

WEEK 47 from Monday 18th to Sunday 24th of November Macrocycle V, week 1 (Training week 25)

Mon. 18th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 94

Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 95

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

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

* Speed End. - Run for 10m at 90% max speed, walk to the end (40m)

- Turn and run 20m at 90% SPmax, walk to the end (30m)

- Turn and run 30m at 90% SPmax, walk to the end (20m)

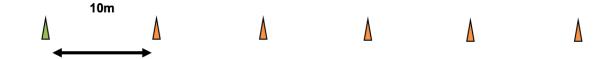
- Turn and run 40m at 90% SPmax, walk to the end (10m)

- Turn and run 50m at 90% SPmax, turn and run another 50m (100m)

- Your heart rate should peak at >90% HR_{max} at the end of each rep

- Rest for 90" then repeat 5 x. Total time is 15'.

- 4' passive recovery (until bpm < 65% HR_{max})

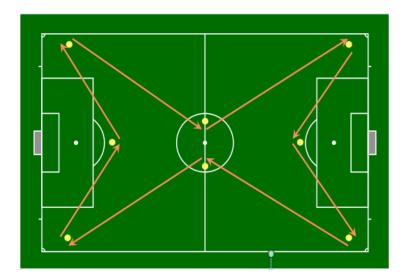


- * High Int.
- Set 1: The following exercise is scheduled for Referees:
 - 30" HI-run, 30" jogging,
 - 45" HI-run, 30" jogging,
 - 60" HI-run, 30" jogging,
 - 75" HI-run, 30" jogging,
 - 30" HI-run, 30" jogging,
 - 45" HI-run, 30" jogging,
 - 60" HI-run, 30" jogging,
 - 75" HI-run, 30" jogging,
 - 2' passive recovery (until bpm < 65% HR_{max})
 - Set 2:
 - 75" HI-run, 30" jogging,
 - 60" HI-run, 30" jogging,
 - 45" HI-run, 30" jogging,
 - 30" HI-run, 30" jogging,
 - 75" HI-run, 30" jogging,
 - 60" HI-run, 30" jogging,

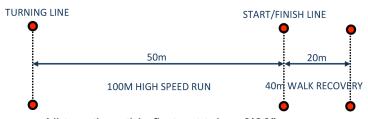
 - 45" HI-run, 30" jogging,



- 30" HI-run, 30" jogging,
- All together, this exercise takes 11' + 2' rec + 11' = 24'
- From a coaching point of view, an efficient way to organise this exercise, is to whistle each time the referees change from activity.
- For Set 1, the time line for the use of the whistle is as follows: 0 (30" HI tempo) 30" (J) 1' (T) 1'45" (J) 2'15" (T) 3'15" (J) 3'45" (T) 5' (J) 5'30" (T) 6' (J) 6'30" (T) 7'15" (J) 7'45" (T) 8'45" (J) 9'15" (T) 10'30" (J) 11' (Stop)
- For Set 2, the time line is: 0 (75" HI tempo) 1'15" (J) 1'45" (T) 2'45" (J) 3'15" (T) 4' (J) 4'30" (T) 5' (J) 5'30" (T) 6'45" (J) 7'15" (T) 8'15" (J) 8'45" (T) 9'30" (J) 10' (T) 10'30" (J) 11' (Stop)



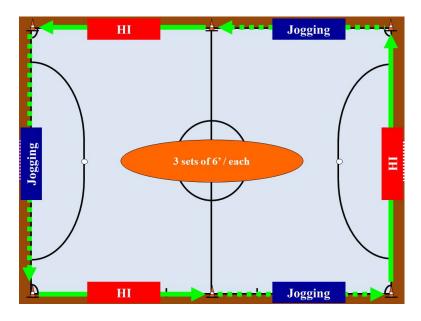
- * High Int.
- For Assistant Referees, a Yo-Yo based-exercise is scheduled:
- Set 1: 10 x 100 m shuttles (50 m turn L 50 m) in 20"
- 30" recovery walk (40 m)



- All together, this first set takes 8'20".
- 3' recovery
- Set 2: 10 x 100 m shuttles (50 m turn R 50 m) in 20"
- 30" recovery walk (40 m)
- All together, this exercise takes 20'40 (8'20" + 3' recovery + 8'20")



- The total distance equals 2800 m, of which 2000 m at high speed and 800 m walking.
- * High Int. - Futsal Referees could consider the following exercise:



* Cool down

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

Total duration: 94'

Wed. 20th:

Thu. 21st: * Low Int. Tr. 96

* Warm up

* Strength

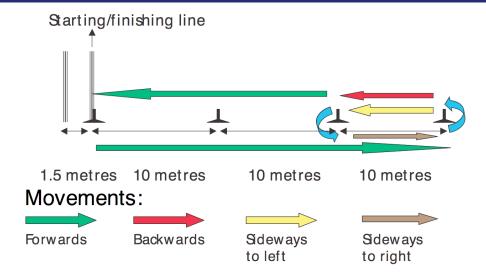
* Agility

REST DAY

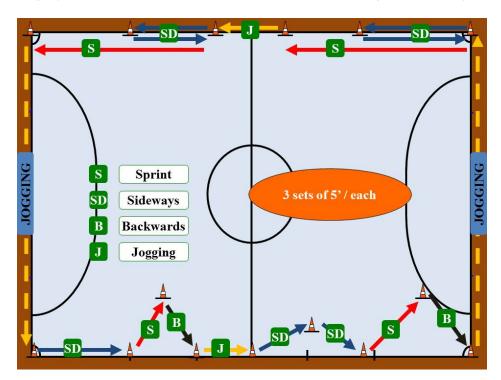
- 5' jogging slowly building up to 70% HR_{max} (+ 1 km).
- 20' jogging, mobilisation and dynamic stretching.
- 15' individualised strength, core stability & injury prevention exercises.

- The next agility exercise can be modified for both Refs and ARs.

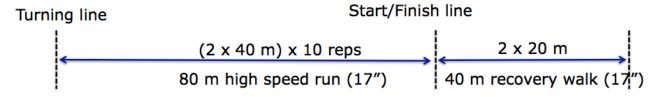
- Set 1: 80 m agility exercise, 1' rest, 4 reps.
- The exercise should be done at sprint pace, but with the correct variation in movements; forward, sideways (2 x), backwards, forwards.
- 3' recovery, stretching and drinking break
- Perform a 2nd set of this exercise (4 reps)



* Agility for futsal - Futsal Referees could consider doing the following exercise:

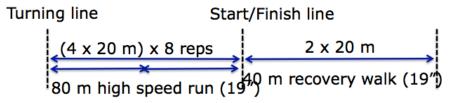


- * High Int.
- Set 1:
- 2 x 40 m (40 m turn 40 m) in 17"
- 17" recovery walk (40 m)
- 10 reps in total
- 2' recovery between sets





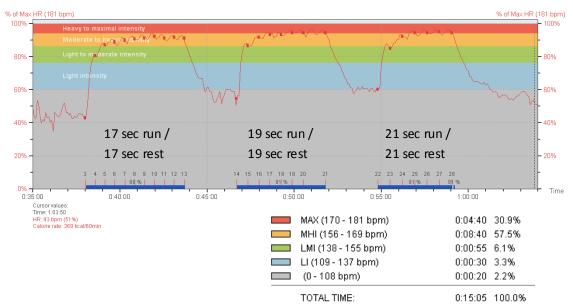
- Set 2:
- 4 x 20 m (20 m turn 20 m turn 20 m turn 20 m) in 19"
- 19" recovery walk (40 m)
- 8 reps in total
- 2' recovery between sets



- Set 3:
- 8 x 10 m (10 m turn 10 m turn 10 m ...) in 21"
- 21" recovery walk (40 m)
- 6 reps in total
- 2' recovery

- All together, this exercise takes 21'
 (6' Set 1 + 2' rec. + 5' Set 2 + 2' rec. + 4' Set 3 + 2' rec.).
- 1920 m of high-intensity running, 960 m walking, 72 turns in total.

YOYO Exercise 1 10 X (2X40m), 8 X (4X20m), 6 X (8X10m)



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

Total duration: 86'



Fri. 22nd:

REST DAY

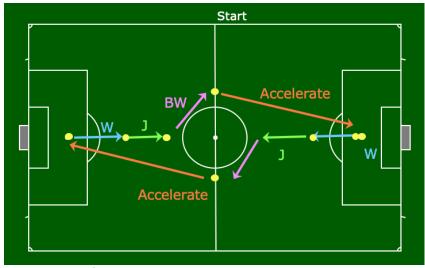
Sat. 23rd:

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Speed

- <u>Set 1:</u> speed exercise in the length of the field, 4 x across the pitch and back to the starting position.



- 5' recovery
- Set 2: same exercise, again 4 x up and down.
- 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. 24th: 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 48 from Monday 25th of November to Sunday 1st of December Macrocycle V, week 2 (Training week 26)

Mon. 25th: * Act. Rec. Tr. 98

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

Tue. 26th:

* Low Int.

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

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

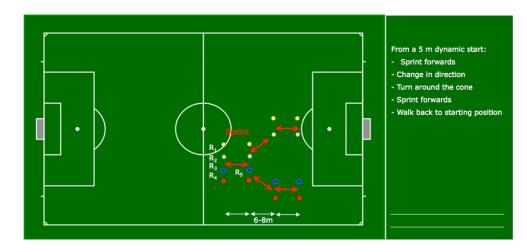
* Strength

- 15' individualised strength, core stability & injury prevention exercises.

* Agility

- 15' speed & agility exercises. Referees are organised in groups of 4.

- From a dynamic start, Referee 1 to 4 sprint to the first cone, change from direction, turn with fast feet around the next cone and finally sprint the last cone. They return walking.

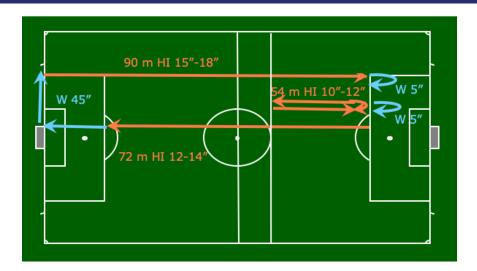


- * High Int.
- REFs: 3 sets of the following Single-Double-Single exercise
- Set 1: Repeat 5 x (1075m), followed by 2 min recovery
- Set 2: Repeat 5 x (1075m), followed by 2 min recovery
- Set 3: Repeat 5 x (1075m)

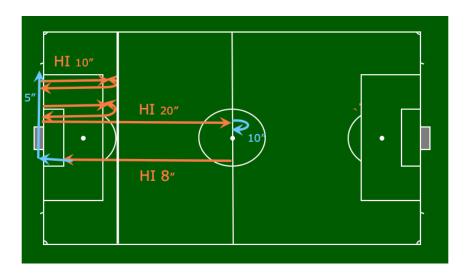
This exercise takes 7'30"+ 2' recovery + 7'30"+ 2' recovery + 7'30" = 26'30" and covers 3225m of HI running.

- Alternatively, the regular SDS is also an option: 3 sets of 5 reps.





- * High Int.
- ARs: 3 sets of the following Double-Triple-Single exercise
- Set 1:
- High Speed from goal line to penalty arc and back in 10" (18 km/h)
- 5" recovery
- High Speed from goal line to penalty arc and back and then to the midline in 20" max
- 10" rec.
- High Speed from midline to small penalty area in 7" max (18 km/h)
- 55" recovery to walk to the starting position
- Repeat X 5 (825m)
- 2 min recovery
- Set 2: same sequence
- All together, this exercise takes 9"10" + 2' recovery $+ 9"10 = \pm 20'$ and covers 1650 m of HI running.



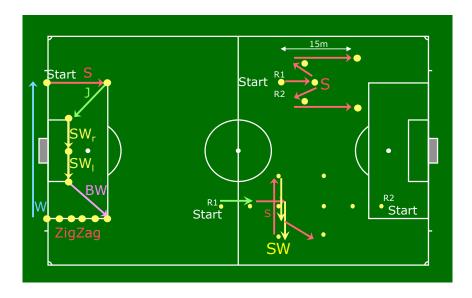
Total duration: 81'

Wed. 27th: REST DAY



Thu. 28th:

- * Low Int. 5' jogging slowly building up to 70% HR_{max} (<u>+</u> 1 km).
- * Warm up 20' jogging, mobilisation and dynamic stretching.
- * Strength 15' individualised strength, core stability & injury prevention exercises.
- * Agility 15' of various agility exercises.

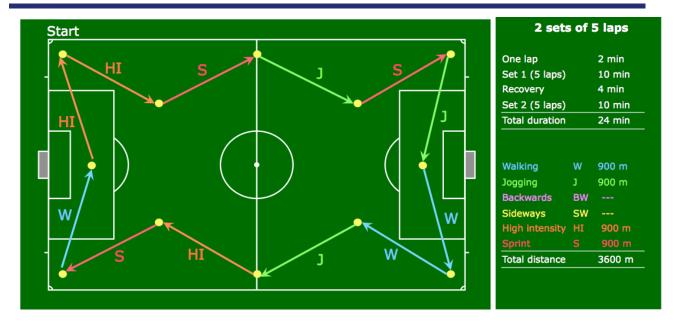


- Exercise 1: Sprint forward 5 m, cut back diagonally left/right, then turn and accelerate forwards 12 m.
- <u>Exercise 2</u>: 5 m jogging, 5m forward sprint, sidestep left 5 m, sprint forwards 10 m, sidestep right 5 m, sprint forward 10 m.
- Exercise 3: Sprint and agility exercises in the penalty area.
- * Speed End.
- <u>Set 1:</u> Field exercise, 5 laps of 2' each. Ideally, this exercise should be done by trio (1 referee and 2 ARs).

During each lap, there are 12 activities. The colour of the next cone determines the intensity of the next activity as follows:

- walking (blue lines)
- jogging (green lines)
- high intensity tempo run (orange lines)
- sprinting (red lines)





- 4' recovery.
- Field exercise Set 2 (again 5 laps of 2' each).
- All together, this exercise takes 10' + 4' recovery + $10' = \pm 24'$.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 94'

Fri. 29th:

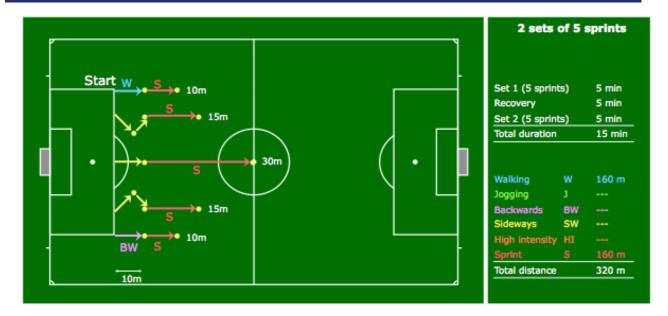
Sat. 30th: * Warm up Tr. 101

* Speed

REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- Straight line sprints from a dynamic starting position, such as heel lifts, knee lifts, walking, backwards or sideways running:
- Set 1: 5 x 10 m, starting from 10m walking
- <u>Set 2:</u> 4 x 15 m, starting from 10m side-stepping
- Set 3: 3 x 30 m, starting from 10m forwards jogging
- <u>Set 4</u>: 4 x 15 m, starting from 10m side-stepping
- Set 5: 5 x 10 m, starting from 10m backwards jogging
- After every sprint, a very slow walk back to the start position is a good way of determining the recovery time (e.g. 20" for 10 m, 30" for 15 m, 40" for 30 m).





- After every set, there is 1' recovery and stretching break.
- The total exercise time is 15'. The total sprint distance is 310 m.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 1st: 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 49 from Monday 2nd to Sunday 8th of December Macrocycle V, week 3 (Training week 27)

Mon. 2nd: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 102

Tue. 3rd:

* Low Int.

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

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

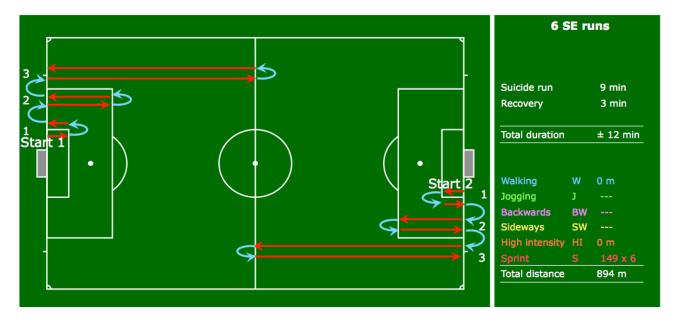
- 15' individualised strength, core stability & injury prevention exercises.

* 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).

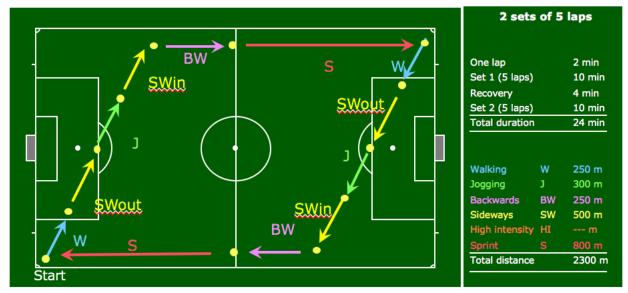
In case of group sessions, it is possible to use 2 starting positions as mentioned below.

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

Total duration: 90'

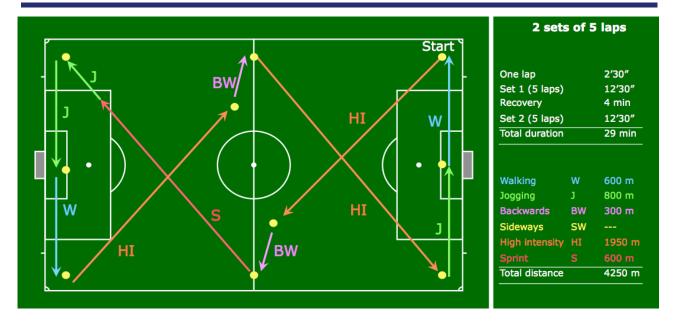
Wed. 4th:

<u>Thu. 5th:</u> * Low Int. Tr. 104

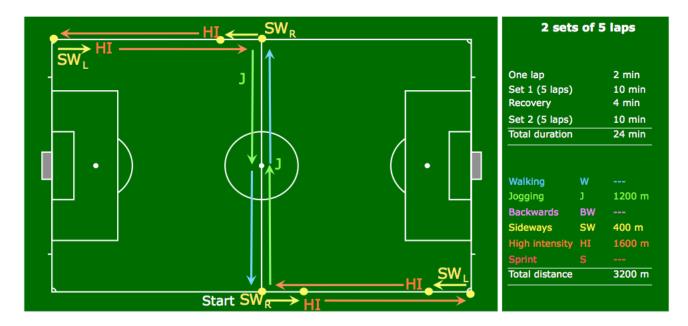
REST DAY

- 5' jogging slowly building up to 70% HR $_{\text{max}}$ (+ 1 km).
- * Warm up 20' jogging, mobilisation and dynamic stretching.
- * Strength 15' individualised strength, core stability & injury prevention exercises.
- * Speed End. <u>Set 1:</u> 'Referee Run': 5 laps (± 2'30", <u>+</u> 12'30" in total).
 - 4' recovery
 - Set 2: 'Referee Run': again 5 laps that will take + 12'30".
 - All together, this exercise takes 12'30"+ 4' rec + 12'30"= 29'.





* SE for ARs - While the referees perform their 2 sets of the HI 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: 84'

Fri. 6th: REST DAY

<u>Sat. 7th:</u> * Warm up Tr. 105 - 20' jogging, mobilisation and dynamic stretching.

* Speed/Agility

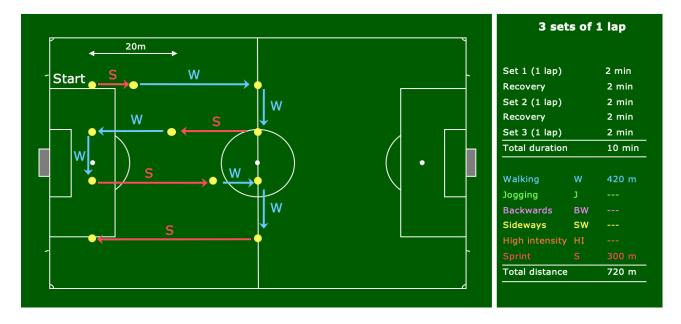
- <u>Set 1:</u> (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.

- 2 min recovery

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- Set 2: Now start first with 40m and then work down to 10m.
- 2 min recovery
- Set 3: Now Repeat set 1



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

Total duration: 50'

Sun. 8th: 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 50 from Monday 9th to Sunday 15th of December Macrocycle V, week 4 (Training week 28)

Mon. 9th: * Act. Rec. - 50' recovery session in a fitness centre, including st. stretching. Tr. 106

Tue. 10^{th} : * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km). Tr. 107

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

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

* High Int. - Set 1:

- 20" run at 90% HR_{max} (approx. 100 m), 10" recovery jogging

- 40" run at 90% HR $_{\rm max}$ (approx. 200 m), 20" jogging - 60" run at 90% HR $_{\rm max}$ (approx. 300 m), 30" jogging - 80" run at 90% HR $_{\rm max}$ (approx. 400 m), 40" jogging - 20" run at 90% HR $_{\rm max}$ (approx. 100 m), 10" jogging - 40" run at 90% HR $_{\rm max}$ (approx. 200 m), 20" jogging

- 60" run at 90% HR $_{max}$ (approx. 300 m), 30" jogging - 80" run at 90% HR $_{max}$ (approx. 400 m), 40" jogging

- 2' recovery

- From a coaching point of view, the easiest way to run this intermittent exercise, is to whistle each time the referees have to change from activity. For Set 1 and 2, the time line is:

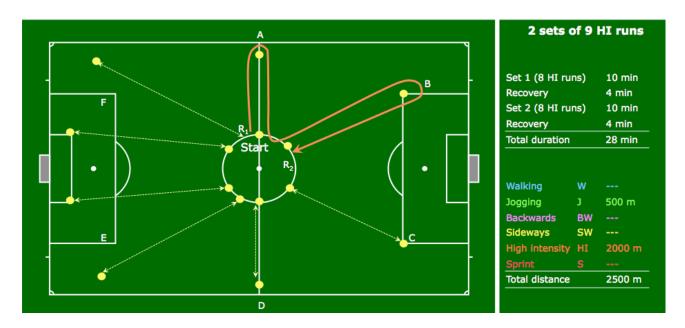
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0 (20" HI tempo) - 20" (J) - 30" (HI) - 1'10" (J) - 1'30" (HI) - 2'30" (J) - 3' (HI) - 4'20" (J) - 5' (HI) - 5'20" (J) - 5'30" (HI) - 6'10" (J) - 6'30" (HI) - 7'30" (J) - 8' (HI) - 9'20" (J) - 10' (Stop)
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- For the next set, the same time table can be used:

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- Set 2:
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- 20" run at 90% HR_{max} (approx. 100 m), 10" recovery jogging
- 40" run at 90% HR_{max} (approx. 200 m), 20" jogging
- 60" run at 90% HR_{max} (approx. 300 m), 30" jogging
- 80" run at 90% HR_{max} (approx. 400 m), 40" jogging
- 20" run at 90% HR_{max} (approx. 100 m), 10" jogging
- 40" run at 90% HR_{max} (approx. 200 m), 20" jogging
- 60" run at 90% HR_{max} (approx. 300 m), 30" jogging
- 80" run at 90% HR_{max} (approx. 400 m), 40" jogging
- All together, this HI exercise takes 10' for Set 1 and 10' for Set 2. Therefore, 20' in total with 2' rec. after both sets
- If it is not possible to perform this exercise on a field of play then the run can easily performed on a track, in the forest or on a treadmill.
- On a field of play, this can easily be done using cones over the whole area of the field.





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

Total duration: 79'

Wed. 11th: REST DAY

<u>Thu. 12th:</u> * Low Int. Tr. 108

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

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* Strength

- 15' individualised strength, core stability & injury prevention exercises.

* Speed End.

- 1 set of the following exercise that takes + 8'.

- 50 m sprint (± 10"), walking back 30", 5 x, 1' rest - 25 m sprint (± 5"), walking back 15", 5 x, 1' rest

- 16 m sprint (± 3"), walking back 9", 5 x

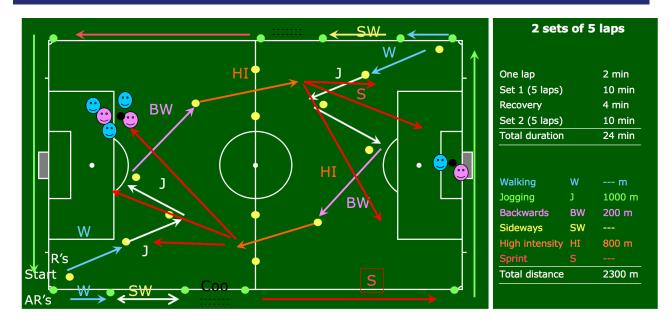
- 3' recovery

* Speed End.

- 1 set of the following field exercise (10')

- All together these exercises take 24'
(8' exercise 1, 3' recovery, 10' exercise 2, 3' recovery).





- ARs are advised to replace backwards with sideways running.
- * Match 10' match play.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 86'

Fri. 13th:

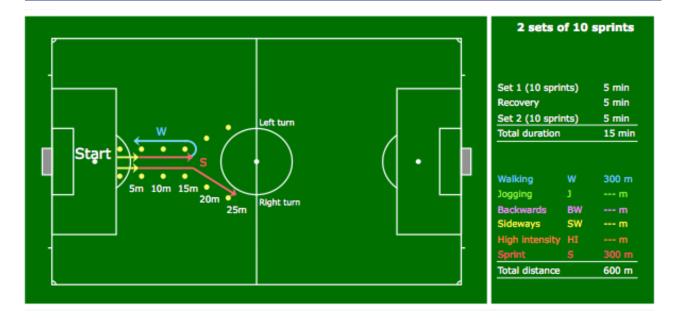
<u>Sat. 14th:</u> * Warm up Tr. 109

* Speed

REST DAY

- 20' jogging, mobilisation and dynamic stretching.
- short sprints from a dynamic position (heel lifts, knee lifts,...)
 - <u>Set 1 (right turn):</u> (2 x 5 m) (2 x 10 m) (2 x 15 m) (2 x 20 m) (2 x 25 m)
 - 5' recovery
 - <u>Set 2 (left turn):</u> (2 x 5 m) (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.
- * Cool down 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 15th: 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 51 from Monday 16th to Sunday 22nd of December Macrocycle V, week 5 (Training week 29)

Mon. 16th: * Act. Rec. -

* Warm up

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

<u>Tue. 17[™]:</u> Tr. 111

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

- 20' jogging, mobilisation and dynamic stretching.

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

* High Int. - <u>Set 1:</u>

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

- All together, this first set takes 11'.

- 2' recovery

- Set 2: again the same exercise (11').

- All together, this exercise takes 27' (11' + 2' recovery + 11').

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

Total duration: 79'

Wed. 18th: REST DAY

<u>Thu. 19th:</u> * Low Int. Tr. 112 - 5' jogging slowly building up to 70% HR_{max} (+ 1 km).

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

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

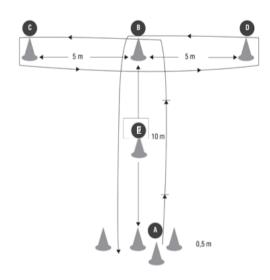
* Agility - 'T'- drill for Referees:

- <u>Set 1</u>: Referees sprint forwards as indicated in the figure: 10 m straight forwards from cone A to cone B, turn around cone B, continue sprinting forwards to cone C, turn around cone C, continue sprinting forwards to cone D, turn around cone D, continue sprinting forwards to cone B, turn around cone B and continue sprinting through the finish. Reference time is 9.8".

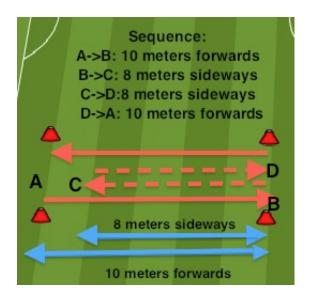
- 1' recovery, 3 reps.



- <u>Set 2</u>: Again 3 reps with 1' recovery in between, but Referees now start on the left side instead of the right side.

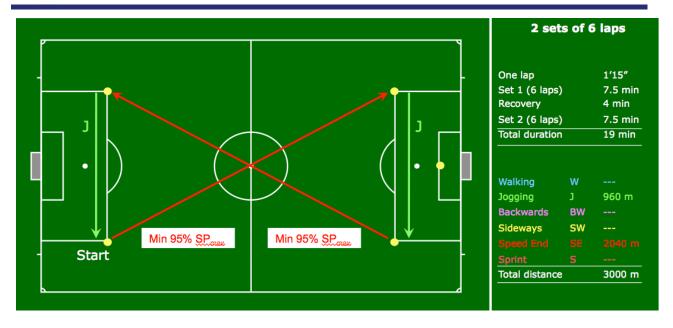


- ARs do 4 reps of the CODA exercise:
- Sprint 10 m (one foot lined up 0.5 m in front of cone A) from cone A to B, then sideways left 8 m from cone B to C, the sideways right 8 m from cone C to D, sprint back to the finish line.
- The reference time is 9.8": 4 reps in total (2 x starting sideways running with the L leg & 2 x starting R leg)



- 3' recovery
- * Speed End.
- 'Diagonal Run' exercise, 6 laps of 1'15" or 12 accelerations each:
- 90% SP_{max} along the diagonal line, jogging along the penalty area, 90% SP_{max} along the diagonal line, jogging along the penalty area.





- 4' recovery

REST DAY

- All together these exercises take 22' (6' exercise 1, 3' recovery, 7'5 exercise 2, 4' recovery).
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 92'

Fri. 20th:

Sat. 21st: * Warm up Tr. 113

- * Speed
- 20' jogging, mobilisation and dynamic stretching.
- <u>Set 1:</u> Perform 5 laps of the next exercise in the penalty area.



- Once the 5 laps (or 10 sprints of 16m) have been completed, take a 5' recovery, stretching and drinking break.



- Then perform another 5 laps.
- The total exercise time is 15'. The total sprint distance is 320m.
- * Cool down
- 5' jogging and walking, followed by 10' static stretching.

Total duration: 50'

Sun. 22nd: 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 52 from Monday 23rd to Sunday 29th of of December Macrocycle V, week 6 (Training week 30)

For the week between Christmas and New Year, there will be a winter break in a number of European countries. Therefore, a training programme will not be provided. Just listen to your own body. If you require a few days of rest, then take a break and enjoy your days with your family and friends. If you are willing to practice, then the goal is to practice this last week of the year at 80% HR_{max}, i.e. on Monday (Tr. 114), and Saturday \pm 40 min (Tr. 116).

The medium intensity training session on Wednesday is more intermittent. For every 5' of running, 2 tempo runs have to be done: in the middle a 50 m tempo run, and towards the end of the 5' period a 100 m tempo run has to be covered. Over the total 50' run, 20 accelerations have to be done, i.e. 10 of 50 m and 10 of 100 m.

From the first week of January on, the training sessions will be designed over the next 6 weeks in a progressive way in such a way that the referees will be top-fit for the second half of the competitive season in the domestic leagues and the European competitions in February.

MERRY CHRISTMAS AND A HEALTHY, HAPPY AND PROSPEROUS NEW YEAR!