



## Training plan – October 2019

Jean-Baptist Bultynck

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# Objectives & Planning

- Below you find your training programme for the following month. If you have any questions don't hesitate to contact your coaches.
- Follow as much as possible the program and only adapt if your match is on another day than a Saturday.
  - If you have 2 matches per week, than skip the HI session. Contact your coach if you are in doubt.
- Follow-up is done as usual via Topsportslab and Refassist.
- 
- Meanwhile we supporter for the ladies who will be active in Brazil this month!
- 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&Agi HI CORE	REST	STR SE	SP (MP) CORE / IP	GAME	AR or Rest
<b><u>Week 2:</u></b>	STAMINA CORE&STR	SP&Agi HI CORE	REST	STR SE	SP (MP) CORE / IP	GAME	AR or Rest
<b><u>Week 3:</u></b>	STAMINA CORE&STR	SP&Agi HI CORE	REST	SP RSA	SP (MP) CORE / IP	GAME	AR or Rest
<b><u>Week 4:</u></b>	STAMINA CORE&STR	SP&Agi HI CORE	REST	STR RSA	SP (MP) CORE / IP	GAME	AR or Rest
<b><u>Week 5:</u></b>	STAMINA CORE&STR	SP&Agi HI CORE	REST	STR SE			



- 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



Cat back stretch



Quad stretch



Adductor stretch



Hip flexor stretch



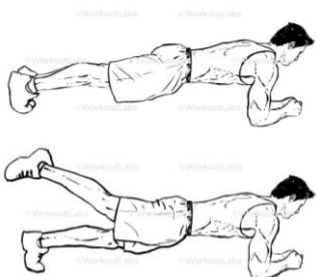
Hamstring stretch



- Every mandatory training should begin or end with a **10 min. circuit of CORE exercise**
  - SET 1: Carry out every exercise 30 sec, go immediately to the next exercises without rest. Take 30 sec rest after the 4th exercise.
  - SET 2, 3 and 4: repeat the same exercises in the same way

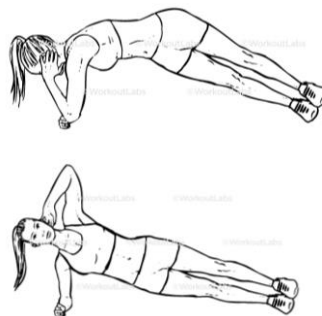
## SEQUENCE 1

Plank leg lifts



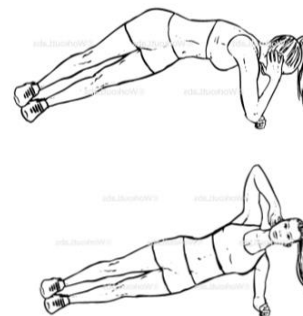
30 sec

Side plank rotations R



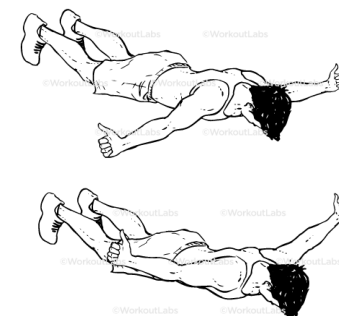
30 sec

Side plank rotations L



30 sec

Floor back flyes



30 sec

**REST**

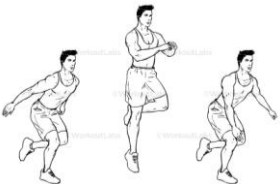
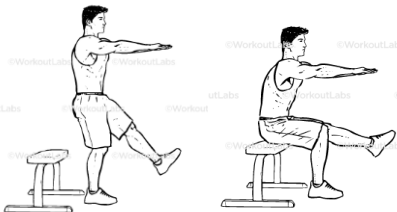
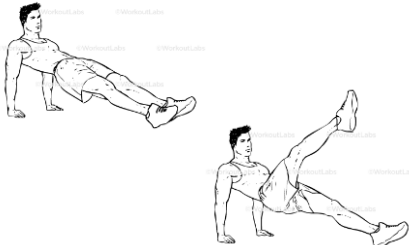
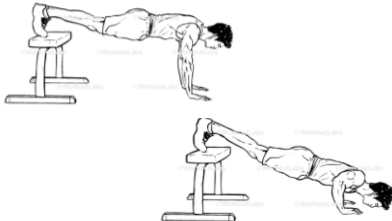

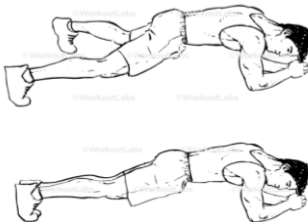
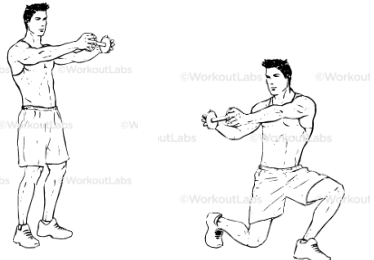
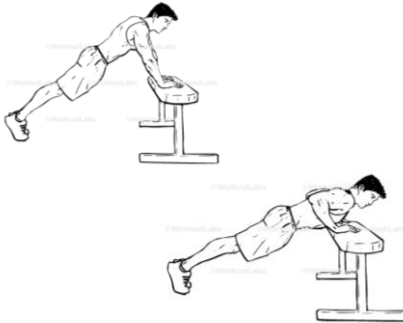
**30 sec**

**REPEAT THE  
SEQUENCE  
(10min. In total)**

Images:  
workoutlabs



- 8 exercises
- **2x each exercise**
- 30-40 sec work with 20-30 sec rest in between every exercise
- More info on: <https://workoutlabs.com/exercise-guide/>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Nordic hamstrings	Plank jacks	Lunge twist	Incline push-ups
 <p>Nordic Hamstring <b>2 sets of 6 reps!</b></p>	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



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*Week 1*

*Fitness team*



## Week 1: weekly overview

	Training objectives	Remark	Training duration	Training intensity RPE range from 0 to 10
Monday	STAMINA CORE	Strength	70 min.	2-3
Tuesday	S&Agi HI	HI-endurance run	100 min.	7-8
Wednesday	REST			
Thursday	Str & SE field	Speed Endurance Field exercise	90 min.	6-7
Friday	S (MP)	Speed and acceleration training	50 min.	3-4
Saturday	Game ...	Or CORE & basic strength exercises	90 min.	
Sunday	AR		50 min.	2-3



# Monday: Stamina / CORE & basic strength circuit


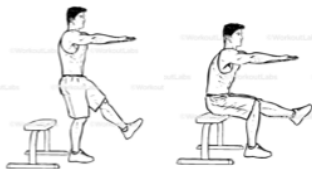
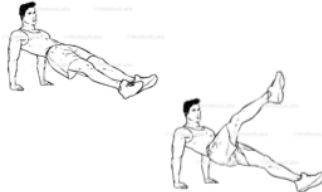

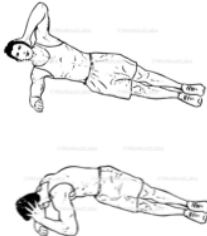
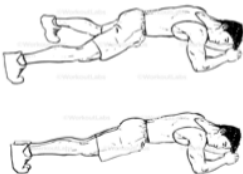


8 exercises

2x 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
Warm-up	15 min.
SP&Agi	/ min.
MI	20 min.
STRENGTH circuit	20 min.
Cool down	15 min.
<b>TOTAL</b>	<b>70 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Tuesday – morning aerobic session

- **Cycling**

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



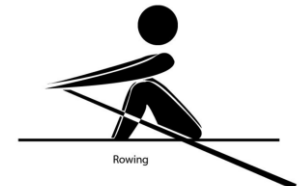
- **Swimming**

- 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.

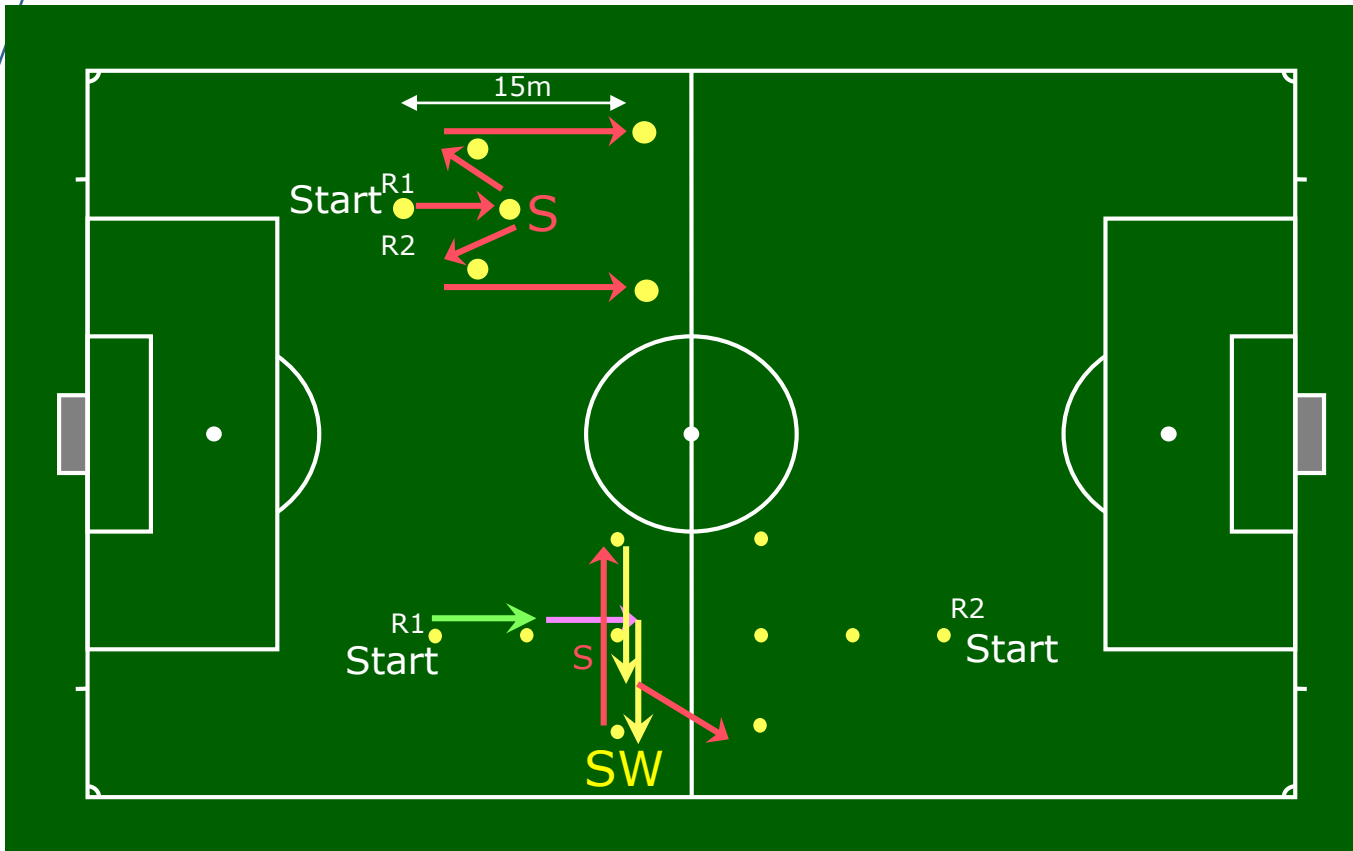
- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Tuesday: Speed & Agility exercise

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## 2 sets of 2 ex.



Set 1 (2 ex )	10 min
Recovery	4 min
Set 2 (2 ex)	10 min
Total duration	± 24 min

Walking	W	... m
Jogging	J	50 m
Backwards	BW	50 m
Sideways	SW	100 m
High intensity	HI	... m
Sprint	S	400 m
Total distance		600 m

**Exercise 1:** Sprint forward 5m, cut back diagonally left/right, then turn and accelerate forwards 12m

Variations: sprint – backwards or sideways L or R – sprint

2 sets of 5 reps

Rest: full rest in between reps (90 sec); 3-4 min in between sets

**Exercise 2:** 5m dynamic start, jog backwards 5m, sidestep left 5m, sprint forwards 10m, sidestep right 5m, sprint forward 10m

2 sets of 5 reps



# Tuesday: High Intensity exercise

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## Referees & Assistant Referees

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

## 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

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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 jog* ; ...

**Recovery:** 3 min walking

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

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!



# 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



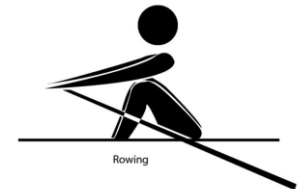
- **Swimming**

- 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.





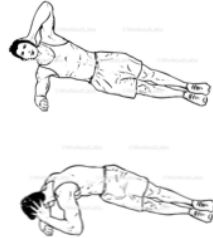
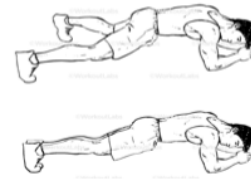


- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Thursday: Strength exercises

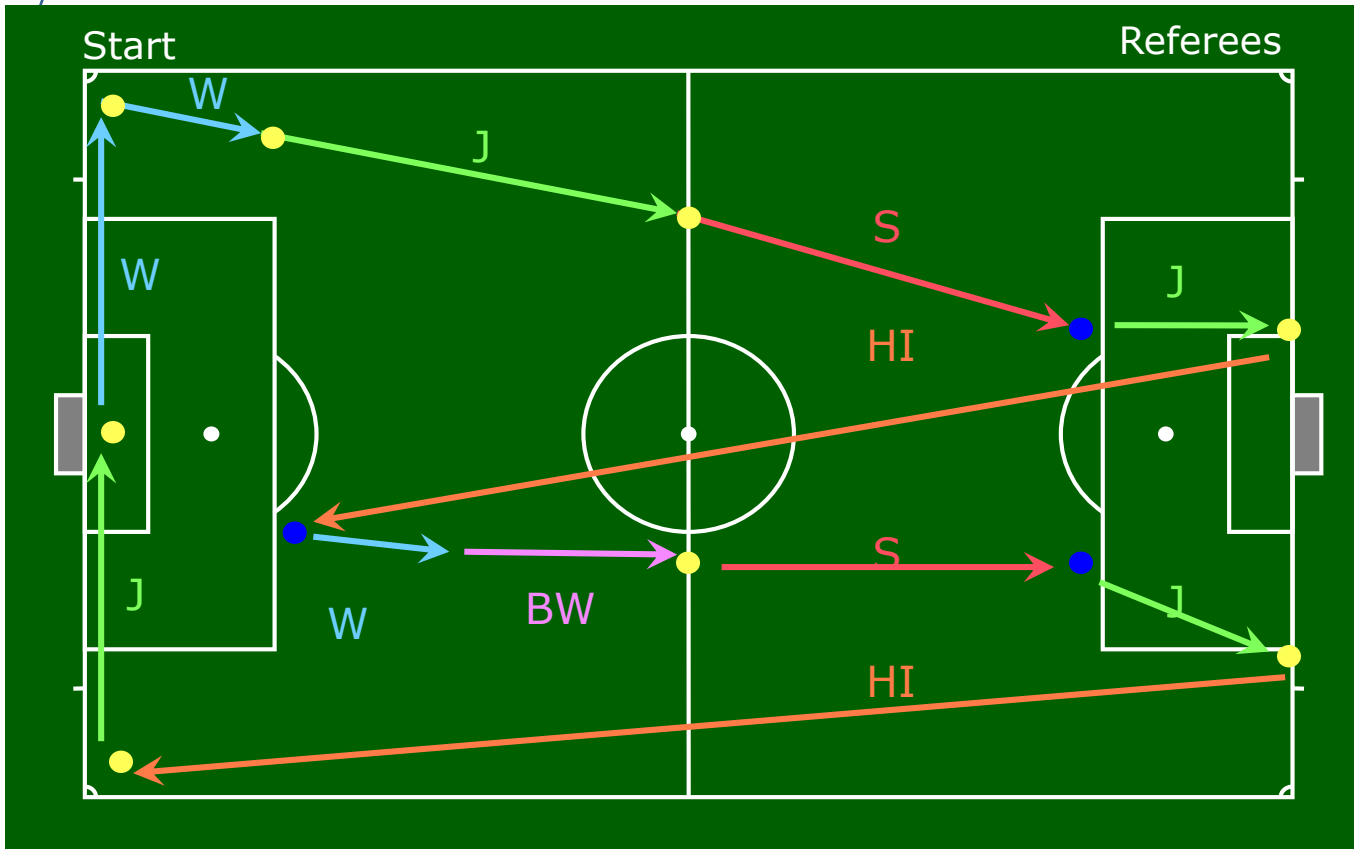
8 exercises  
 2x each exercise  
 30-40 sec work with 20-30 sec rest in between every exercise  
 More info on: <https://workoutlabs.com/exercise-guide/>

Activity	Duration
Warm-up	10 min.
SP&Agi	20 min.
SE	30 min.
STRENGTH circuit	20 min.
Cool down	10 min.
<b>TOTAL</b>	<b>75 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Thursday: Speed Endurance field exercise (SE) R



## 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

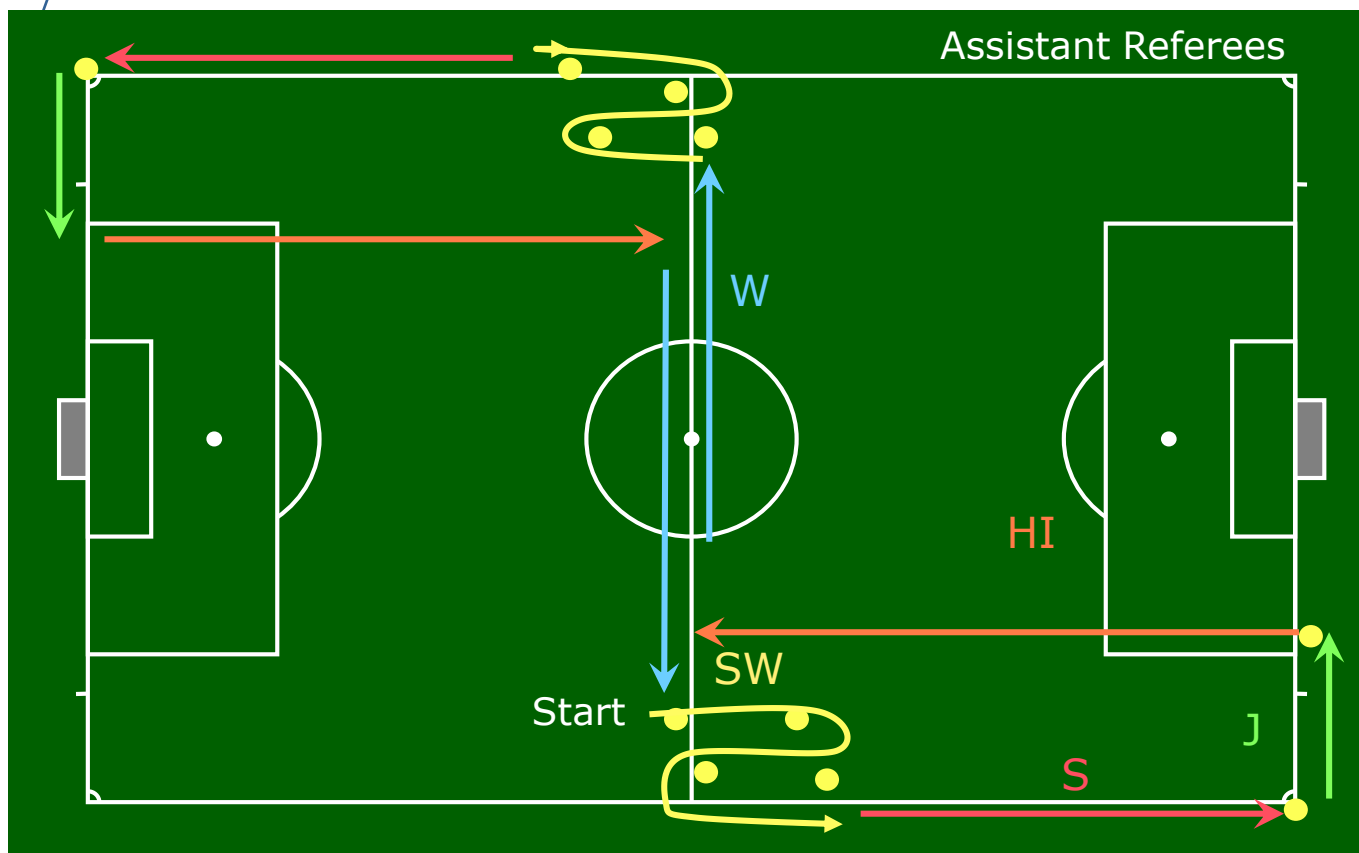
**Set 1:** Run 4 to 5 laps of the speed endurance exercise as indicated in the picture. Recognize the 3 spots from the DYY (in dark blue), these are your reference points at the penalty area!

**Recovery:** 4 min, active recovery with stretches

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



# Thursday: Speed Endurance field exercise (SE) AR



## 2 sets of 6 laps

One lap	+/- 1,5 min
Set 1 (6x)	10 min
Recovery	4 min
Set 2 (6x)	10 min
Total duration	± 24 min

Walking	W	600 m
Jogging	J	400 m
Backwards	BW	... m
Sideways	SW	300 m
High intensity	HI	1000 m
Sprint	S	800 m
Total distance		3100 m

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

**Recovery:** 4 min

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

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



# Friday – morning aerobic session

- **Cycling**

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



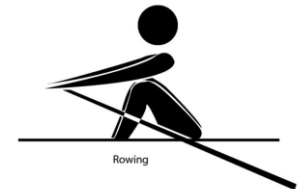
- **Swimming**

- 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



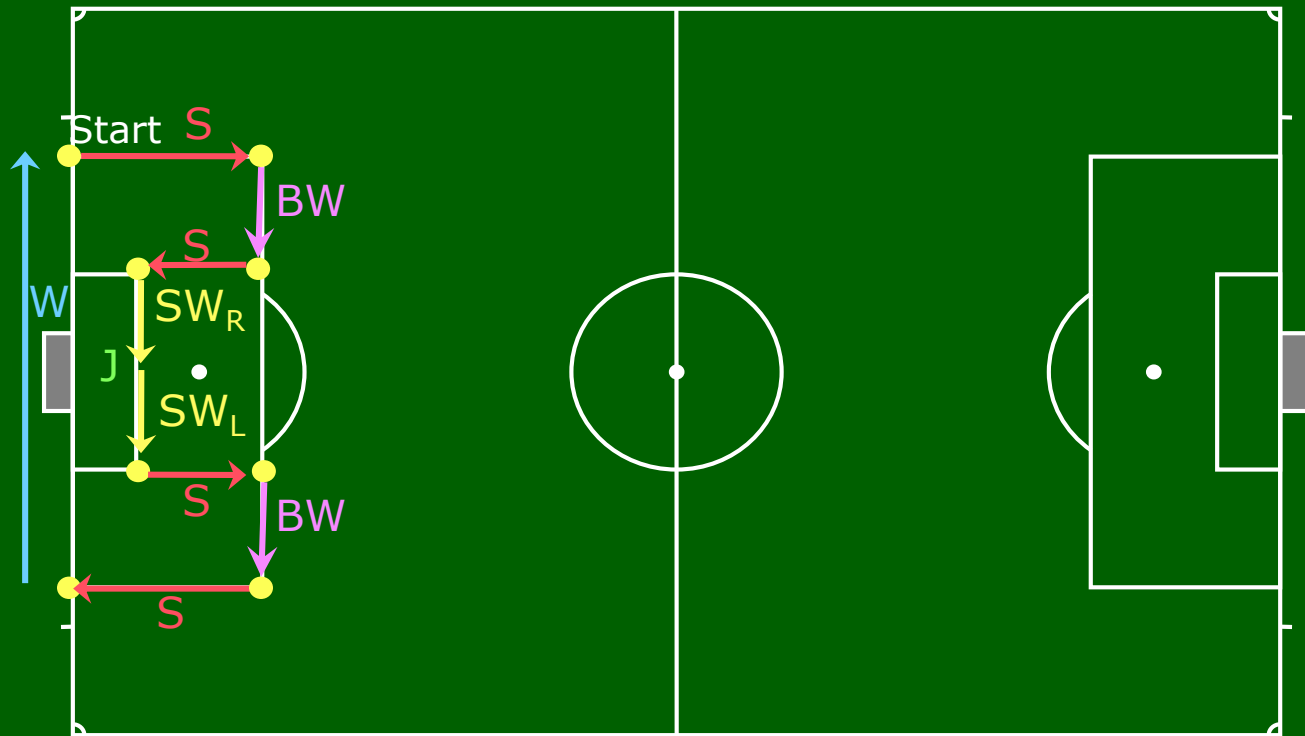
- Plan extra session in case of need for better endurance.

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



## Friday: Speed exercise

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### 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	400 m
Jogging	J	---
Backwards	BW	200 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	520 m
Total distance		1320 m

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

**Recovery:** 5 min

**Eventually:**

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





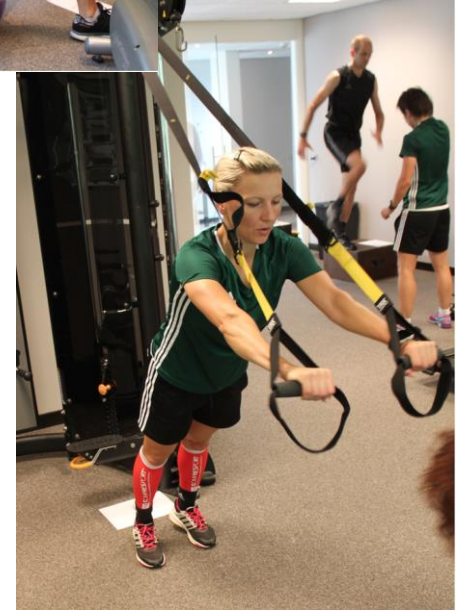
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# Sunday: Active Recovery - Light Intensity exercise

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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-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 RPE range from 0 to 10
Monday	STAMINA CORE	Strength	70 min.	2-3
Tuesday	S&Agi HI	HI-endurance run	80 min.	7-8
Wednesday	REST			
Thursday	Str & RSA	Repeated Speed Ability	65 min.	6-7
Friday	S	Speed and acceleration training	50 min.	3-4
Saturday	Game ...	Or CORE & basic strength exercises	90 min.	
Sunday	AR		50 min.	2-3



# Monday: Stamina / CORE & basic strength circuit


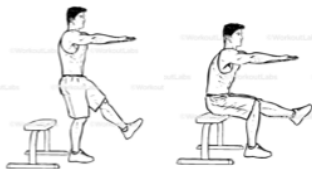
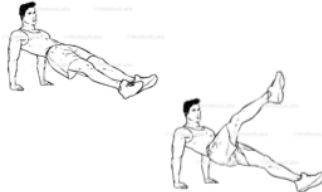

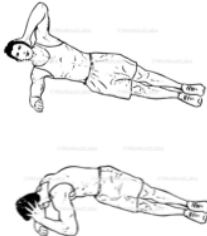
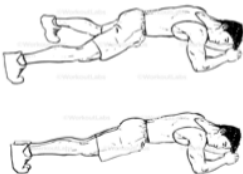

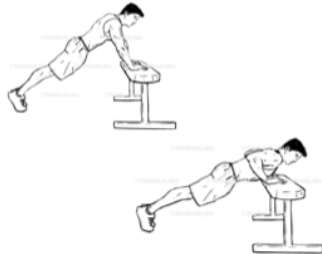
8 exercises

2x 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
Warm-up	15 min.
SP&Agi	/ min.
MI	20 min.
STRENGTH circuit	20 min.
Cool down	15 min.
<b>TOTAL</b>	<b>70 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Tuesday – morning aerobic session

- **Cycling**

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



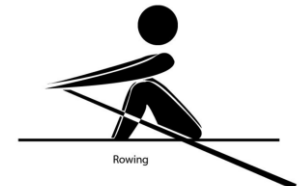
- **Swimming**

- 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



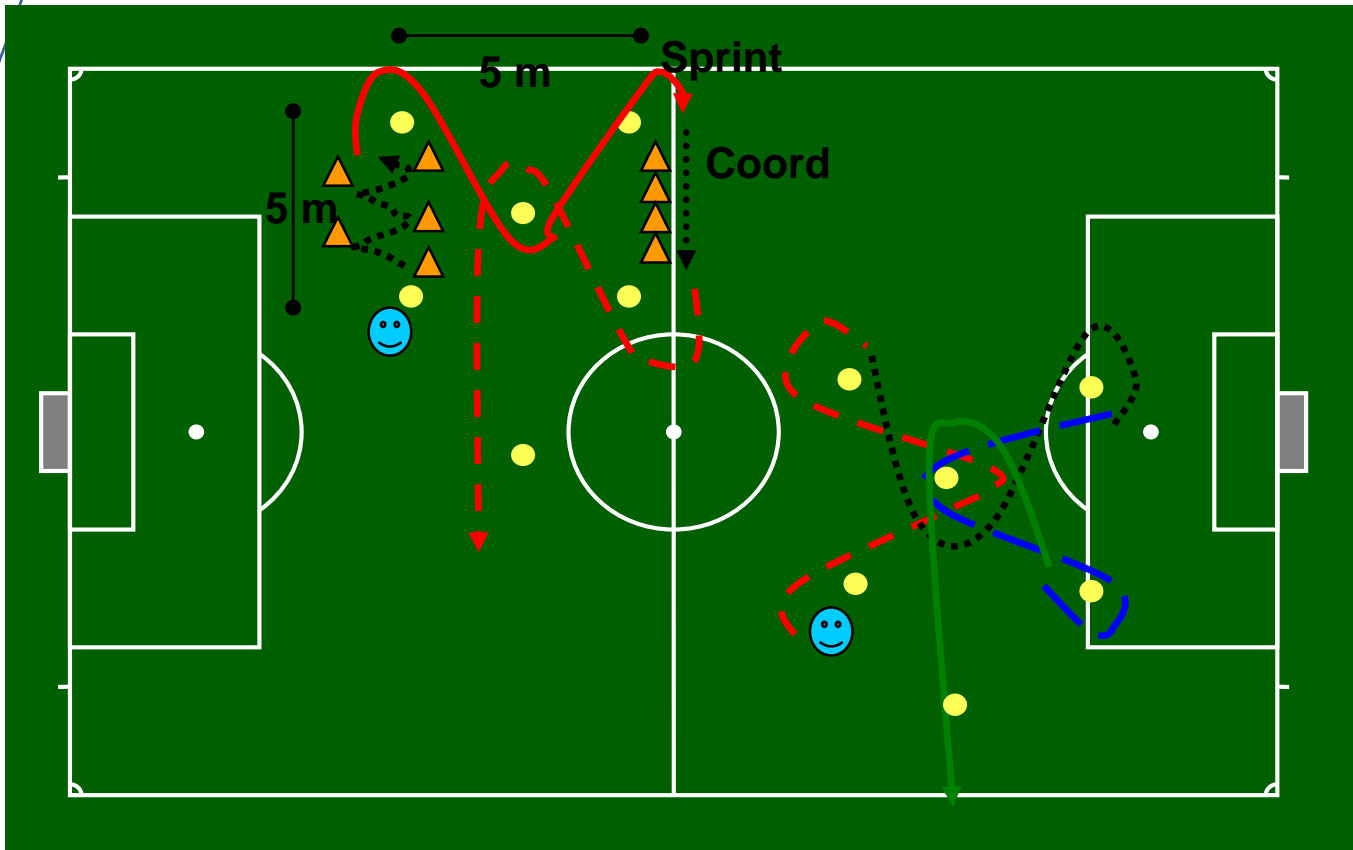
- Plan extra session in case of need for better endurance.

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



# Tuesday: Speed & Coordination exercise

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## 2 sets of 1 ex.

Set 1 (5 laps)	7,5 min
Recovery	4 min
Set 2 (5 laps)	7,5 min
Total duration	± 19 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:** Both agility exercises take place in a square of 5 by 5 m. Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool.

Variation: back & fort in stead of L&R // 5 reps make one set.

**Recovery:** 4 min active recovery in between each set and 2 min in between the repetitions

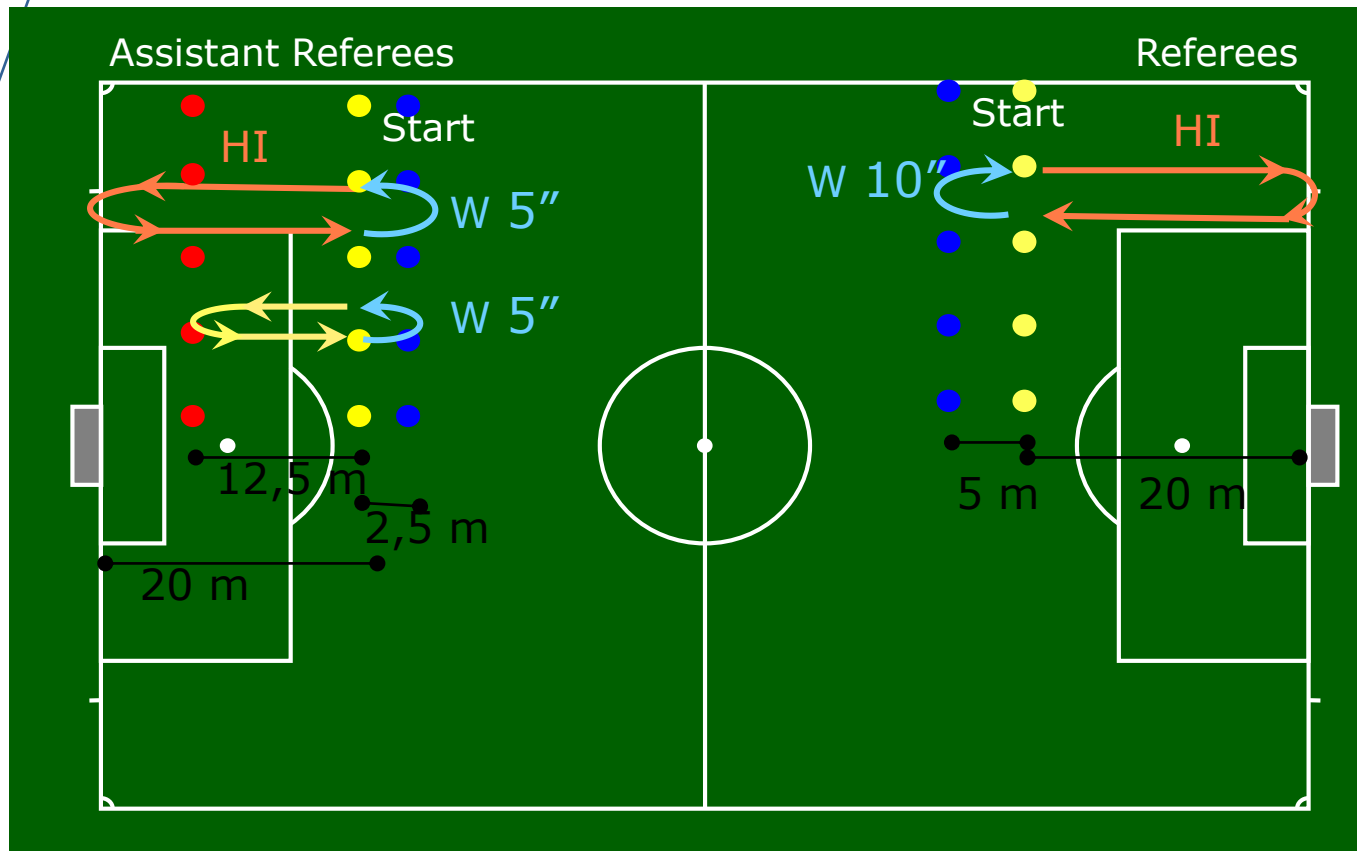
**Set 2:** Repeat the same exercise.

Variation, Ex.2: a long 'agility sprint', turn around each cone of the square after each time turning around the middle cone.



# Tuesday: High Intensity exercise

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## 3 sets of x reps

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

Total duration ± 21 min

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

Total distance ± 2.150 m

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

**Set 1:** level 5.1 – 14.6 (+/- 5min 41)

**Set 2:** level 14.1 – 15.8 (+/- 5 min)

**Set 3:** level 16.1 – 17.2 (+/- 3 min)

**Recovery:** 3 min in between sets

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

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

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

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

**Recovery:** 3 min in between sets



# 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



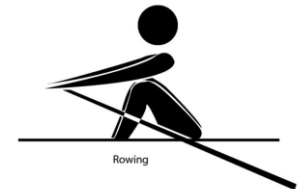
- **Swimming**

- 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.





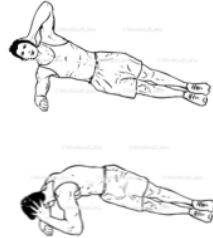
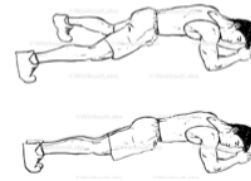


- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Thursday: Strength exercises

8 exercises  
 2x each exercise  
 30-40 sec work with 20-30 sec rest in between every exercise  
 More info on: <https://workoutlabs.com/exercise-guide/>

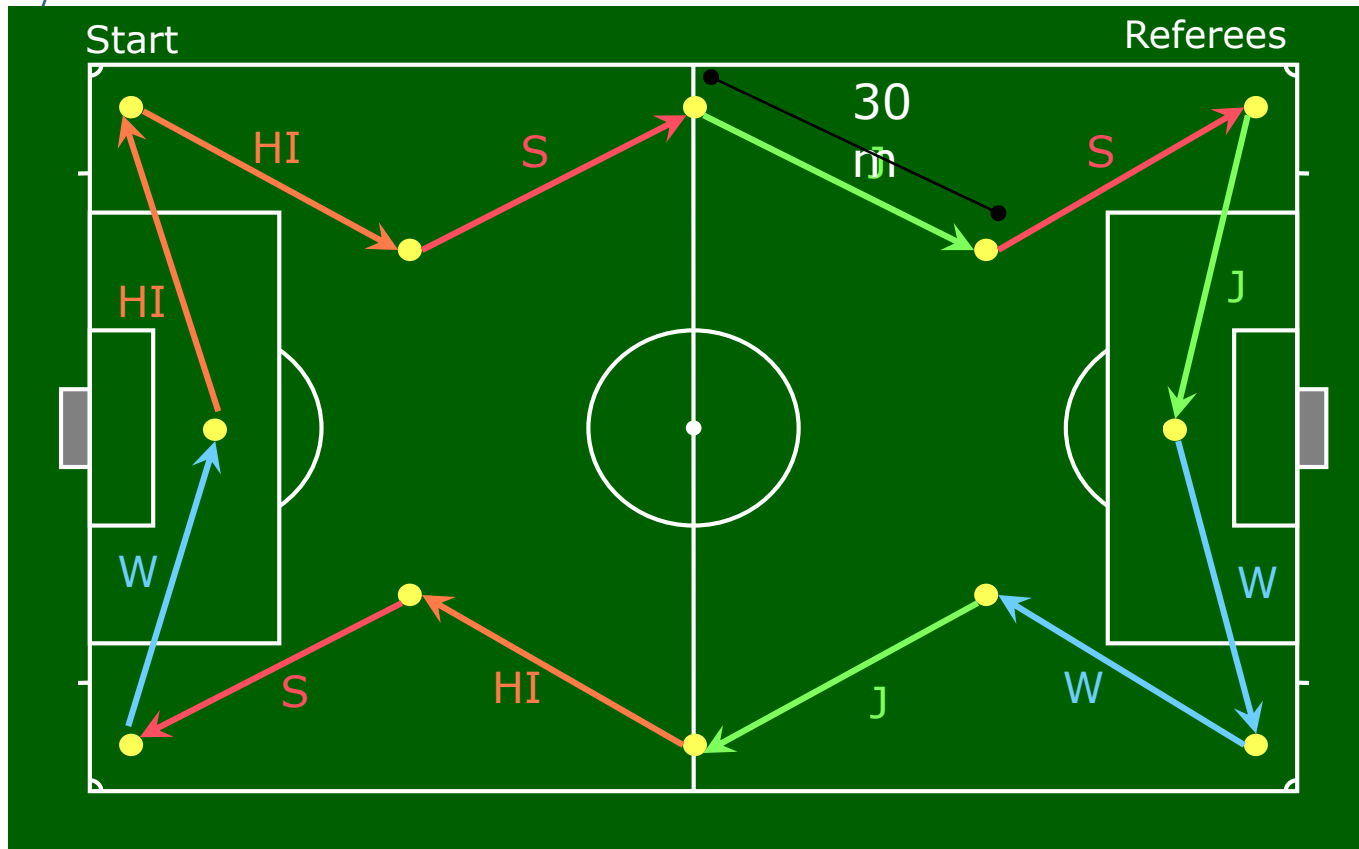
Activity	Duration
Warm-up	10 min.
SP&Agi	20 min.
SE	30 min.
STRENGTH circuit	20 min.
Cool down	10 min.
<b>TOTAL</b>	<b>75 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



## Thursday: Speed Endurance field exercise (SE) R

FIFA®



### 2 sets of 5 laps

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

Walking	W	1080 m
Jogging	J	1080 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1080 m
Sprint	S	1080 m
Total distance		4240 m

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

Or perform minimal 12 min of this specific field exercise (SE/RSA) as indicated in the picture.

**Recovery:** 4 min

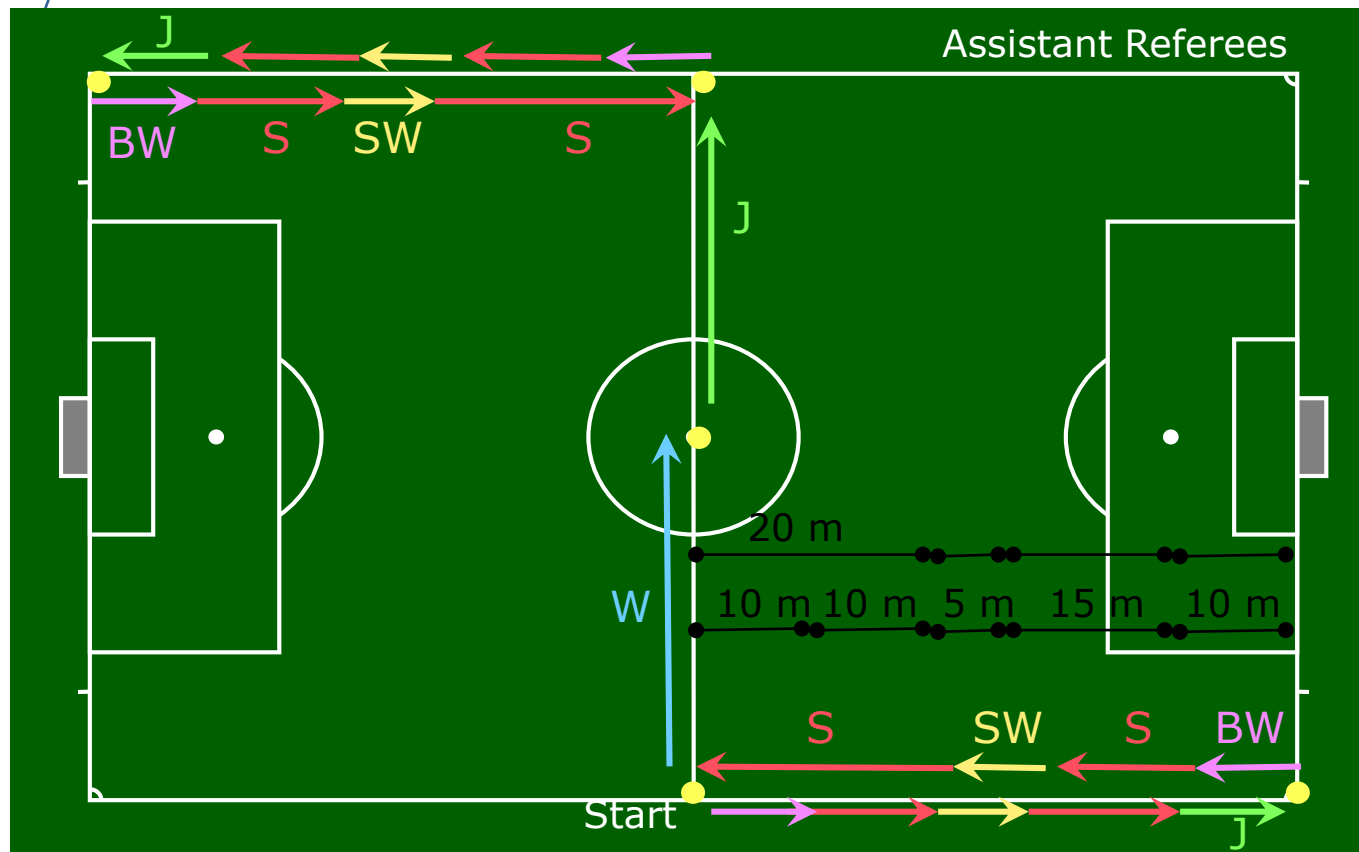
**Set 2:** Run again 6 laps of the same exercise.

*Note: Look always 'inside' towards your assistant!*

**Visual concentration:** At any time, the coach can show a card (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.



# Thursday: Speed Endurance field exercise (SE) AR



## 2 sets of 6 laps

One lap	± 2 min
Set 1 (6 laps)	12 min
Recovery	4 min
Set 2 (6 laps)	12 min
Total duration	± 28 min

Walking	W	420 m
Jogging	J	540 m
Backwards	BW	480 m
Sideways	SW	240 m
High intensity	HI	... m
Sprint	S	1440 m
Total distance		3120 m

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

**Recovery:** 4 min

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

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



# Friday – morning aerobic session

- **Cycling**

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



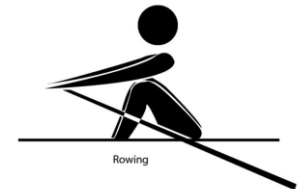
- **Swimming**

- 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



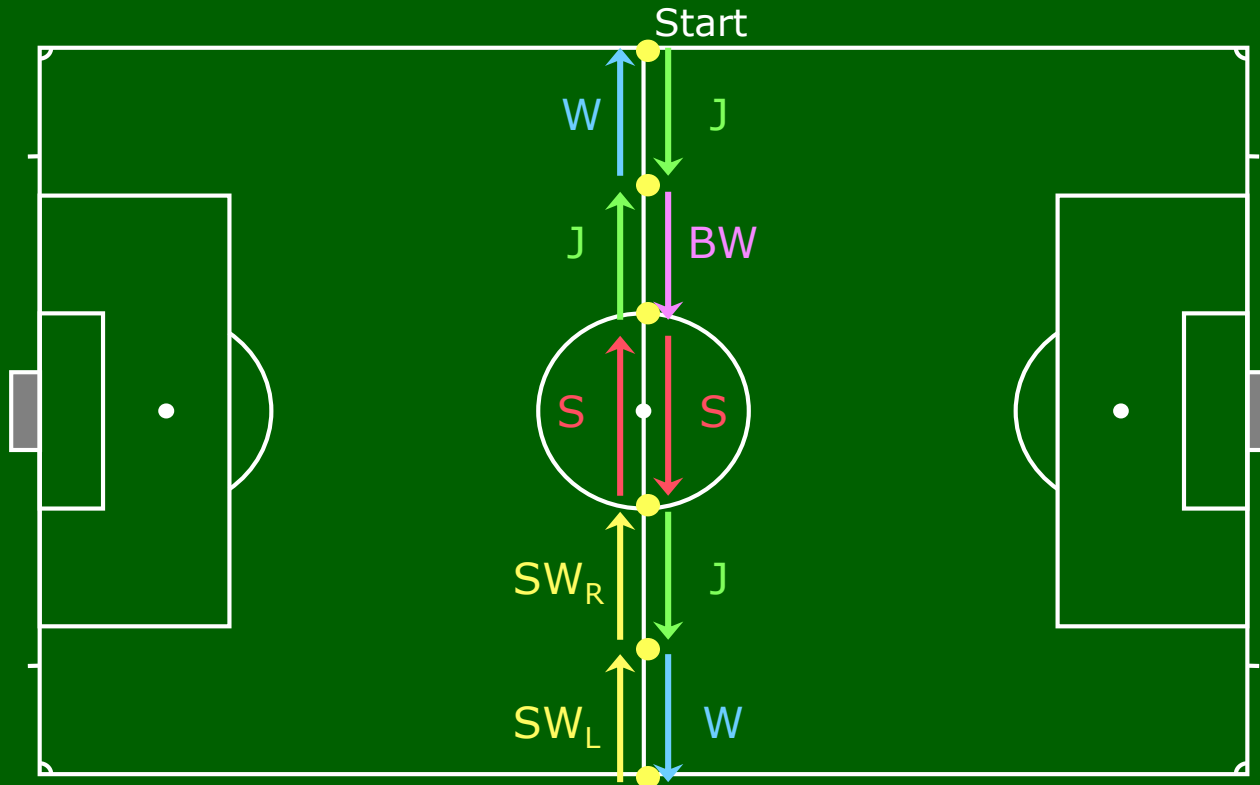
- Plan extra session in case of need for better endurance.

- 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 lap:

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

### Centre-Circle-Sprint

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

**Recovery:** 5 min

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





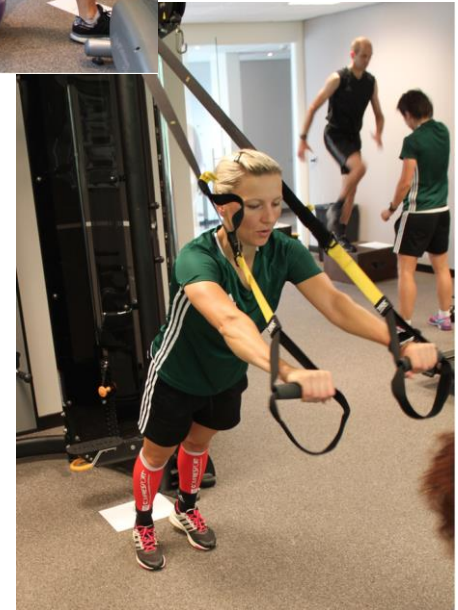
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# Sunday: Active Recovery - Light Intensity exercise

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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.
- 



A close-up photograph of a female referee is on the left side of the slide. She is wearing a black V-neck shirt and has a "REFEREE FIFA" badge pinned to her chest. She is smiling and looking towards the right. A black headset with a microphone is visible on her head. The background of the photo is blurred, showing what appears to be a stadium setting.

## *Week 3*

### *Fitness team*



## Week 3: weekly overview

	Training objectives	Remark	Training duration	Training intensity RPE range from 0 to 10
Monday	STAMINA CORE	Strength	70 min.	2-3
Tuesday	S&Agi HI	HI-endurance run	90 min.	7-8
Wednesday	REST			
Thursday	Str & SE	Speed Endurance field exercise	75 min.	6-7
Friday	S	Speed and acceleration training	50 min.	3-4
Saturday	Game ...	Or CORE & basic strength exercises	90 min.	
Sunday	AR		50 min.	2-3



# Monday: Stamina / CORE & basic strength circuit


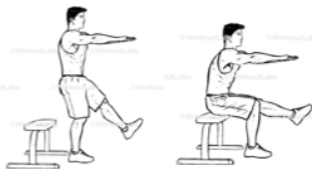
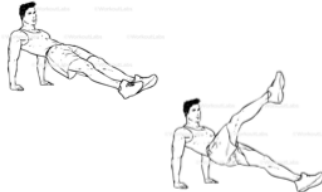

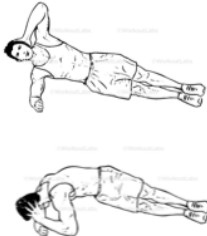
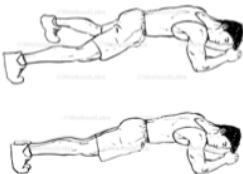


8 exercises

2x 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
Warm-up	15 min.
SP&Agi	/ min.
MI	20 min.
STRENGTH circuit	20 min.
Cool down	15 min.
<b>TOTAL</b>	<b>70 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Tuesday – morning aerobic session

- **Cycling**

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



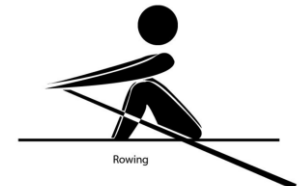
- **Swimming**

- 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.

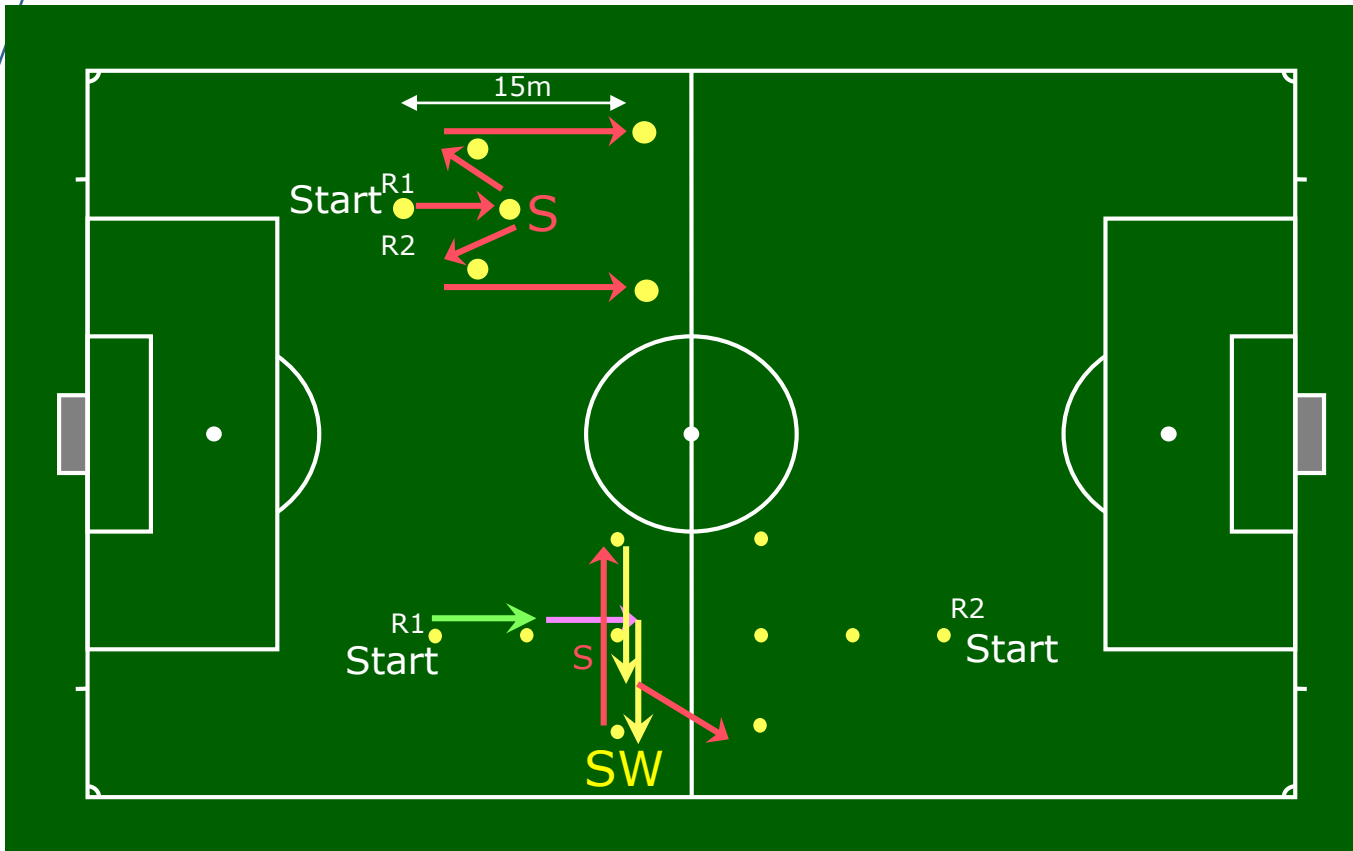
- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Tuesday: Speed & Agility exercise

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## 2 sets of 2 ex.



Set 1 (2 ex )	10 min
Recovery	4 min
Set 2 (2 ex)	10 min
Total duration	± 24 min

Walking	W	... m
Jogging	J	50 m
Backwards	BW	50 m
Sideways	SW	100 m
High intensity	HI	... m
Sprint	S	400 m
Total distance		600 m

**Exercise 1:** Sprint forward 5m, cut back diagonally left/right, then turn and accelerate forwards 12m

Variations: sprint – backwards or sideways L or R – sprint

2 sets of 5 reps

Rest: full rest in between reps (90 sec); 3-4 min in between sets

**Exercise 2:** 5m dynamic start, jog backwards 5m, sidestep left 5m, sprint forwards 10m, sidestep right 5m, sprint forward 10m

2 sets of 5 reps



# Tuesday: High Intensity exercise

FIFA®

## Referees & Assistant Referees

HI at 90% HRmax

Set 1: 30 sec HI at 90% HRmax  
Active recovery (= jogging): always 30 sec  
⇒ X10

Recovery: 2 min

Set 1: 30 sec HI at 90% HRmax  
Active recovery (= jogging): always 30 sec  
⇒ X10

Recovery: 2 min

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

## 2 sets of 10 min

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

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: 30 sec at 90% HRmax (HI tempo run) *followed by 30 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!



# 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



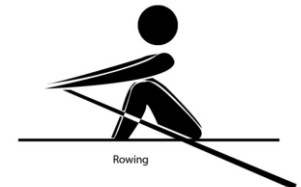
- **Swimming**

- 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.





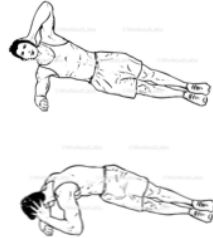
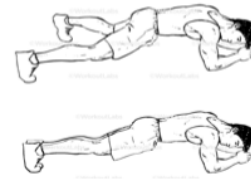


- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



# Thursday: Strength exercises

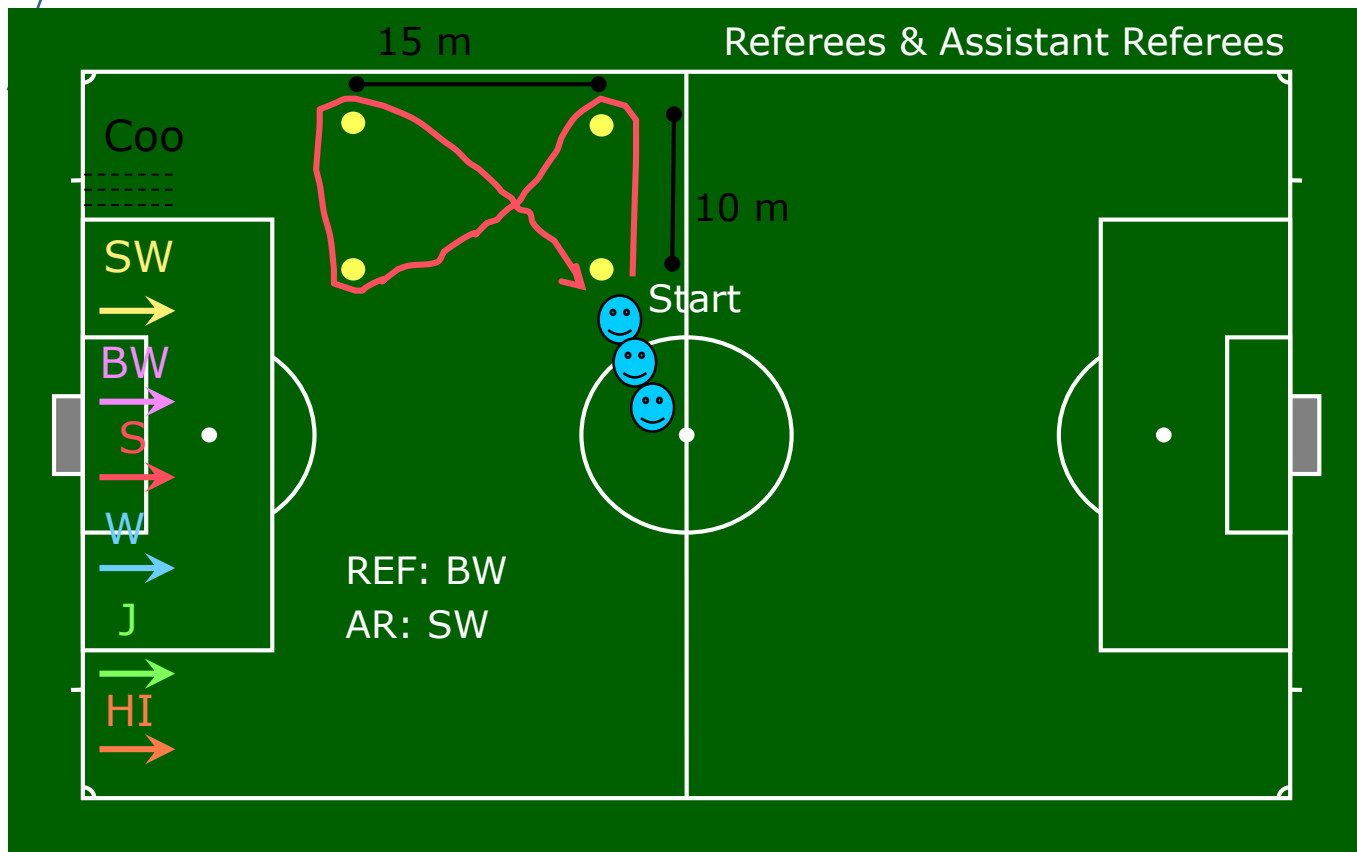
8 exercises  
 2x each exercise  
 30-40 sec work with 20-30 sec rest in between every exercise  
 More info on: <https://workoutlabs.com/exercise-guide/>

Activity	Duration
Warm-up	10 min.
SP&Agi	20 min.
SE	30 min.
STRENGTH circuit	20 min.
Cool down	10 min.
<b>TOTAL</b>	<b>75 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Thursday: Repeated Speed Ability exercise (RSA)



## 3 sets of 3 reps

One lap	-- min
Set 1 (5 laps)	6 min
Recovery	3 min
Set 2 (5 laps)	6 min
Total duration	+/-15 min

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

**Set 1:** Referee sprints 60m – 1min rest – 5 reps

For (MD-2) – 2 sets x 5 reps Total distance 2x 300 m (approximately)

For (MD-3) – 3 sets x 3 reps Total distance 3x 300 m (approximately)

**Recovery:** between reps: 60" / between sets: 3'

**Set 2:** VARIATION: The first 10 m can also be done backwards (REF) or sideways (AR), before sprinting the remaining 50m.



# Friday – morning aerobic session

- **Cycling**

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



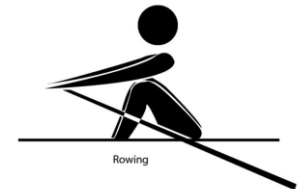
- **Swimming**

- 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



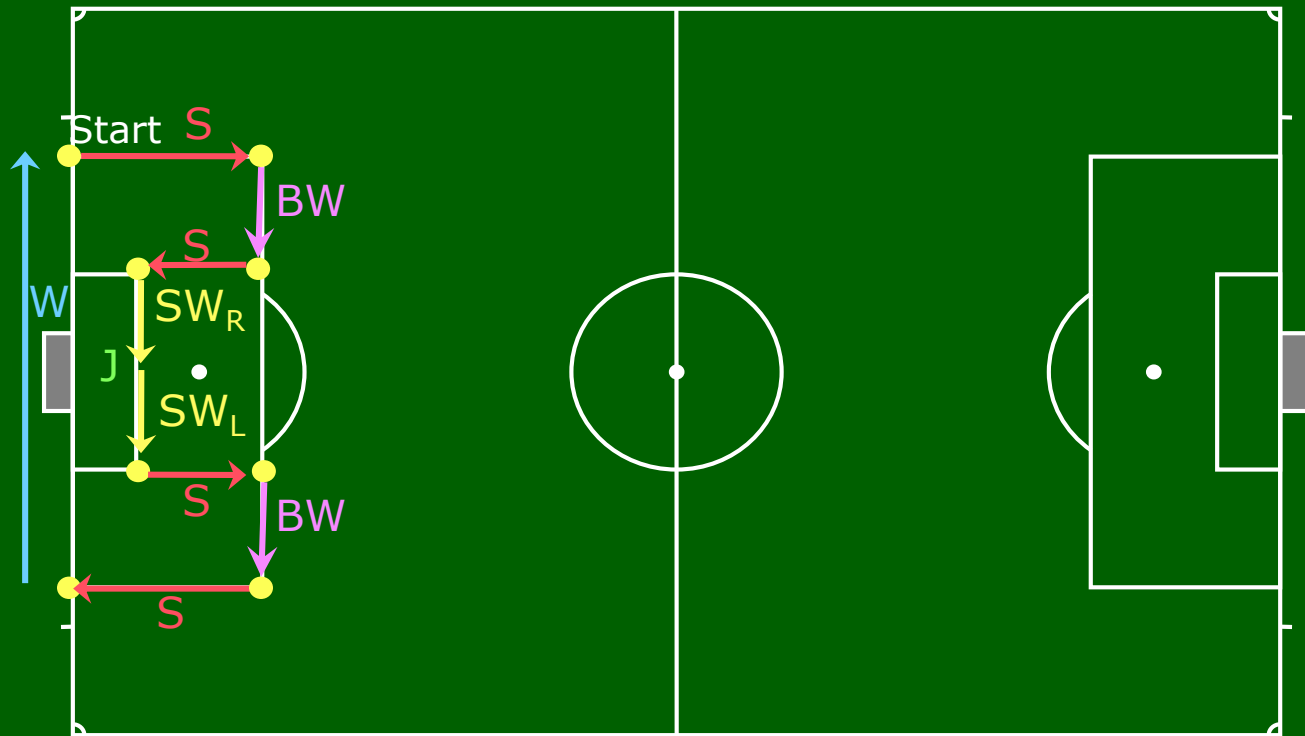
- Plan extra session in case of need for better endurance.

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



## Friday: Speed exercise

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### 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	400 m
Jogging	J	---
Backwards	BW	200 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	520 m
Total distance		1320 m

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

**Recovery:** 5 min

**Eventually:**

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





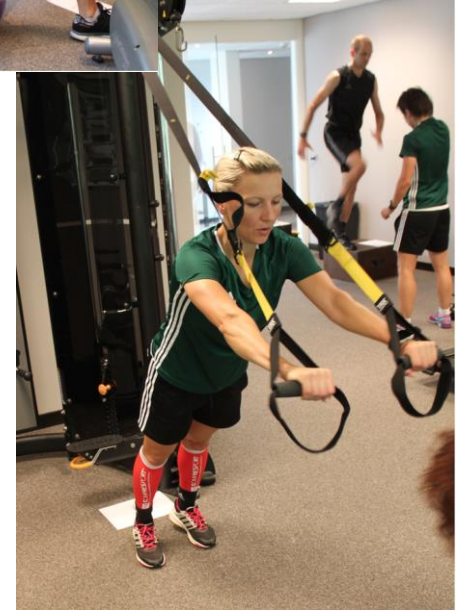
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# Sunday: Active Recovery - Light Intensity exercise

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)

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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-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 4*

### *Fitness team*



## Week 4: weekly overview

	Training objectives	Remark	Training duration	Training intensity RPE range from 0 to 10
Monday	STAMINA 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	65 min.	7-8
Friday	S	Speed and acceleration training	50 min.	3-4
Saturday	Game ...	Or CORE & basic strength exercises	90 min.	
Sunday	AR		50 min.	2-3



# Monday: Stamina / CORE & basic strength circuit


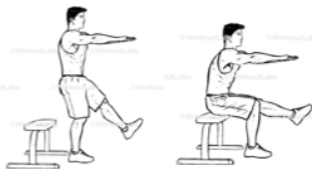
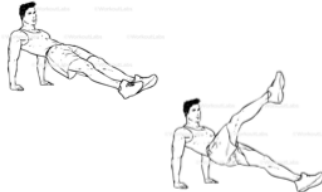

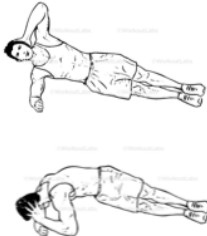
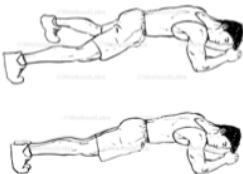


8 exercises

2x 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
Warm-up	15 min.
SP&Agi	/ min.
MI	20 min.
STRENGTH circuit	20 min.
Cool down	15 min.
<b>TOTAL</b>	<b>70 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Tuesday – morning aerobic session

- **Cycling**

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



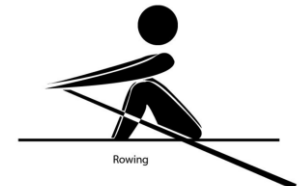
- **Swimming**

- 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



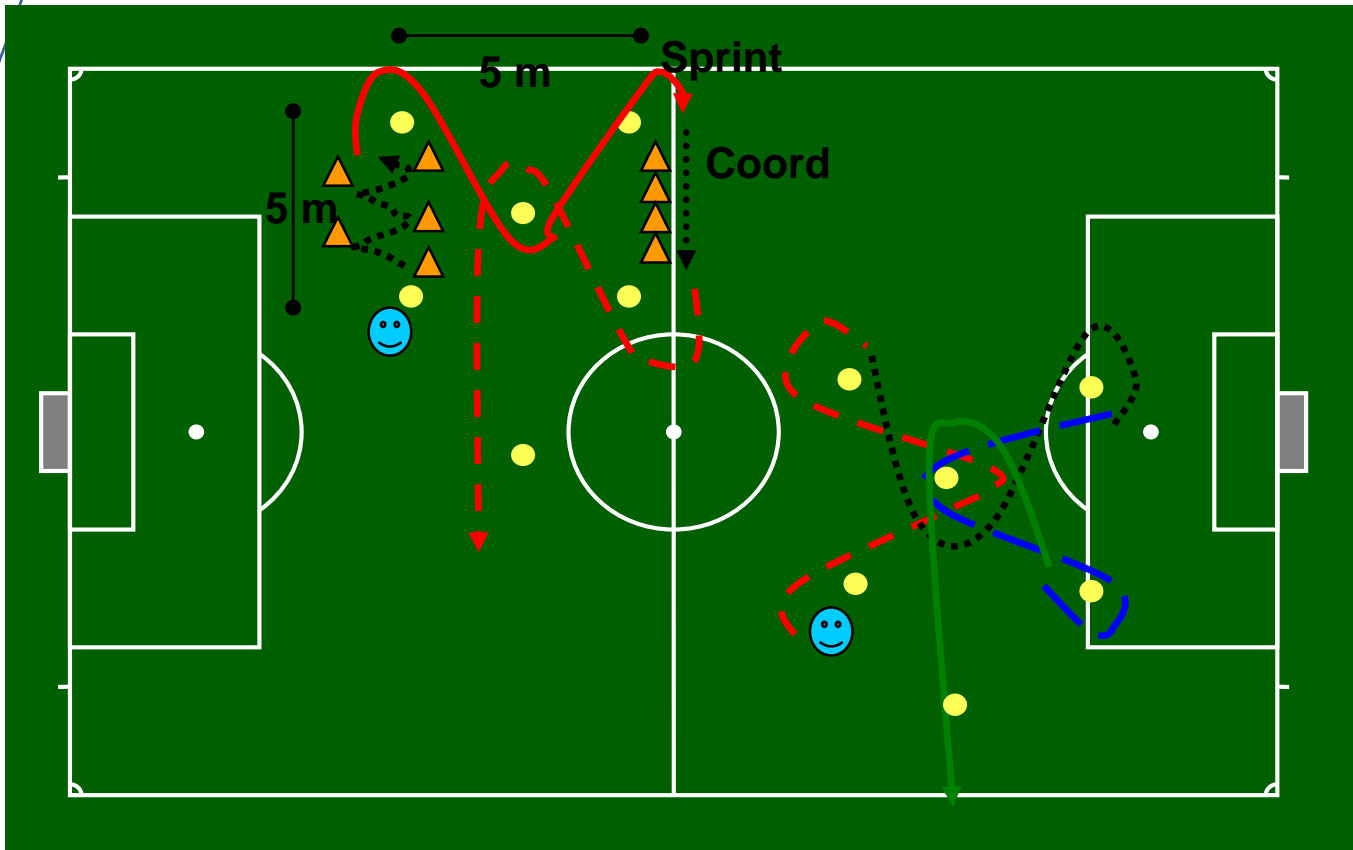
- Plan extra session in case of need for better endurance.

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



# Tuesday: Speed & Coordination exercise

FIFA®



## 2 sets of 1 ex.

Set 1 (5 laps)	7,5 min
Recovery	4 min
Set 2 (5 laps)	7,5 min
Total duration	± 19 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:** Both agility exercises take place in a square of 5 by 5 m. Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool.

Variation: back & fort in stead of L&R // 5 reps make one set.

**Recovery:** 4 min active recovery in between each set and 2 min in between the repetitions

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

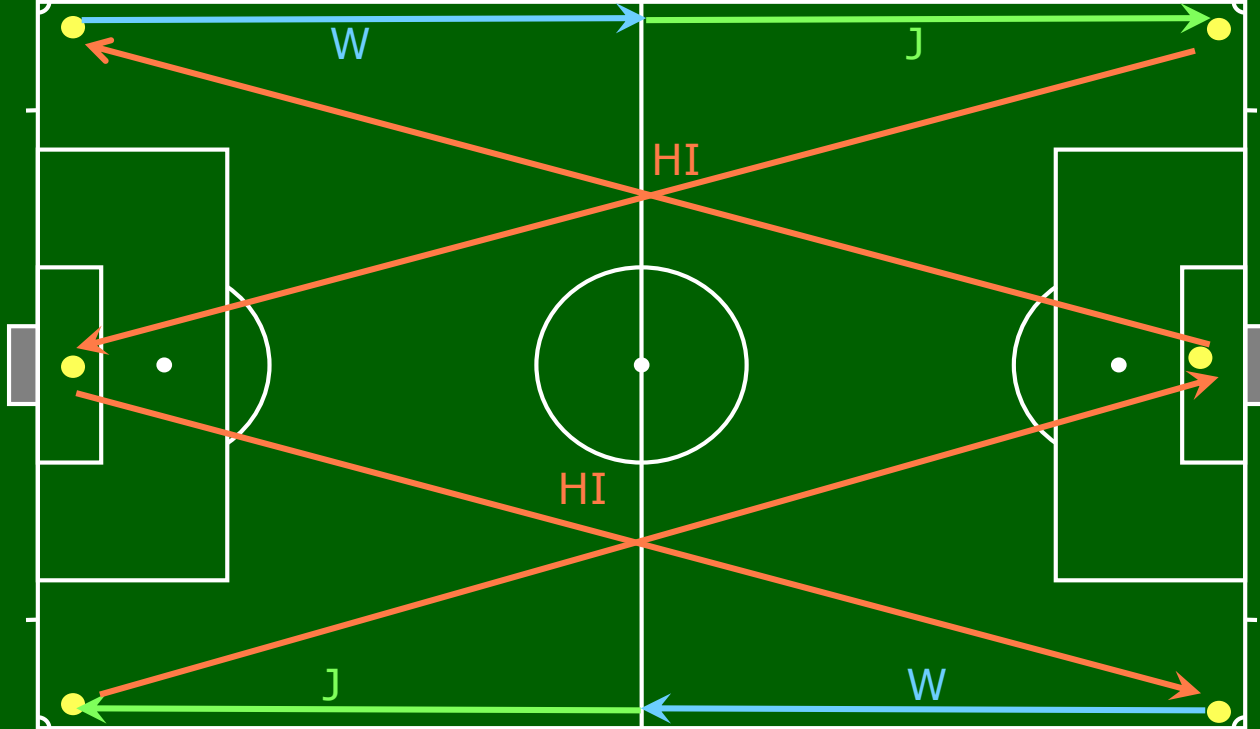
Variation, Ex.2: a long 'agility sprint', turn around each cone of the square after each time turning around the middle cone.



## Tuesday: High Intensity exercise

FIFA®

Start Referees & Assistant Referees



### 2 sets of 4 laps

One lap	2.5 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
Total duration	24 min

Walking	W	800 m
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1920 m
Sprint	S	---
Total distance		3520 m

**Set 1:** Run 4 to 6 laps of the high intensity exercise as indicated in the picture.

**Recovery:** 4 min

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



# 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



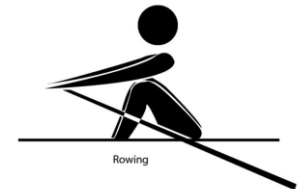
- **Swimming**

- 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

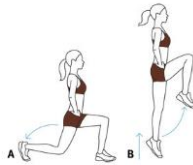
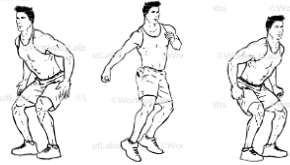
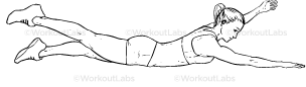
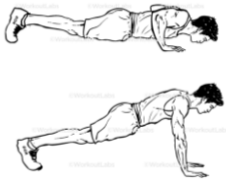



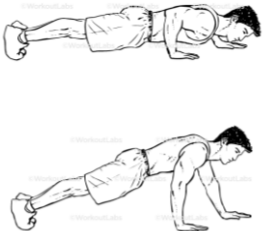
8 exercises

**2x each exercise**

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

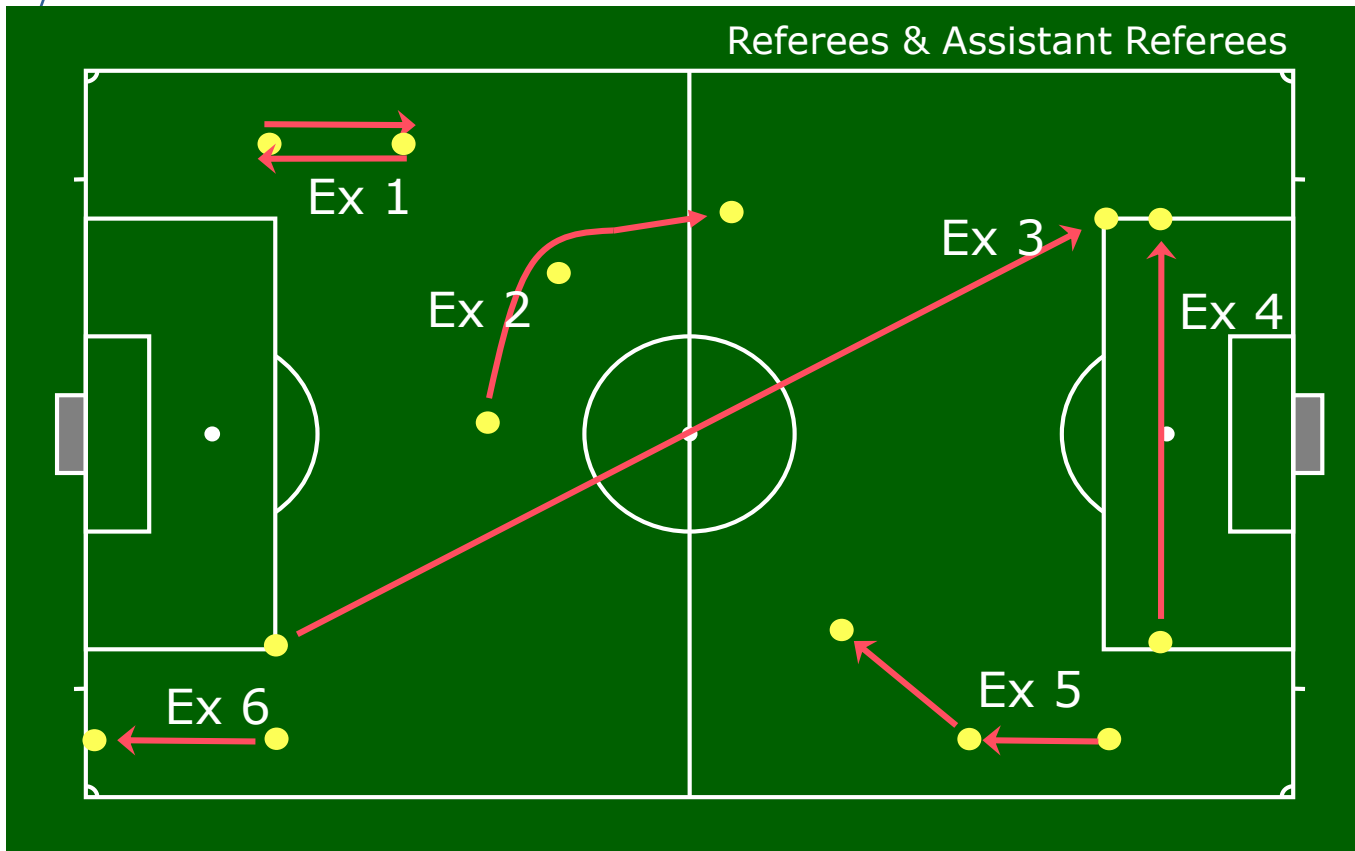
More info on: <https://workoutlabs.com/exercise-guide/>

Activity	Duration
Warm-up	15 min.
SP&Agi	- min.
RSA	20 min.
STRENGTH circuit	16 min.
Cool down	15 min.
<b>TOTAL</b>	<b>65 min.</b>

Reverse lunge and hop (hop = low jump)	Twisting jump squats	Contralateral limb raises	Normal Push-ups
			
Split alternating squat jumps	Seated punches	Walking lunges	Staggered hand push-ups
			



# Thursday: Repeated Speed Ability exercise (RSA)



## 6 sets of +/- 3 min

Set 1

Set 2

Set 3

Set 4

Recovery

Total duration	min
----------------	-----

Walking	W	---
---------	---	-----

Jogging	J	---
---------	---	-----

Backwards	BW	---
-----------	----	-----

Sideways	SW	---
----------	----	-----

High intensity	HI	---
----------------	----	-----

Sprint	S	---
--------	---	-----

Total distance	m
----------------	---

Go to work in groups of 3. 2 persons start on the start cone, the other on the finish cone.  
rest ratio of 1:2. Recovery: 2 min between each set.

work:

**Set 1:** (15 + 15 m): 6 – 7 sec per run: 20 sec per group: X 10 = 300 m (3 min 5 sec)

**Set 2:** (25 m): 5 – 6 sec per run: 18 sec per group: X 12 = 300 m (3 min)

**Set 3:** (75 m): 13 – 14 sec per run: 40 sec per group: X 4,5 = 337,5 m (3 min)

**Set 4:** (40 m): 7 – 8 sec per run: 24 sec per group: X 7,5 = 300 m (3 min 20 sec)

**Set 5:** (10 + 10 m): 4 – 5 sec per run: 12 sec per group: X 20 = 400 m (3 min 40 sec)

**Set 6:** (16,5m): 3 – 4 min per run: 9 sec per group: X 20 = 330 m (3 min 25 sec)



# Friday – morning aerobic session

- **Cycling**

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



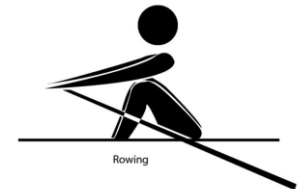
- **Swimming**

- 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

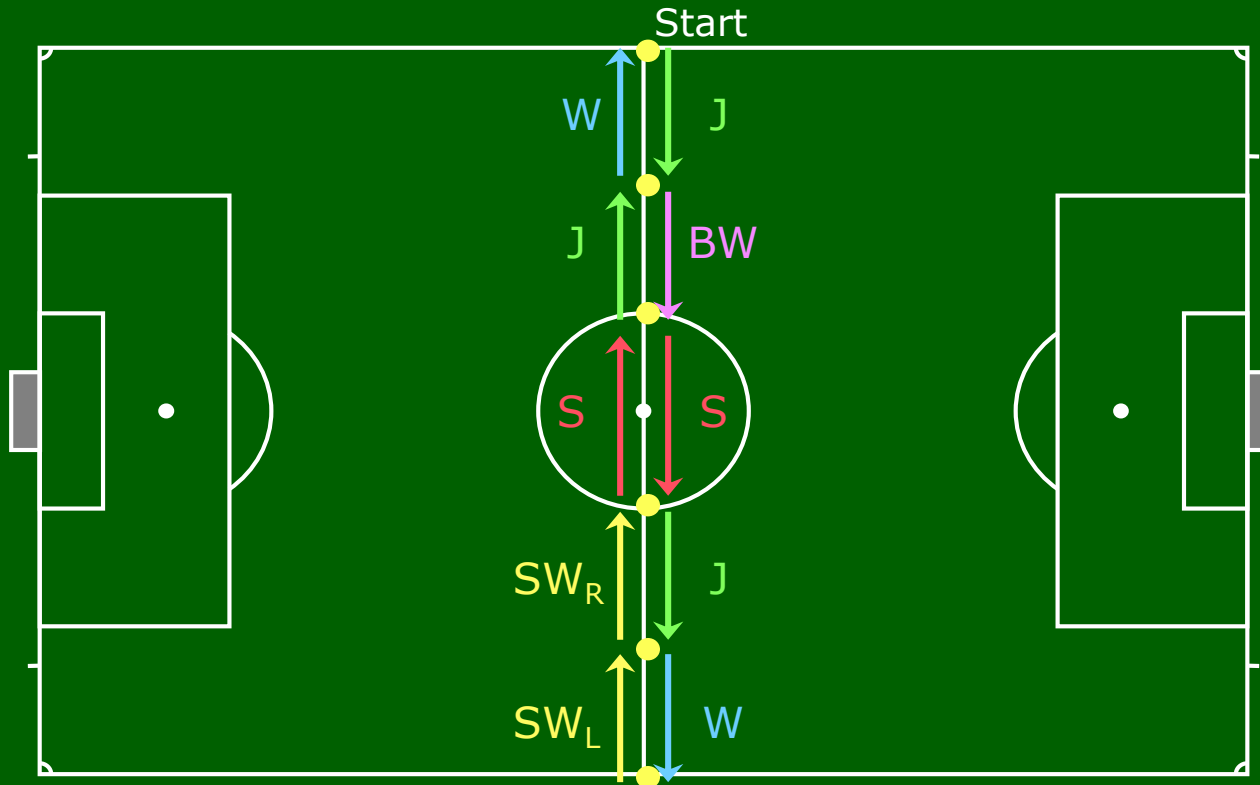
FIFA®

### 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 lap:

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



### Centre-Circle-Sprint

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

**Recovery:** 5 min

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





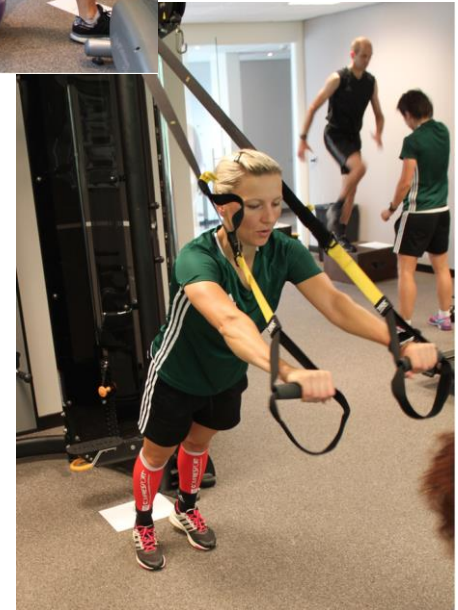
**DARE TO SHINE™**





# 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.





# *Week 5*

## *Fitness team*



## Week 5: weekly overview

	Training objectives	Remark	Training duration	Training intensity RPE range from 0 to 10
Monday	STAMINA CORE	Strength	70 min.	2-3
Tuesday	S&Agi HI	HI-endurance run	75 min.	7-8
Wednesday	REST			
Thursday	Str & SE	Speed Endurance Field exercise	75 min.	7-8



# Monday: Stamina / CORE & basic strength circuit


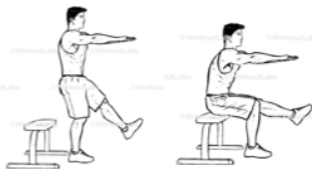
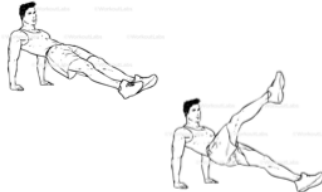

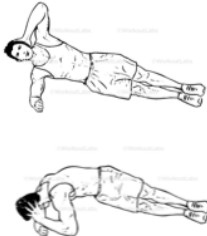
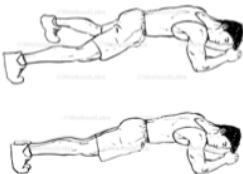


8 exercises

2x 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
Warm-up	15 min.
SP&Agi	/ min.
MI	20 min.
STRENGTH circuit	20 min.
Cool down	15 min.
<b>TOTAL</b>	<b>70 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 <p>Klein sprongetje maken en landen op zelfde been</p>			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 <p>Plank en benen afwisselend naar buiten verplaatsen en terug</p>	 <p>Lunge met rotatie (met klein gewicht of bal)</p>	



# Tuesday – morning aerobic session

- **Cycling**

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



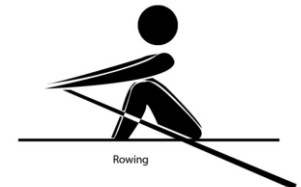
- **Swimming**

- 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.

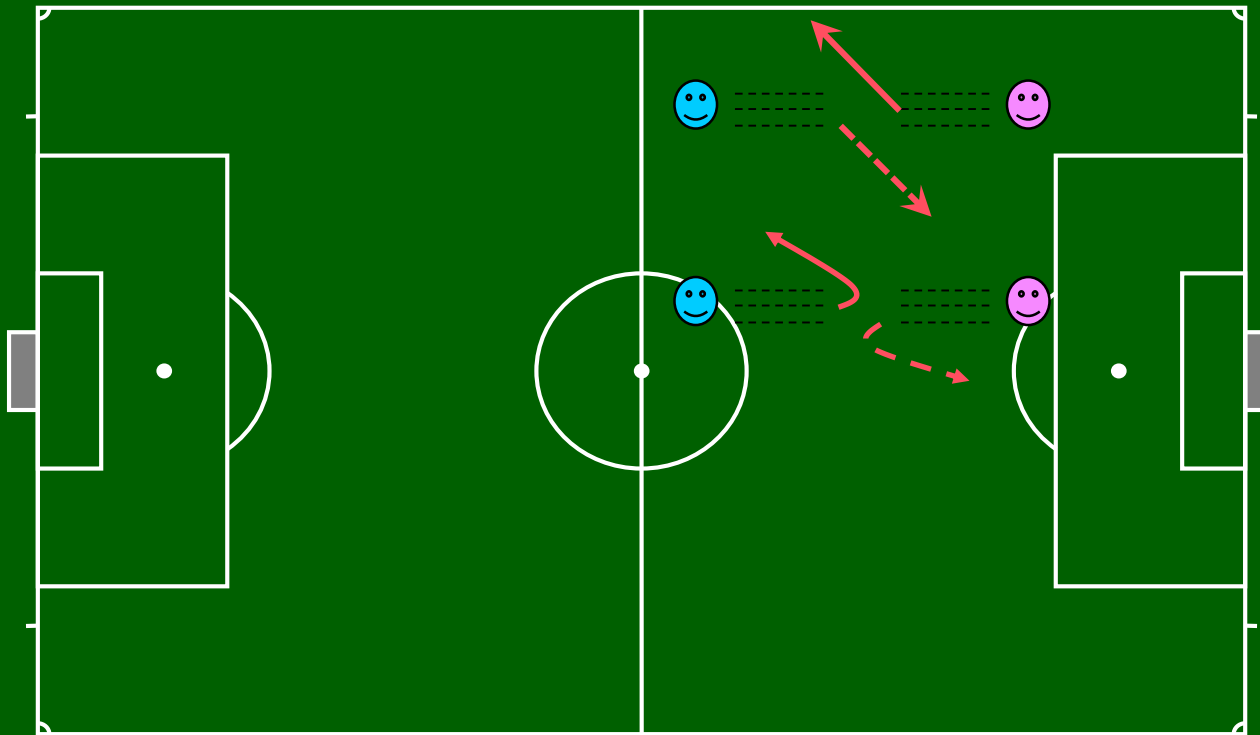
- Suggestions: go by bike to work; jog 30 min during your lunch pause; ...



## Tuesday: Speed & Coordination exercise

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Referees & Assistant Referees



**2 sets of 10  
reps**

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

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

**Set 1:** Coordination exercises + sprint. Perform 6 to 10 sprints. Make different coordination exercises.

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

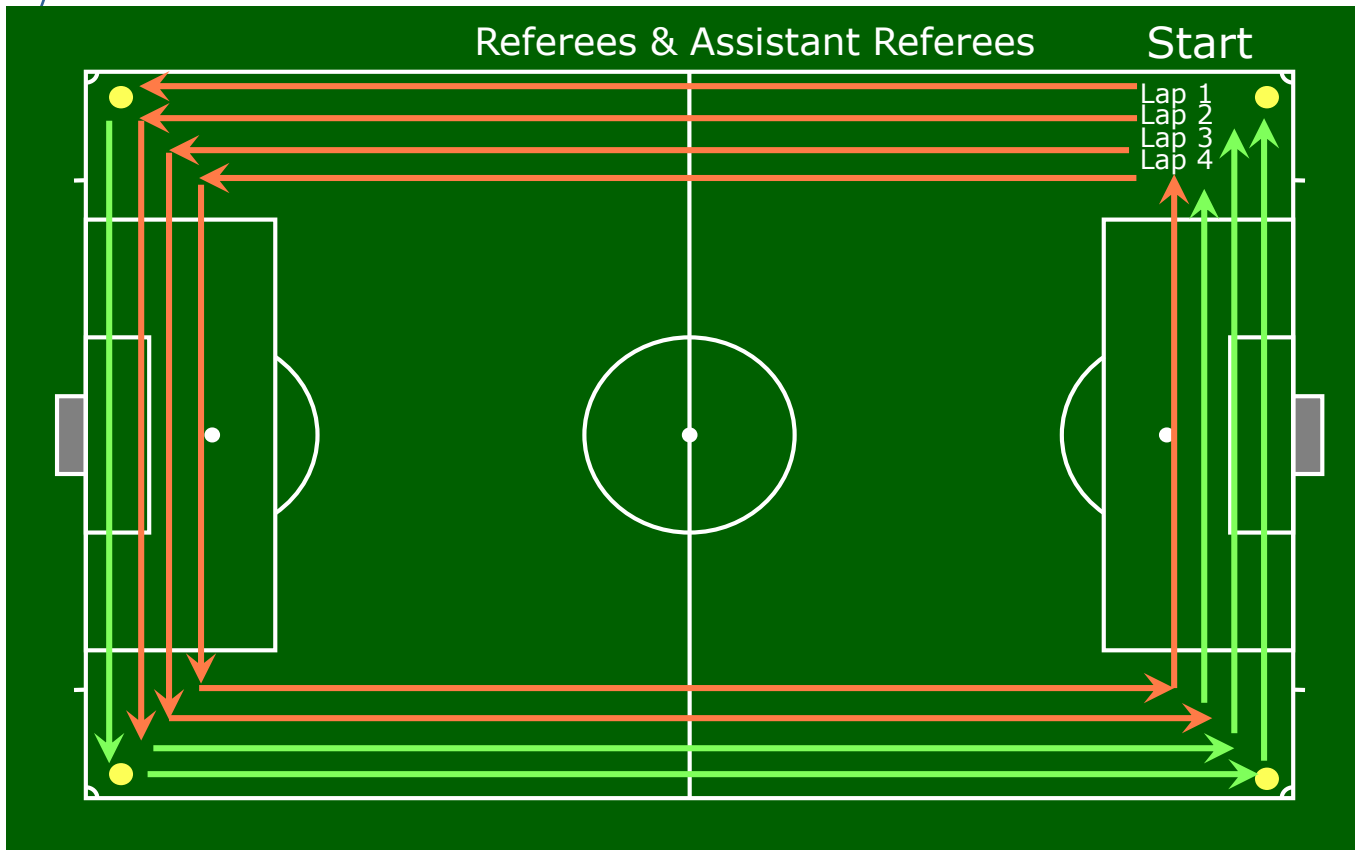
**Recovery:** 4 min

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



## Tuesday: High Intensity exercise

FIFA®



### 3 sets of 4 laps

Set 1 (4 laps)	6 min
Recovery	3 min
Set 2 (4 laps)	6 min
Recovery	3 min
Set 3 (4 laps)	6 min
Total duration	± 24 min

Walking	W	---
Jogging	J	1320 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2520 m
Sprint	S	---
Total distance		3840 m

**Set 1:** Run around the pitch as indicated in the picture. The distance of high intensity running increases every lap. In total, run 4 laps around the pitch.

**Recovery:** 3 min.

**Set 2:** Now start with 1 full lap of high intensity running (lap 4) and then work down to run one length of high intensity (lap 1).

**Recovery:** 3 min.

**Set 3:** Same as set 1.



# 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

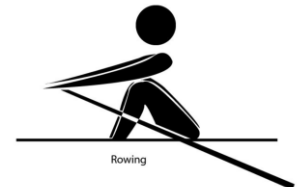
- Always possible to do CORE exercises at home 😊





# 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; ...





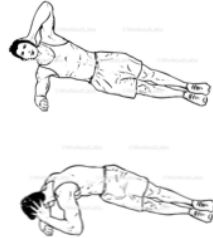
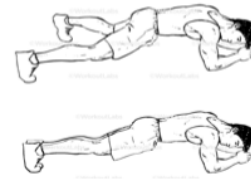






# Thursday: Strength exercises

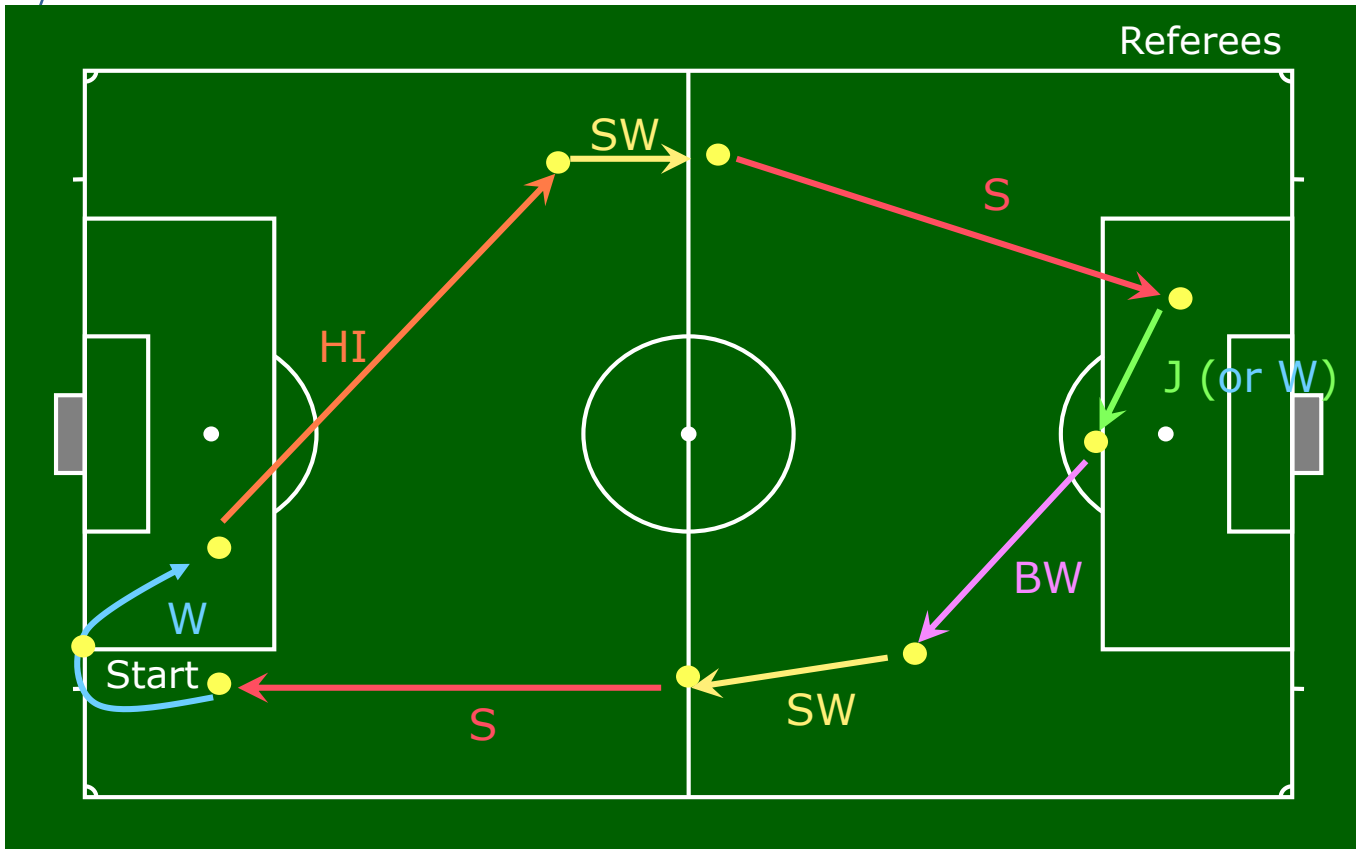
8 exercises  
 2x each exercise  
 30-40 sec work with 20-30 sec rest in between every exercise  
 More info on: <https://workoutlabs.com/exercise-guide/>

Activity	Duration
Warm-up	10 min.
SP&Agi	20 min.
SE	30 min.
STRENGTH circuit	20 min.
Cool down	10 min.
<b>TOTAL</b>	<b>75 min.</b>

Single leg hops	Single leg	Reverse plank kicks	Decline push-ups
 Klein sprongetje maken en landen op zelfde been			
Side plank rotations	Plank jacks	Lunge twist	Incline push-ups
	 Plank en benen afwisselend naar buiten verplaatsen en terug	 Lunge met rotatie (met klein gewicht of bal)	



# Thursday: Speed Endurance field exercise (SE) R



## 2 sets of SE ex.

One lap	max	2 min
Set 1 (6 laps)		12 min
Recovery		4 min
Set 2 (6 laps)		12 min
Total duration		± 28 min

Walking	W	300 m
Jogging	J	180 m
Backwards	BW	300 m
Sideways	SW	360 m
High intensity	HI	480 m
Sprint	S	1800 m
Total distance		3420 m

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

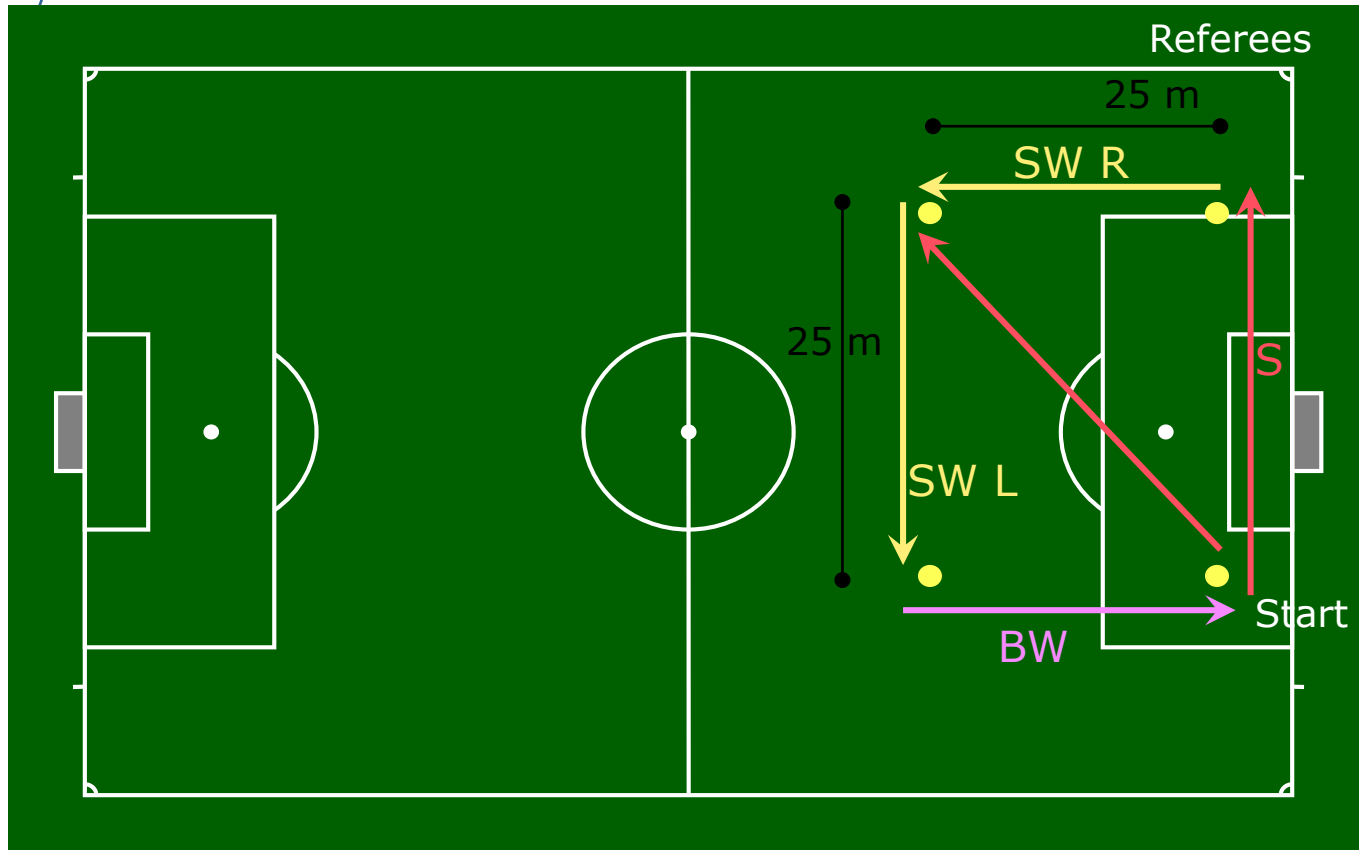
**Recovery:** 4 min

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

**Visual concentration:** At any time, the coach shows can show a card (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.



# Thursday: Speed Endurance field exercise (SE) AR



## 2 sets of ...

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

Walking	W	... m
Jogging	J	... m
Backwards	BW	50 m
Sideways	SW	100 m
High intensity	HI	... m
Sprint	S	110 m
Total distance		260 m

## Field test Spanish referees

**Set 1:** Perform as indicated - sprint – sideways R & L – backwards one side – finish by sprinting on the diagonal.

Official limits: women 31 sec; men 28 sec. (GO for the men limit as target!)

**Recovery:** 4 ... min (feel when you are ready for a second one)

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

(Don't underestimate, it's hard but possible to reach the men's limit ...)