min |
| Set 1 (3 laps) | 6 min     |
| Recovery       | 4 min     |
| Set 2 (3 laps) | 6 min     |
| Total duration | 18 min    |

|                |    |        |
|----------------|----|--------|
| Walking        | W  | 300 m  |
| Jogging        | J  | 660 m  |
| Backwards      | BW | ---    |
| Sideways       | SW | ---    |
| High intensity | HI | ---    |
| Sprint         | S  | 600 m  |
| Total distance |    | 1960 m |

**Set 1:** Four consecutive sprints of 10 – 20 – 30 and 40m. After each sprint undertake a recovery loop (jog or walk) to the edge of the field of play and back (as indicated). Repeat the sequence twice or 3 times.

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

**Set 2:** Repeat the same exercise.

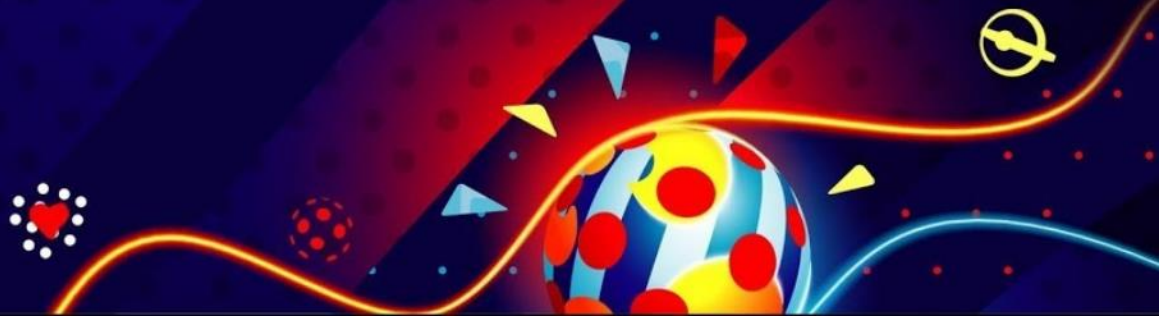
In total  $100\text{m} \times 3 \times 2 = 600\text{m}$ .

*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)*





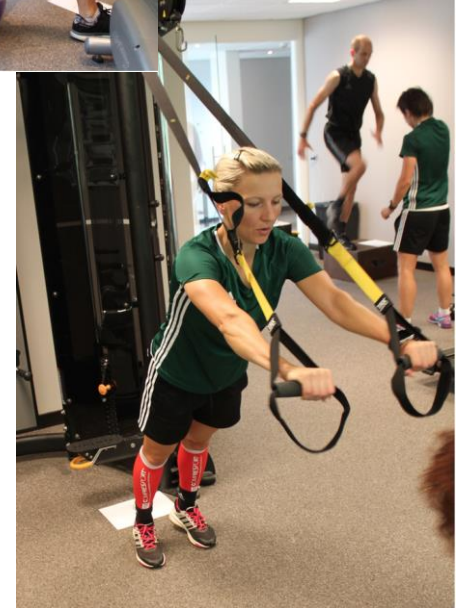
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# Sunday: Active Recovery - Light Intensity exercise

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 (85-95 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 group of female soccer players in light blue training shirts and dark shorts are performing a warm-up exercise in a gymnasium. They are in a lunge position, holding a red resistance band that is anchored to a wall. The floor is light-colored wood with red lines. The background is slightly blurred, showing other players and gym equipment.
- 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-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.





**Success!**

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