

WEEK 41 from Monday 7th to Sunday 13th of October Macrocycle IV, week 1 (Training week 19)

Mon. 7th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 70

<u>Tue. 8th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

Tr. 71

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

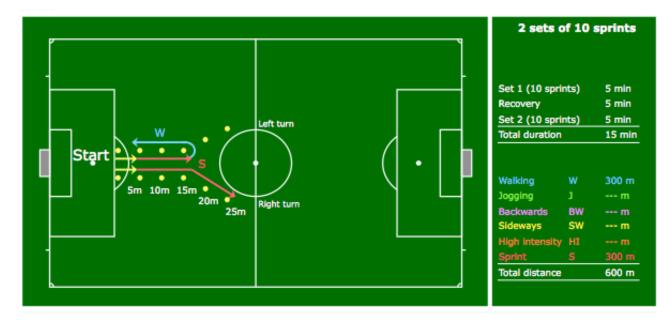
* Speed/Agility - short sprints from a dynamic position (heel lifts, knee lifts,...).

- Set 1 (right turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

- Recovery: 5 min

- Set 2 (left turn):

(2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)



- In total, this exercise takes 15'. The total sprint distance is 300 m.
- * High Int. Yo-Yo dynamic using the audio beeps of the IR run, level 1.
- 1. The cones must be set out as illustrated in the diagram below. It is important that the colours (i.e. red and yellow) are placed accurately and that the distance between the red and yellow cones is exactly 20 meters. Referees may start from the yellow or red cones. It is recommended that the test be run in groups comprising no more than two referees starting from each cone.



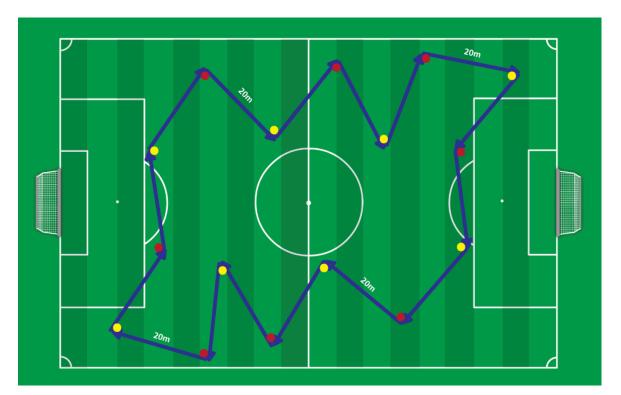
- 2. Referees starting from a yellow cone should run to a red cone, turn and continue to the next yellow cone. Each run is interspersed by a recovery period.
- 3. Referees starting from a red cone should run to a yellow cone, turn and continue to the next red cone. Each run is interspersed by a recovery period.
- 4. The audio file will dictate the pace of the runs and the length of the each recovery period. Referees must keep pace with the audio file until they have reached the required recommended level.
- 5. If a referee fails to place a foot on the 'finish cone' on time, they should receive a clear warning from the test leader. If a referee fails to arrive on time on a second occasion, they should be pulled from the test by the test leader.

- International and category 1: level 18-8 / 2,040 metres

TARGETS for MEN

TARGETS for WOMEN

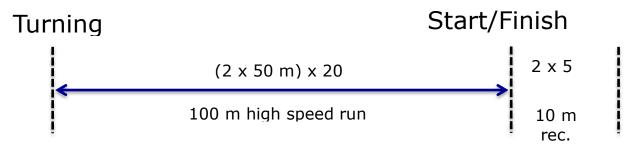
- Category 2: level 18-5 / 1,920 metres
- Lower category: level 18-1 / 1,760 metres
- International and category 1: level 17-8 / 1,720 metres
- Category 2: level 17-5 / 1,600 metres
- Lower categories: level 16-8 / 1,400 metres



* High Int. ARs - Yo-Yo based exercise as follows (by preference on natural grass):

- Set 1:
- 2 shuttles x 50 m @ high speed (50 m turn L 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total

- 3' recovery



- Set 2:
- 2 shuttles x 50 m @ high speed (50 m turn L 50 m) in 20"
- 20" recovery walk (10 m)
- 10 reps in total
- All together, this exercise takes 15'20"
- 2000 m of high-intensity running, 200 m walking, 20 turns in total
- Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 91' & 85'

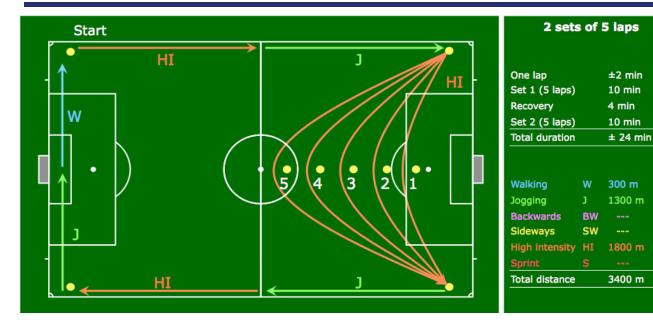
Wed. 9th:

REST DAY

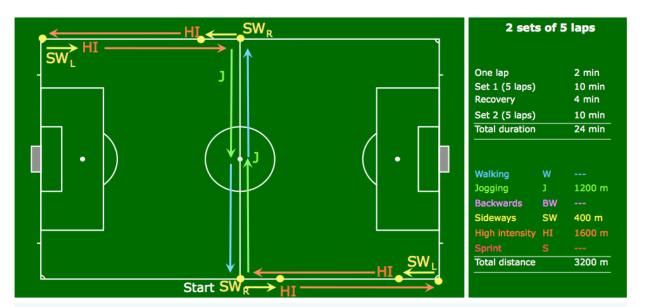
Thu. 10th:

- * Low Int.
- 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up
- 20' jogging, mobilisation and dynamic stretching.
- * Strength
- 15' strength, core stability and injury prevention exercises.
- * High Int.
- Set 1: Referees perform 5 laps
- From the start, run at the appropriate intensity around the pitch perimeter.
- However, on lap 1 run around cone 1, and so on up to cone 5 on lap 5, thus increasing the run distance with each subsequent lap.
- The running should be $\frac{3}{4}$ pace (the HR that it will elicit should be 85-94%HR_{max}).
- 2' recovery





- Set 2:
- However, on lap 1 start with cone 5, and on lap 5 finish with cone 1, thus decreasing the run distance with each subsequent lap.
- This exercise takes \pm 22' (10' Set 1 + 2' recovery + 10' Set 2).
- * HI for ARs
- While the referees perform their 2 sets of the HI exercise, the next HI exercise can be considered for the assistant referees.



Set 1: Run 5 laps of the speed endurance exercise as indicated in the picture.

Recovery: 4 min

Set 2: Run again 5 laps of the same exercise.



- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

Fri. 11th:

REST DAY

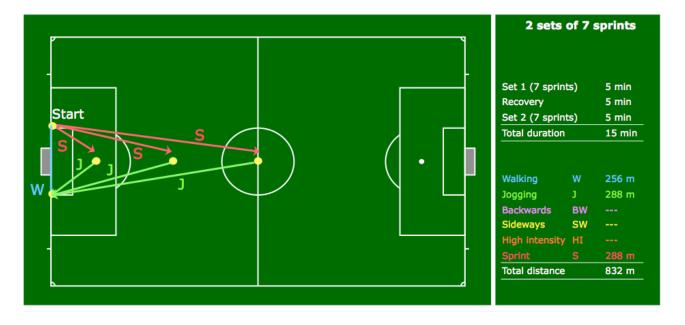
Sat. 12th: Tr. 73

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Speed

- Set 1:
- 1) 11 m sprint, 11 m jogging, walking to the start, 4 reps
- 2) 25 m sprint, 25 m jogging, walking to the start, 2 reps
- 3) 50 m sprint, 50 m jogging, walking to the start, 1 rep
- 5' recovery and stretching
- Followed by a 2nd Set of 7 sprints.



- The total exercise time is 15'. The total sprint distance is 288 m.
- * Cool down 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 50'

Sun. 13th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 42 from Monday 14th to Sunday 20th of October Macrocycle IV, week 2 (Training week 20)

Mon. 14th: * Act. Rec. Tr. 74

- 50' recovery session in a fitness centre, including st. stretching.

<u>Tue. 15th:</u> * Low Int. Tr. 75

- 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

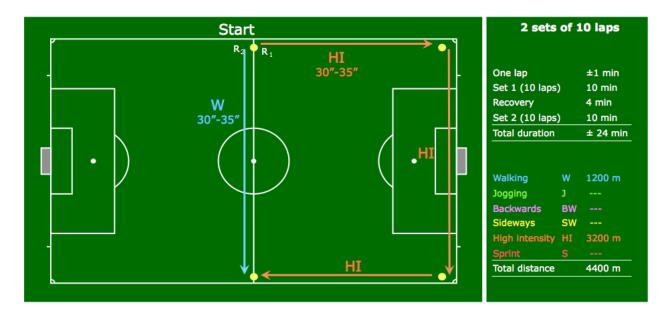
* Strength

- 15' strength, core stability and injury prevention exercises.

* High Int.

- <u>Set 1:</u> Referee 1 performs a HI run clockwise from the midline to the corner flag, then across the goal line to the other corner flag, and finally to the other side of the midline. In the meantime, Referee 2 has to cross the midline by walking or jogging. He has to arrive at the other side when Referee 1 arrives. When they meet, their roles change, i.e. Referee 2 performs a HI run counter-clockwise the same trajectory, while Referee 1 recovers by walking / jogging back to the starting position. The second set of the HI-runs starts on the other side of the field so that referees have to take the turns on the other shoulder. All together this exercise is done 5 full laps, or 10 HI-runs for each of the referees.

All together, this first run takes <u>+</u> 10' (1600 m HI running alternated with 600 m recovery for each referee).



- 2' recovery.
- Set 2: perform another 5 full laps (or 10 HI-runs for each).
- All together this exercise takes <u>+</u> 22'. (10' Set 1 + 2' recovery + 10' Set 2)



* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 77'

Wed. 16th: REST DAY

<u>Thu. 17th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

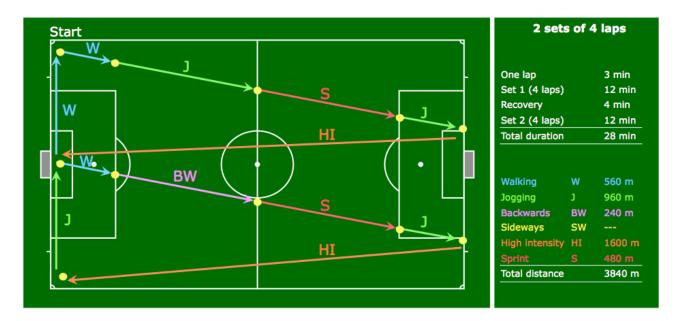
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* High Int. - Submaximal Yo-Yo from the start until 15:8 for Referees and ARs.

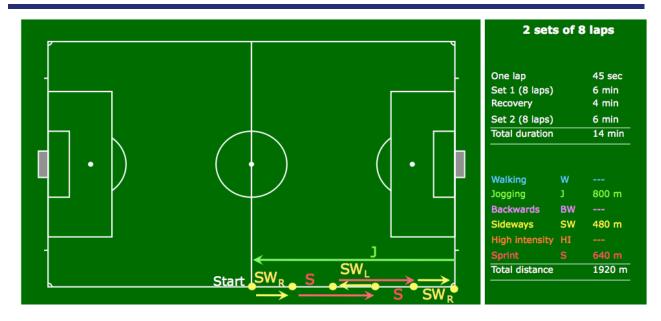
* Speed End. - Field exercise: Set 1: 4 laps of + 3' each.

- 4' recovery



- Field exercise: Set 2: again 4 laps of + 3' each.
- All together this exercise takes <u>+</u> 28'. (12' Set 1 + 4' recovery + 12' Set 2)
- * SE for ARs While the referees perform their 2 sets of the SE exercise, the next SE exercise can be considered for the assistant referees.





* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 93'

Fri. 18th:

REST DAY

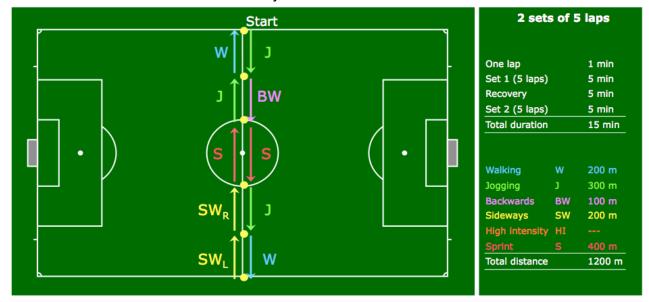
<u>Sat. 19th:</u> * Warm up Tr. 77

- 20' jogging, mobilisation and dynamic stretching.

* Speed

- Set 1: Centre circle sprint, 5 x from start to finish (5').

- 5' recovery



- Set 2: Centre circle sprint, 5 x from start to finish (5').
- The total exercise time is 15'. The total sprint distance is 360 m.



* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 20th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 43 from Monday 21st to Sunday 29th of October Macrocycle IV, week 3 (Training week 21)

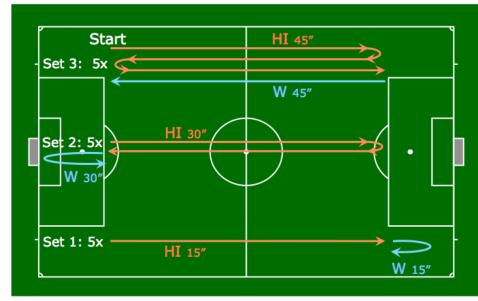
Mon. 21^{st.} * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 78

<u>Tue. 22nd:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

* Warm up - 20' jogging, mobilisation and dynamic stretching.

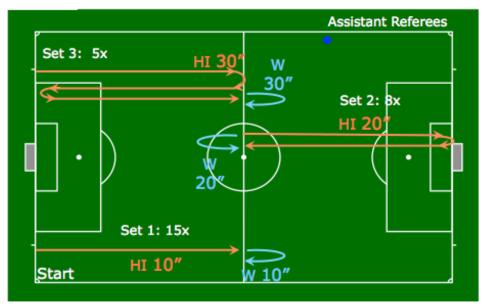
* Strength - 15' strength, core stability and injury prevention exercises.

* High Int. - Referees:





* High Int. - Assistant Referees:



Set 1 (15 HI runs)		5 min
Recovery		1 min
Set 2 (8 HI runs)		5 min
Recovery		2 min
Set 3 (5 HI runs)		5 min
Total duration		± 18 min
Walking	w	465 m
Jogging	J	
Backwards	BW	
Sideways	sw	
High intensity		2250 m
Sprint	S	
		2715 m



- 2' recovery

* Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

Wed. 23rd: REST DAY

<u>Thu. 24th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

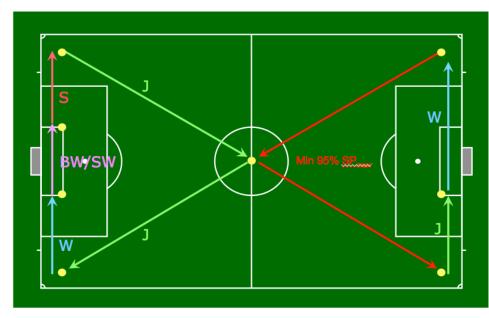
Tr. 80

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* Speed End. - <u>Set 1:</u> Field exercise for both REFs and ARs, 5 laps of <u>+</u> 2' each.

Each diagonal run is performed at minimum 95% $\mbox{SP}_{\mbox{\scriptsize max}}.$



2 sets of 5 laps			
One lap		2 min	
Set 1 (5 laps)		10 min	
Recovery		4 min	
Set 2 (5 laps)		10 min	
Total duration		24 min	
Walking	W	650 m	
Jogging	J	1400 m	
Backwards	BW	200 m	
Sideways	sw		
High intensity	HI		
Sprint		1450 m	
Total distance		3700 m	

- 4' recovery
- Set 2: Field exercise, 5 laps of + 2' each.
- All together, this exercise takes 24' (including recovery).
- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down 5' jogging and walking, followed by 10' static stretching.

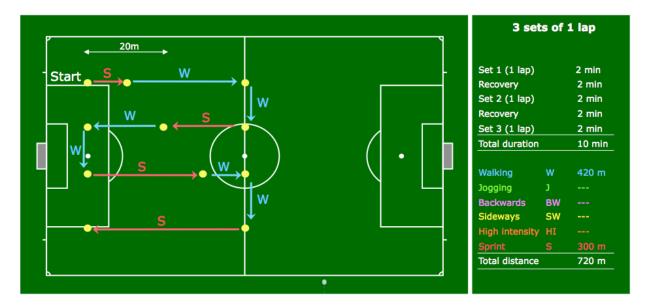
Total duration: 89'

Fri. 25th: REST DAY



Sat. 26th: Tr. 81

- * Warm up
- * Speed
- 20' jogging, mobilisation and dynamic stretching.
- Set 1: Sprint exercise with 12 sprints in total:
- (1) Sprint for 10 m, then walk for 30 m.
- (2) Sprint for 20 m, then walk for 20 m.
- (3) Sprint for 30 m, then walk for 10 m.
- (4) Sprint for 40m.
- 2' recovery, stretching, and drinking break.
- Set 2: Now start first with 40 m and then work down to 10 m.
- 2' recovery, stretching, and drinking break.
- Set 3: Now repeat Set 1.



- The total exercise time is 15'. The total sprint distance is 300 m.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 27th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 44 from Monday 28th of October to Sunday 3rd of November Macrocycle IV, week 4 (Training week 22)

Mon. 28th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 82

Tue. 29th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

Tr. 83

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* High Int. - Set 1: takes 12' (8' HI running & 4' recovery jogging)

- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 60" at 90% HR_{max}, followed by 20" active recovery (jogging) - 40" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 2' recovery

- Set 2: again 12' (8' HI running & 4' recovery jogging)

- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)

- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)

- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)

- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)

- All together, this exercise takes 12' + 2' recovery + 12' = 26'

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 81'

Wed. 30th: REST DAY

<u>Thu. 31st:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 84

* Warm up - 20' jogging, mobilisation and dynamic stretching.

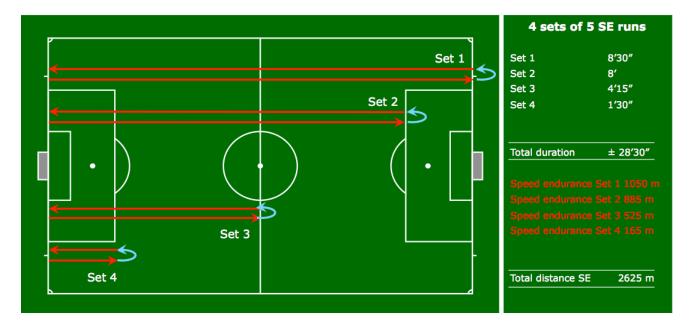
* Strength - 15' strength, core stability and injury prevention exercises.

* Speed End. - Each run is performed at minimum 95% SP_{max}.

- Between each set, there is a 2' active recovery.

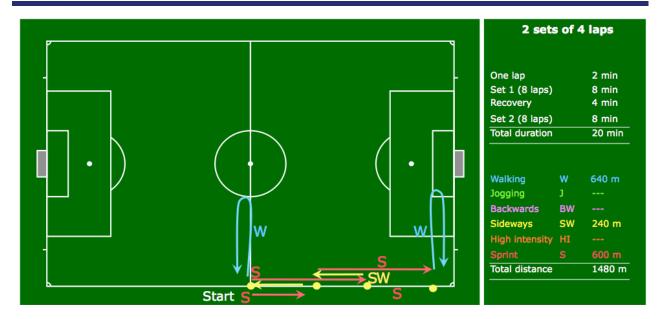


- Set 1:
- From goal line to goal line and back (± 40")
- 1' recovery
- Repeat 5 x
- Total duration is 8'30" (incl. recovery time)
- Set 2:
- From goal line to opposite penalty area and back (± 35")
- 1' recovery
- Repeat 5 x
- Total duration is 8' (incl. recovery time)



- Set 3:
- From goal line to mid line and back (± 20")
- 30" recovery
- Repeat 5 x
- Total duration is 4'15" (incl. recovery time)
- Set 4:
- From goal line to penalty area and back (± 6")
- 10" recovery
- Repeat 5x
- Total duration is 1'30" (incl. recovery time)
- All together, this exercise consists of 20 speed endurance runs and the duration of the total exercise is \pm 28'30".
- * SE for ARs
- While the referees perform their 2 sets of the SE exercise, the next SE exercise can be considered for the assistant referees





- * Match
- 10' of match play or 10' of medium intensity jogging (80% HR_{max})
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

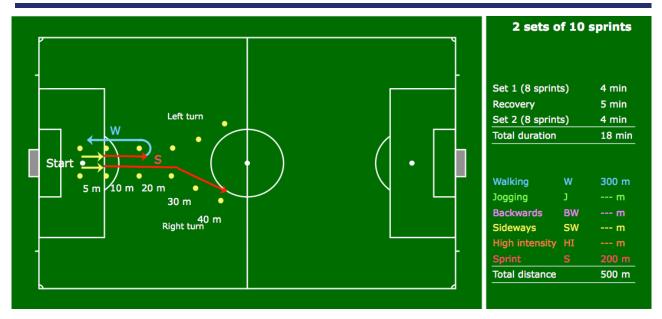
Total duration: 94'

Fri. 1st:

Sat. 2nd: * Warm up Tr. 85 REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- * Speed Short sprints from a dynamic position (heel lifts, knee lifts,...).
 - <u>Set 1 (right turn):</u> (2 x 10 m) (2 x 20 m) (2 x 30 m) (2 x 40 m)
 - 5' recovery
 - <u>Set 2 (left turn):</u> (2 x 40 m) (2 x 30 m) (2 x 20 m) (2 x 10 m)





- In total, this exercise takes 15'. The total sprint distance is 300 m.

* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 3rd: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 45 from Monday 4th to Sunday 10th of November Macrocycle IV, week 5 (Training week 23)

Mon. 4th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching.

Tr. 86

Tue. 5th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

Tr. 87

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* RSA - Set 1: using a dynamic start over a 5m course:

> 4 maximal 20 m sprints (+ 3")

with 20" active recovery (walking back)

> 3 maximal 40 m sprints (+ 6")

with 40" active recovery (walking back)

> 2 maximal 60 m sprints (+ 9")

with 1' active recovery (walking back)

> 1 maximal 80 m sprint (+ 12")

with 1'20" active recovery (walking back)

> Jog 1 lap of the pitch (+ 2'30")

> Duration Set 1: + 11'30"

- Set 2:

> 1 maximal 80m sprint (+ 12")

with 1'20" active recovery (walking back)

> 2 maximal 60 m sprints (+ 9")

with 1' active recovery (walking back)

> 3 maximal 40 m sprints (+ 6")

with 40" active recovery (walking back)

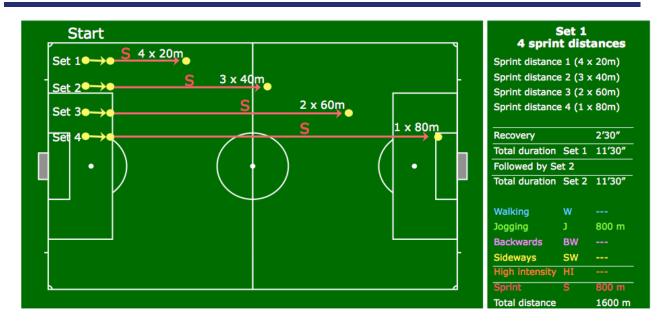
> 4 maximal 20 m sprints (+ 3")

with 20" active recovery (walking back)

> Jog 1 lap of the pitch (<u>+</u> 2'30")

> Duration Set 2: + 11'30"





- The total duration of this RSA session is <u>+</u> 23' including 5' active recovery.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 78'

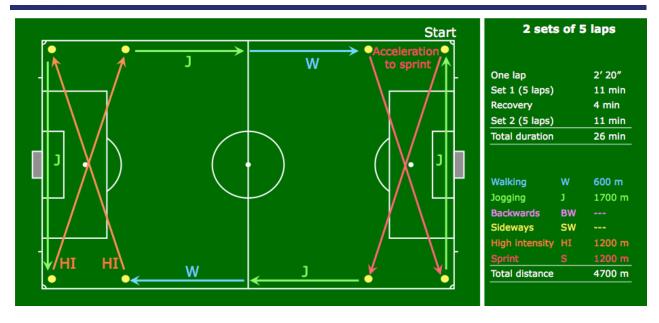
Wed. 6th:

REST DAY

Thu. 7th: Tr. 88 * Low Int.

- 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km).
- * Warm up 20' jo
- 20' jogging, mobilisation and dynamic stretching.
- * Strength
- 15' strength, core stability and injury prevention exercises.
- * Speed End.
- <u>Set 1:</u> Field exercise, 5 laps or 10 high speed runs and 10 accelerations to minimum 95% SP_{max} , starting at either one of the starting positions. This first run will take \pm 11'.
- 4' recovery
- Set 2: Field exercise, again 5 laps or 20 high speed runs
- Again, this second run will take + 11'.





- All together, this exercise takes 11' + 4' recovery + 11' = 26'.
- The total distance covered in both HI and SE running is 1250 m.
- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 91'

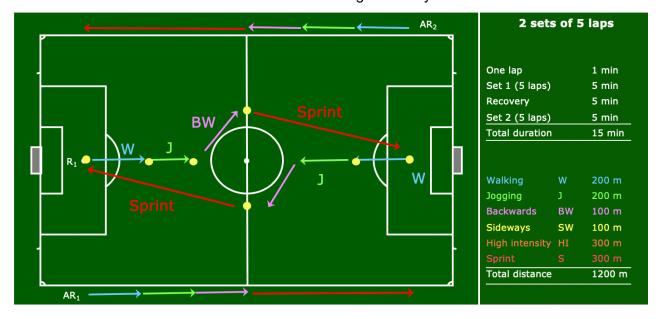
Fri. 8th:

<u>Sat. 9th:</u> * Warm up Tr. 89

* Speed

REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- <u>Set 1</u>: Variation on centre circle sprint, 4 x from start to finish (5'). ARs use their flags and stay in line with the referee



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- 5' recovery and stretching.
- Set 2: Centre circle sprint, 5 x from start to finish (5').
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 10^{1h}: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).



WEEK 46 from Monday 11th to Sunday 17th of November Macrocycle IV, week 6 (Training week 24)

Mon. 11th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 90

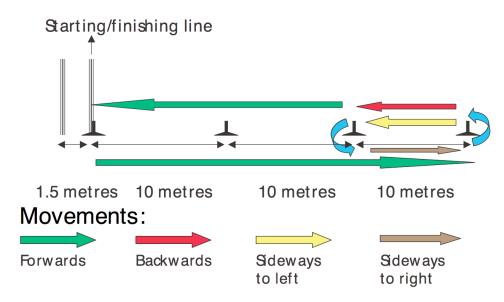
<u>Tue. 12th:</u> * Low Int. - 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km). Tr. 91

* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Strength - 15' strength, core stability and injury prevention exercises.

* Speed/Agility - <u>Set 1:</u> 80 m agility exercise, 1' rest, 4 reps.

- The exercise should be done at sprint pace, but with the correct variation in movements; forward, sideways (2 x), backwards, forwards.

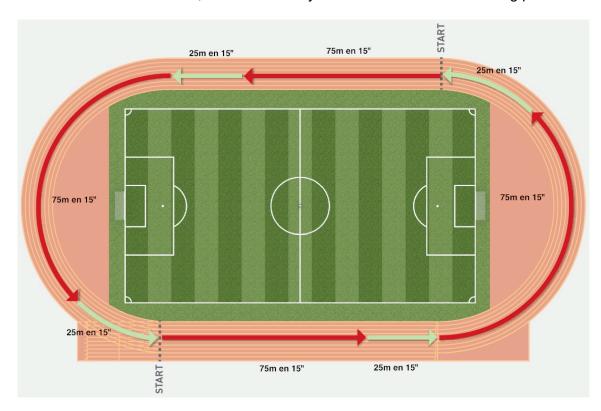


- 2' recovery, stretching and drinking break.
- Perform a 2nd set of this exercise (4 reps).
- 2' recovery, stretching and drinking break.
- The total duration of this speed/agility session is \pm 16' including 5' active recovery.



- * Maximal Aerobic Training either on a track or on a field of play (VO2max Training).
 - On the first whistle, referees and assistant referees have to cover 75 m in 15" from any starting position. Then there is 15" to cover 25 m walking. On the next whistle, referees have to run again 75 m in 15", followed by 25 m of deceleration and walking in 15".
 - This sound file is available in the TopSportsLab Library under the heading Testing > Media.
 - One lap consists of 4 interval runs followed by 4 recovery walks.

All together, the exercise consists of 10 laps resulting in 40 tempo runs, each followed by a 15" deceleration and walking period.



- Referees and ARs have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.
- The total duration of this VO₂max exercise is 20'.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 91'

Wed. 13th: REST DAY

Thu. 14th: * Low Int.

- 5' jogging slowly building up to 70% HR_{max} (± 1 km).

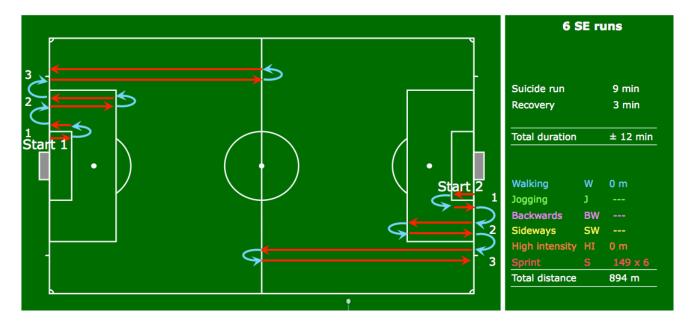
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- * Warm up
- 20' jogging, mobilisation and dynamic stretching.
- * Strength
- 15' strength, core stability and injury prevention exercises.
- * Speed End.
- 'Suicide run':
- Sprint from the goal line to goal area line and back.
- Then immediately sprint from the goal line to the edge of the penalty area and back.
- Finally, sprint to the halfway line and back.
- 1' rest.
- Repeat 6 x.
- For each run, the reference time is < 25" (very good), < 30" (good).

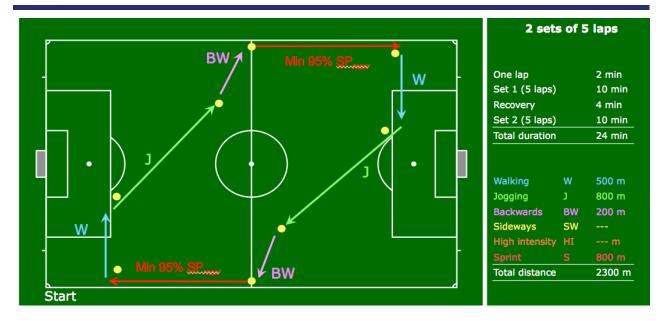
In case of group sessions, 2 starting positions can be used (i.e. figure).

- 4' recovery



* Speed End. - <u>Just 1 Set of 5 laps:</u> 'Referee run': 10'





- 3' recovery
- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.
- * Match 10' of match play or 10' of medium intensity jogging (80% HR_{max}).
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 87'

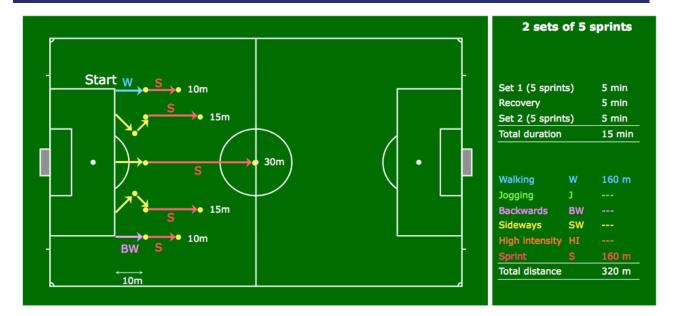
Fri. 15th:

Sat. 16th: * Warm up Tr. 93

REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- * Speed/Agility
- Set 1:
- 5 x sprints as illustrated below
- Slow walk back to the start after each sprint
- Start each run on every 60"
- 5' recovery and stretching





- Set 2:
- Repeat Set 1
- The total duration is 15', with the total sprint distance being 320 m.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 17th: If you don't have a match appointment for the domestic league, use your free time for additional recovery, or use your free time to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).