



Performance Training in Football Refereeing Weekly Training Plan

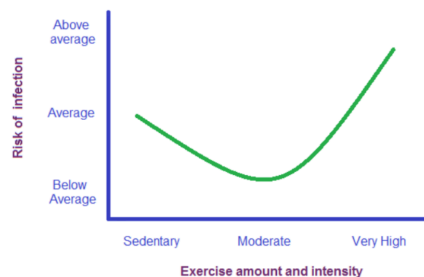
Dear Referees and Assistant Referees,

I received a number of questions like this one: *“What type of sessions would you recommend to bridge the gap as we are a minimum of 6 weeks from starting again, without going full out and tire myself out because the chances of a summer break this year are very small.”*

If, eventually, it will be considered to re-start the competition, it will not be before May 1st. This is about 6 weeks from now. If you stay relatively active, you will not lose too much of your physical performance, and 4 weeks should be enough to be ready again by May 1st.

Therefore, for the next 2 weeks I advise to stay active while **doing different things** (hiking, cycling, mountain-biking) in another way and with a **different focus**: to de-stress, to make more time for family and try to enjoy the little things.

Cardio-respiratory endurance is best trained by specific endurance training, but it may also be challenged by non-specific endurance training, i.e., cross training (hiking, mountain-biking, cycling). These are all very appropriate because there is no pressure on the legs. Specifically, this type of training refers to other endurance exercise modes and sports than just running. Non-specific endurance training is often neglected as a method to develop the fitness level of referees. One day off and 1 day of LI and ME activities 65-85% HRmax (extensive and/or fartlek). This is also in line with the **J-curve from the Nieman** interview. As well, this kind of activities not only serve to better develop the fitness level of referees but, even more important, to mentally distract you from an ‘addiction’ to running and refereeing.



As also indicated by Prof. Nieman, **interval training is more appropriate** compared to long-distance runs as they impact negatively on your immune system. Therefore, if you do 2-3 times a week an exercise like the ones in the macro-cycle below (nr. 164, 168, 172, 176, 180, 184), that would be appropriate.

Keeping in mind the J-curve, I recommend to stay in the **lower zones of MI to HI running (65-85% HRmax)** and **to not practice longer than 1 h in total**. Quality rather than quantity! It is best to just do it alone or with your wife or partner with social distancing (2 m). Make sure you only make contact with your own things (towel, drinking bottle, bike) and don't drive together in the same car to the training facility as this is not in line with social distancing. Obviously, you can also do similar exercises on a treadmill at home as shown on UEFA Ref Network.

You will also benefit from doing more strength and injury prevention exercises and these can also be done inside!

More Simple Tips In a 2019 paper published in The Journal of Sport and Health Science, “The compelling link between physical activity and the body's defense system”, Prof. Nieman and Laurel M. Wentz suggest several other simple and effective immunity-enhancing strategies that runners can follow all the time:

1. Develop a specific training plan built around ample recovery, sleep and possible mental stressors.
2. Don't do individual workouts or weekly total workouts significantly harder than you've been doing.
3. Monitor yourself closely for early signs of illness and/or overtraining, and adjust accordingly.
4. Skip the gym with its crowds and potential pathogens. Run outdoors.
5. Avoid excessive alcohol intake.
6. Adapt stress management strategies to control for life's hassles.



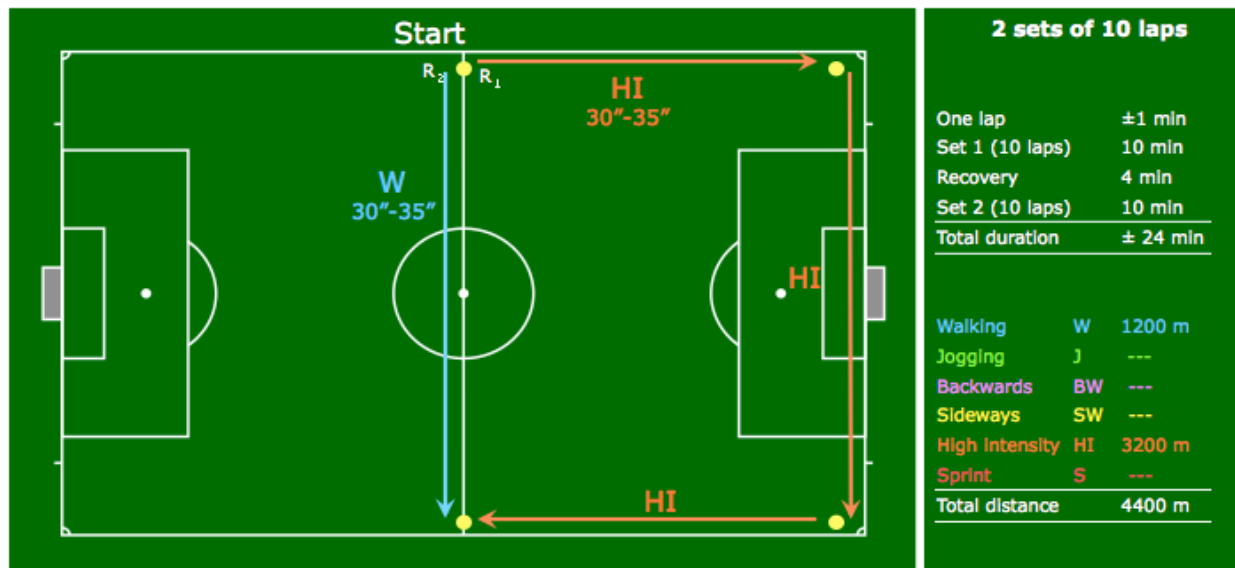
Performance Training in Football Refereeing Weekly Training Plan

WEEK 13 from Monday 23rd of March to Sunday 29th of March Macrocycle VIII, week 1 (Training week 43)

- Mon. 23rd: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 163
- Tue. 24th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 164
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1:
Referee A performs a HI run clockwise from the midline to the corner flag, then to the other corner flag, and finally to the other side of the midline. In the meantime, Referee B crosses the midline by walking or jogging. He needs to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B performs a HI run counter-clockwise the same trajectory, while Referee A recovers by walking / jogging back to the starting position. The second HI-run of referee A is done on the other side of the field so that he takes the turns on his L-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 \pm 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 of the referees).
- All together this exercise takes \pm 22'.
(10' Set 1 + 2' recovery + 10' Set 2)



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

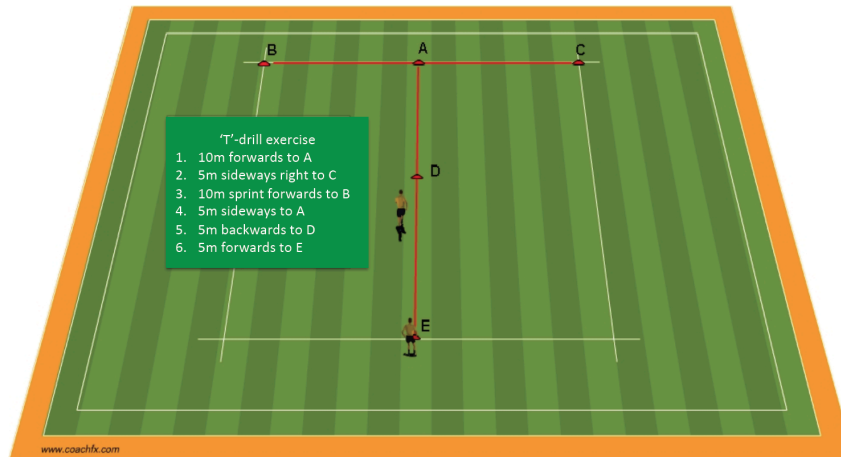
Total duration: 77'

Wed. 25th.

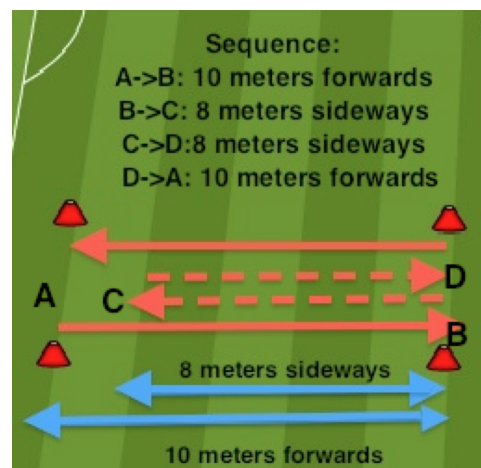
REST DAY

Thu. 26th.
Tr. 165

- * 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 (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30''-30'' exercises).
- * Agility - 'T'- drill for Referees:
 - Set 1:
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
 - Set 2:
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, then 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)

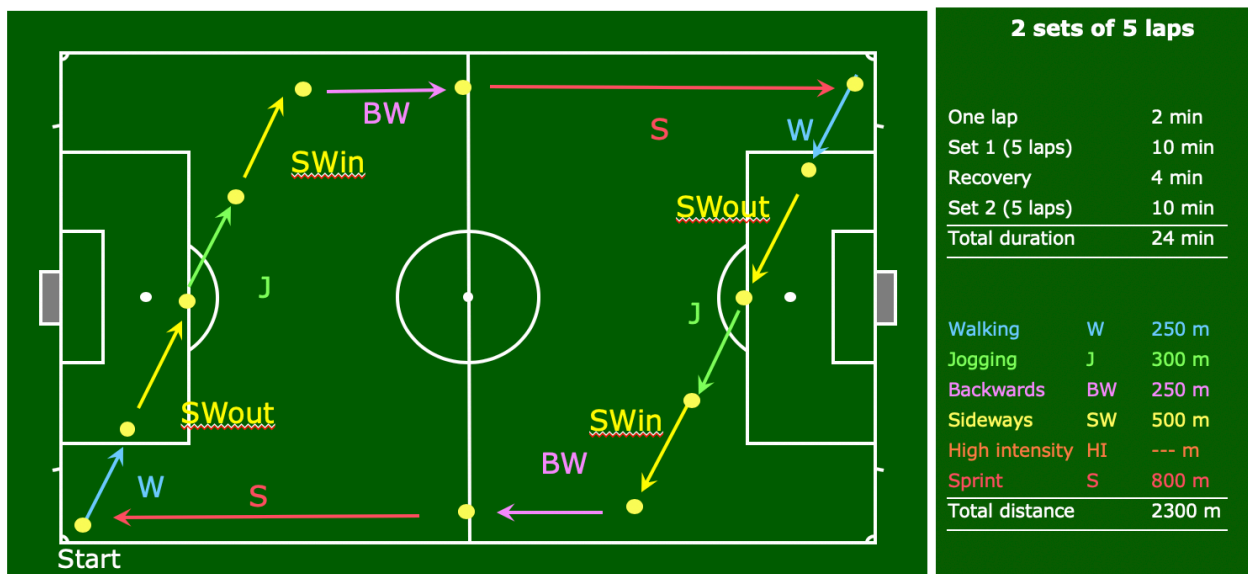


- This exercise takes 10' followed by 3' recovery

* Speed End. - Field exercise (below) for a total of 8' or 6 laps.

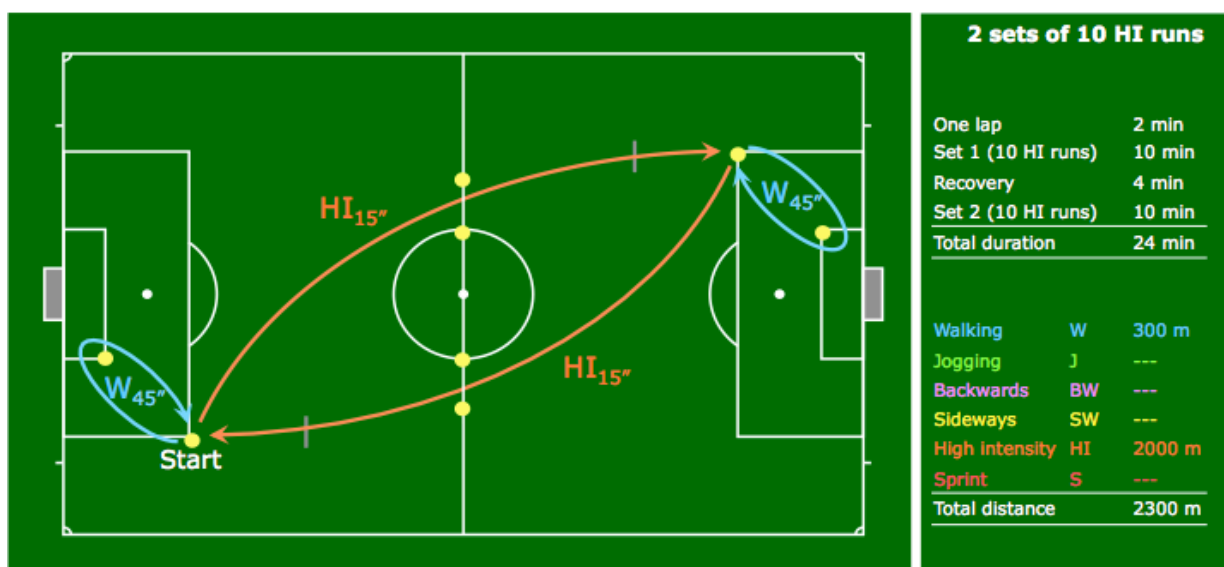


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- 4' recovery

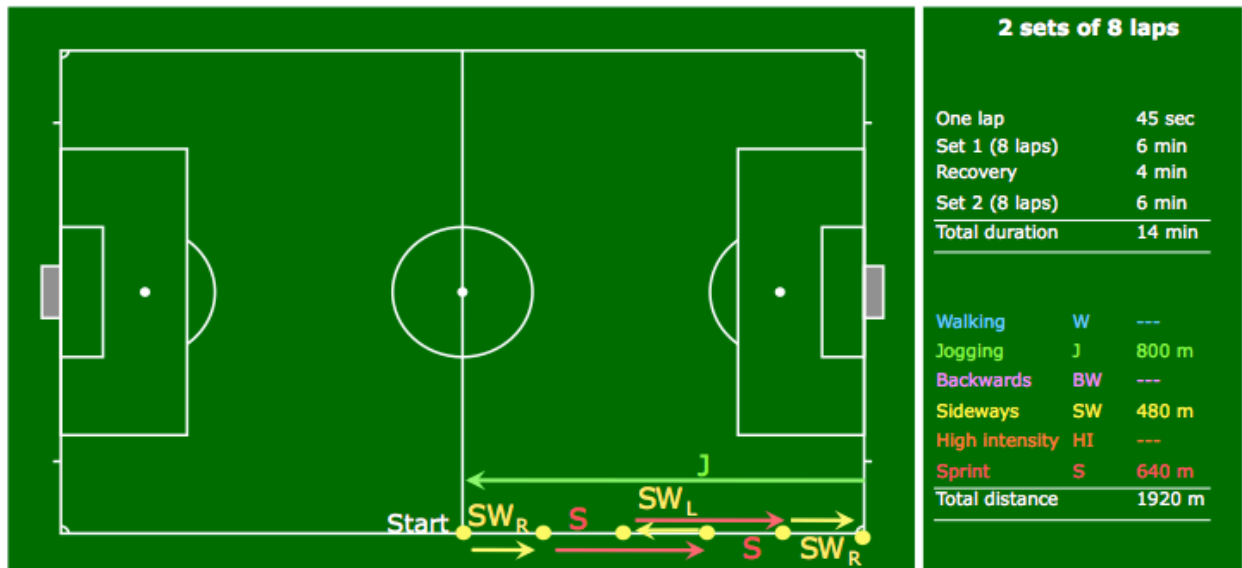
- Field exercise (below) along the wide diagonal line, run for 10' or 10 high-speed runs in total.



- All together, these exercises take 8' + 4' rec. + 10' = 22'.

* SE for ARs

- While the referees perform their 2 SE sets, the next SE exercise can be considered for the assistant referees.



* Match - 10' match play

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

Total duration: 100'

Fri. 27th.

REST DAY

Sat. 28th.

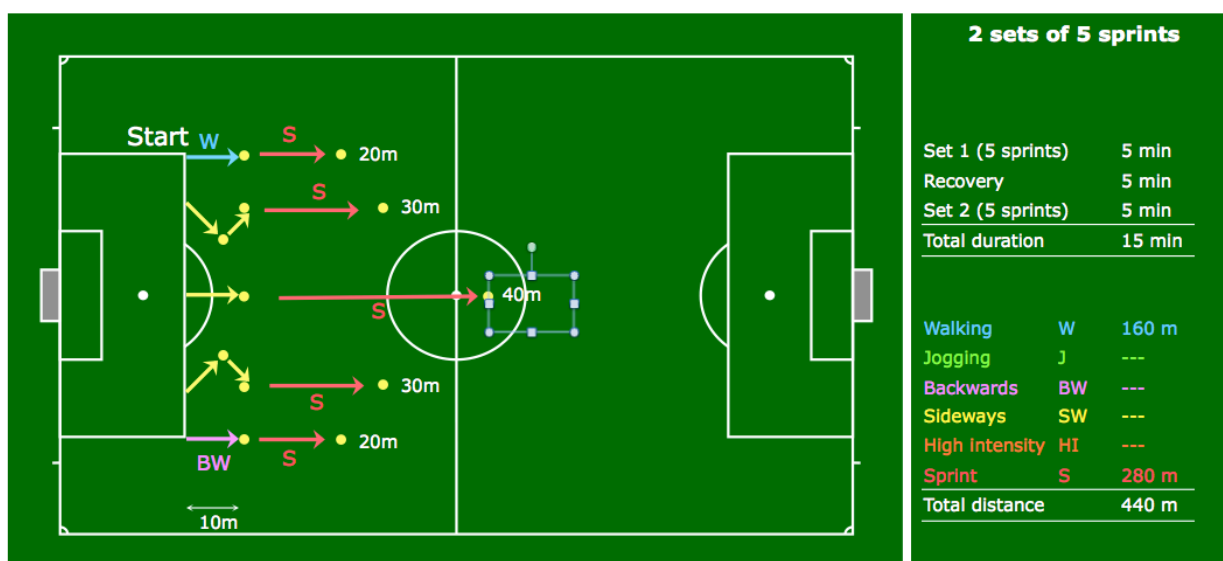
Tr. 166

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

* Speed - 5 maximal sprints in the order illustrated below.

- Walk back to the start position after each individual sprint.

- Once the 5 sprints (140 m total sprinting distance) have been completed, a 5' stretching break is recommended.





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- Then perform a second set of sprints for a session total of 10 sprints. Start the sprints this time sideways right and turn on the opposite shoulder to the first set when turning from backwards jogging to sprinting.

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 29th:

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,...).

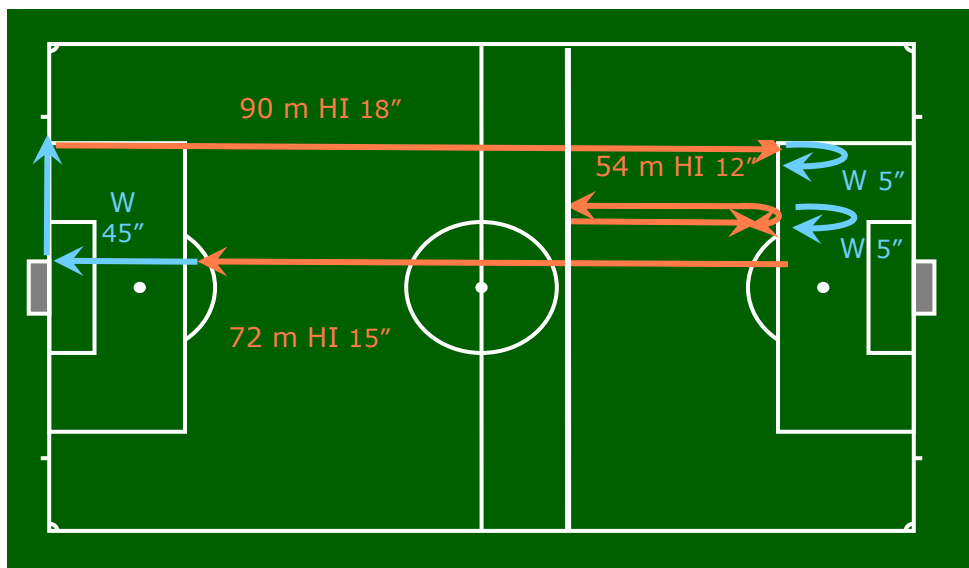
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 14 from Monday 30th of March to Sunday 5th of April Macrocycle VIII, week 2 (Training week 44)

- Mon. 30th. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 167
- Tue. 31st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 168
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Single-Double-Single High Intensity exercise
- Set 1: Repeat 5 x (1075m), followed by 2 min recovery
- Set 2: Repeat 5 x (1075m), followed by 2 min recovery
- Set 2: Repeat 5 x (1075m)



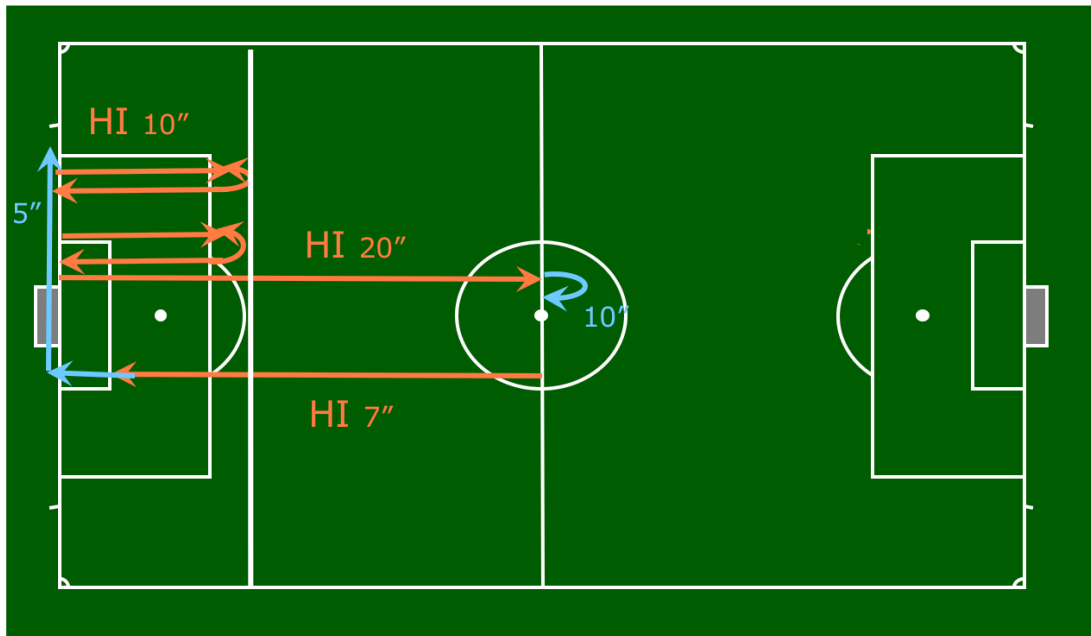
- All together, this exercise takes 7'30" + 2' recovery + 7'30" + 2' recovery + 7'30" = 26'30" and covers 3225m of HI running.

- For ARs, there is a variation for this 1 to 1 HI run:

- Set 1:

- Run at High Speed from goal line to penalty arc and back in 10" max (18 km/h), 5" recovery
- Run at High Speed from goal line to penalty arc and back and then to the midline in 20" max, 10" rec.
- Run at 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), followed by 2 min recovery
- Set 2: same sequence
- All together, this exercise takes 9"10" + 2' recovery + 9"10 = ± 20' and covers 1650 m of HI running.



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

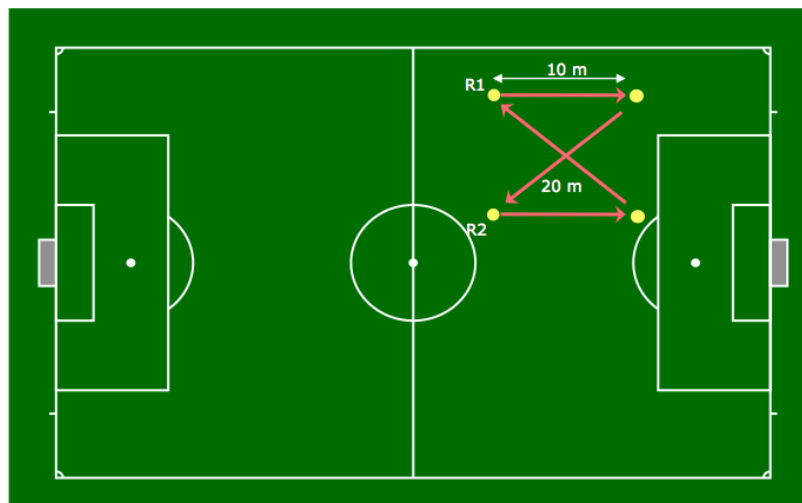
Total duration: 83'

Wed. 1st:

REST DAY

Thu. 2nd:
Tr. 169

- * 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 (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Agility
 - Set 1:
'Referee Sprint' of 60 m, 1' rest, 5 reps
The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (ARs), before sprinting the remaining 50 m.
 - 2' recovery
 - Set 2:
'Referee Sprint' of 60 m, 1' rest, 5 reps.
 - 2' recovery
- * Speed End. - Field exercise 8'; 1 set (see below).



- 2' recovery

- All together these exercises take 26'
(6' Set 1, 2' recovery, 6' Set 2, 2' recovery, 8' Field, 2' recovery).

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	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	800 m
Sprint	S	---
Total distance		2300 m

* Match - 10' match play.

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

Total duration: 91'

Fri. 3rd. REST DAY

Sat. 4th. * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 170

* Speed Tr. - Set 1:
Sprint exercise in the penalty area, 5 laps in total.



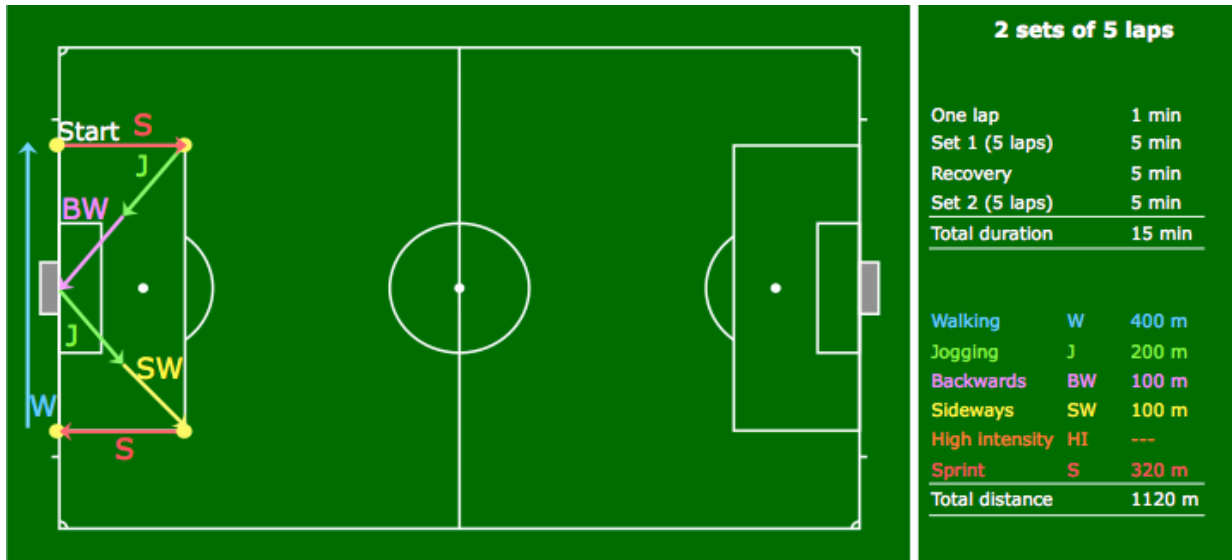
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- 5' recovery

- Set 2:

Sprint exercise in the penalty area, again 5 laps in total.

- The total exercise time is 15'.



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

Total duration: 50'

Sun. 5th:

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,...).

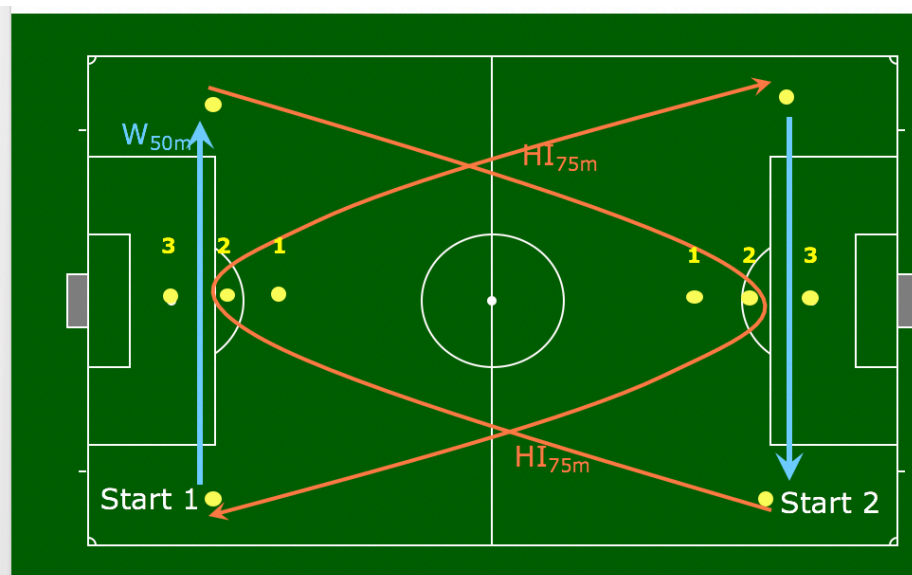
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 16 from Monday 6th to Sunday 12th of April Macrocycle VIII, week 3 (Training week 45)

- Mon. 6th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 171
- Tue. 7th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 172
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1: Field exercise, 10 to 12 x
- From the start, run at high intensity to the other side of the field, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture, afterwards walk back to the start (50 m in 35 sec) and repeat 10 laps. The fitness level determines around which cone the referees may turn.
- 4' recovery
- Set 2: Same as set 1, however, run in the opposite direction.
- All together, this HI exercise takes 19' 40", including 2' rec.



2 sets of 10 HI runs		
One lap		1'05"
Set 1 (10 HI runs)		10' 50"
Recovery		2 min
Set 2 (10 HI runs)		10'50"
Total duration		19'40"
Walking	W	1000 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4000 m

- * Concentration: - When the referee arrives in the penalty area after his 150 m run, the coach moves along the edge of the penalty area with a ball in his hands. When he bounces the ball on the ground, the referee has to decide if it is a foul for the attacking team inside (>penalty) or outside (> free kick) the penalty area. If the referee's decision is correct > thumbs up, if not > 5 push-ups.



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- Even better is to use video clips after each lap at the finish position to challenge the referee's decision making during HI running

- In total, this exercise takes 10'50" + 4' recovery + 10'50" = \pm 21'40".

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

Total duration: 76'

Wed. 8th: REST DAY

Thu. 9th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

Tr. 173

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

* Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).

* Rep. Spr. Ab. - Same organisation as for Training session 139 & 147 & 159

- Set 1 (using a dynamic start):

> 6 sprints over 60 m (\pm 9"), 1:5 recovery

> 6' in total

> 2' recovery

- Set 2 (using a dynamic start):

> 8 sprints over 50 m (\pm 7.5"), 1:5 recovery

> 6' in total

> 2' recovery

- Set 3 (using a dynamic start):

> 6 sprints over 40 m (\pm 6"), 1:5 recovery

> 3'40" in total

> 2' recovery

- Set 4 (using a dynamic start):

> 8 sprints over 50 m (\pm 7.5"), 1:5 recovery

> 6' in total

> 2' recovery

- Set 5 (using a dynamic start):

> 6 sprints over 60 m (\pm 9"), 1:5 recovery

> 6' in total

> 2' recovery

- All together, 34 sprints (90% to 100% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. The total duration of this RSA session is \pm 37'40".

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



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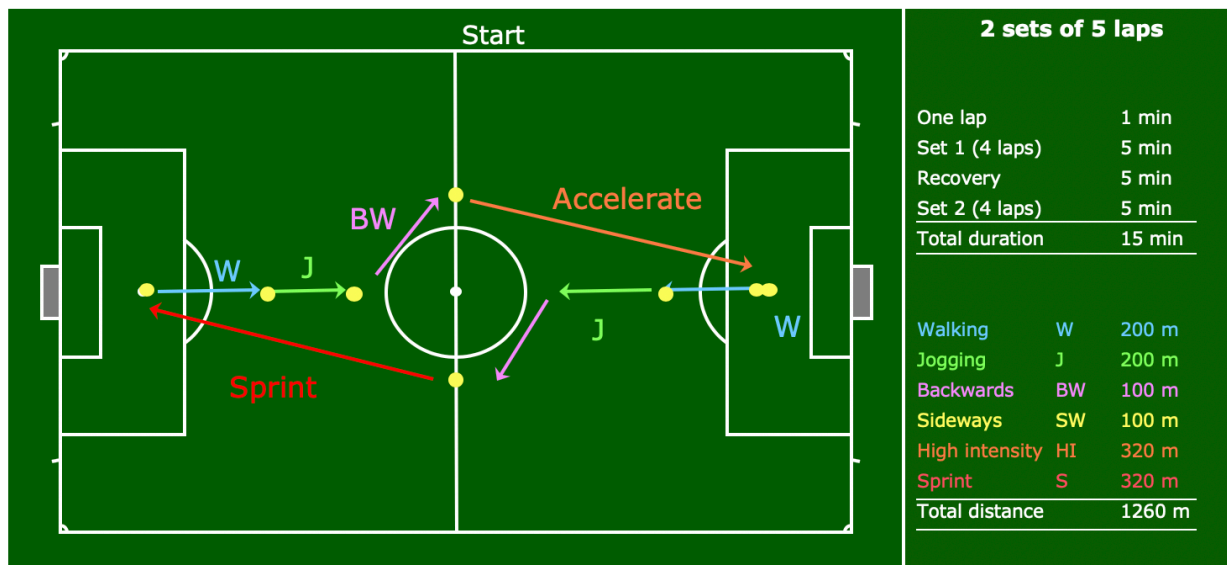
Total duration: 92'

Fri. 10th:

REST DAY

Sat. 11th:
Tr. 174

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Speed
 - Variation on the centre-circle exercise:
 - Set 1: 4 laps in total (8 accelerations).
 - 3' recovery
 - Set 2: 4 laps in total (8 accelerations).



- The total exercise time is 15'.

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

Total duration: 50'

Sun. 12th:

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,...).

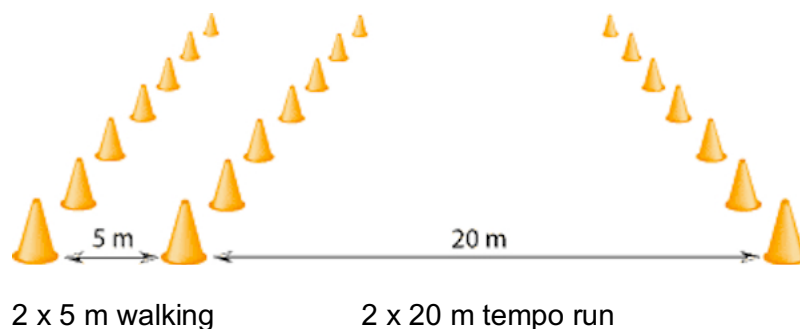
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 17 from Monday 13th to Sunday 19th of April Macrocycle VIII, week 4 (Training week 46)

- Mon. 13th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 175
- Tue. 14th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 176
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - use the mp3 file of the Yo-Yo test to run the following exercise:
- start with levels 15, 16 and 17 (takes 7'30"), 2 min rest
 - the mp3 file of the beep test should start at 6'45"
 - then repeat levels 16 and 17 (takes 5'), 1 min rest
 - the mp3 file of the beep test should start at 9'22"
 - then repeat level 16 (takes 2'30").
 - the mp3 file of the beep test should start at 9'22"
 - Take each turning point in such a way that you turn alternatively on your left and right shoulder
 - Do this exercise by preference on natural grass rather than indoor
 - The duration of this exercise is 24'



- The heart rate trace should look like this:



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

Total duration: 79'

Wed. 15th:

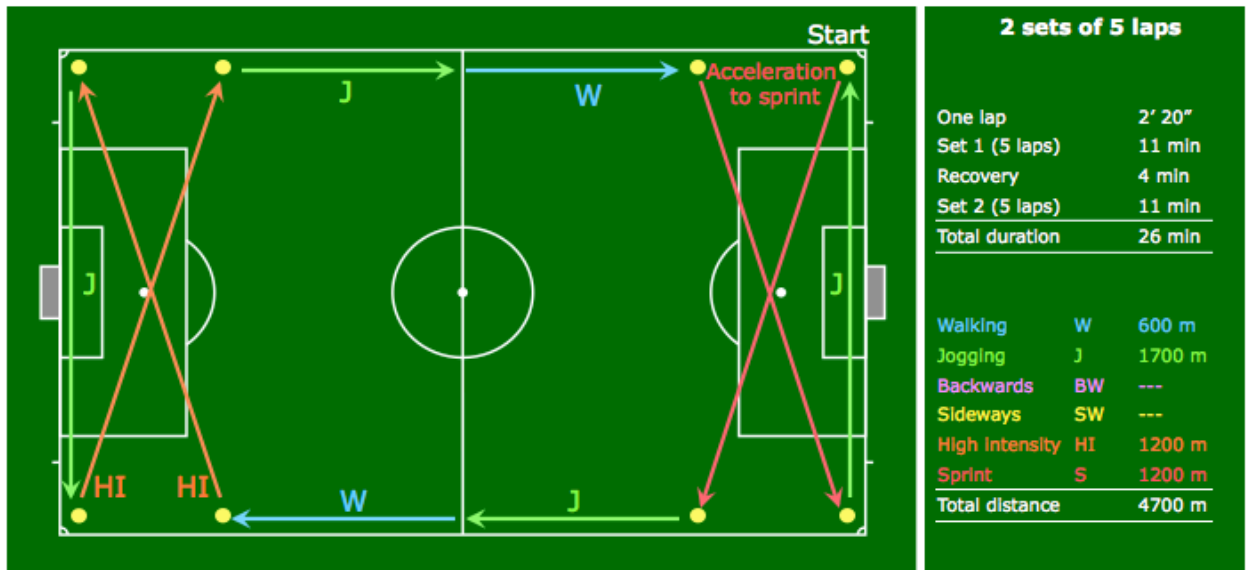
REST DAY

Thu. 16th:
Tr. 177

- * Low Int. - 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 (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * Speed End. - Set 1:
Field exercise, 5 laps or 20 high speed runs, starting at either one of the starting positions. This first set will take \pm 11'.
- 4' recovery
- Set 2:
Field exercise, again 5 laps or 20 high speed runs that take \pm 11'.



Performance Training in Football Refereeing Weekly Training Plan

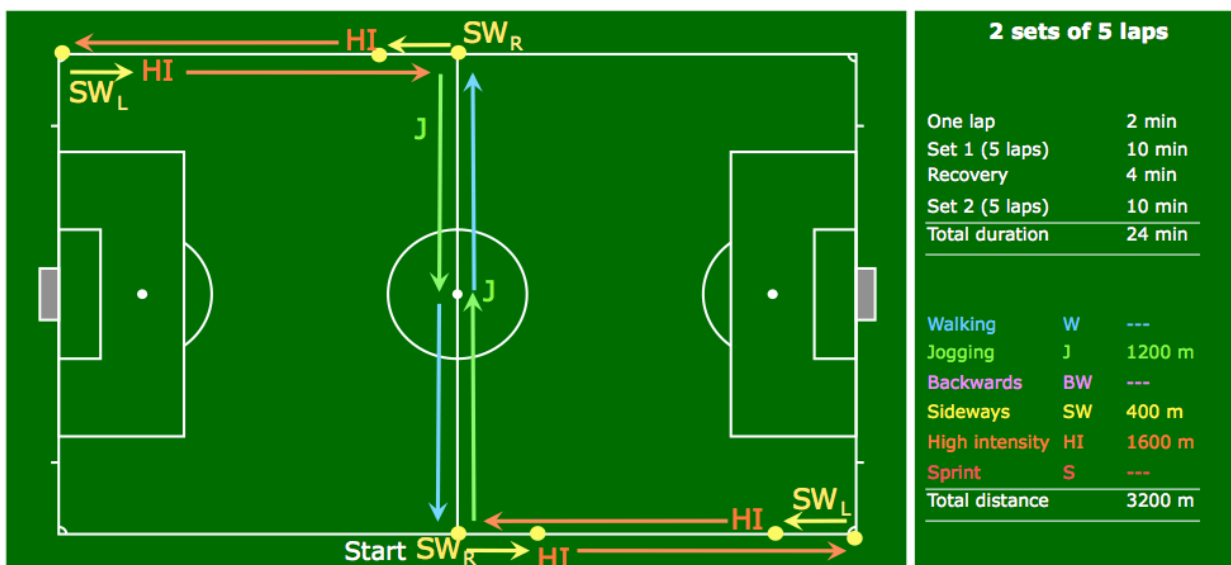


- All together, this exercise takes 11' + 4' recovery + 11' = 26'.

- The total distance covered in high speed running is 2500 m.

* 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.



* Match

- 10' match play.

* Cool down

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

Total duration: 91'

Fri. 17th:

REST DAY



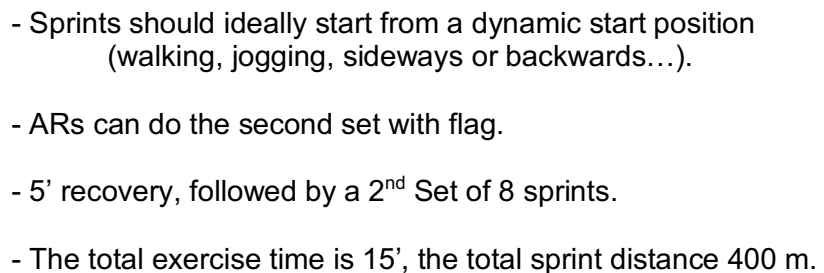
* Speed

- Set 1:

- (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, followed by 2 min recovery.

Now start first with 40m and then work down to 10m.

- Set 2: Repeat Set 1



Total duration: 50'

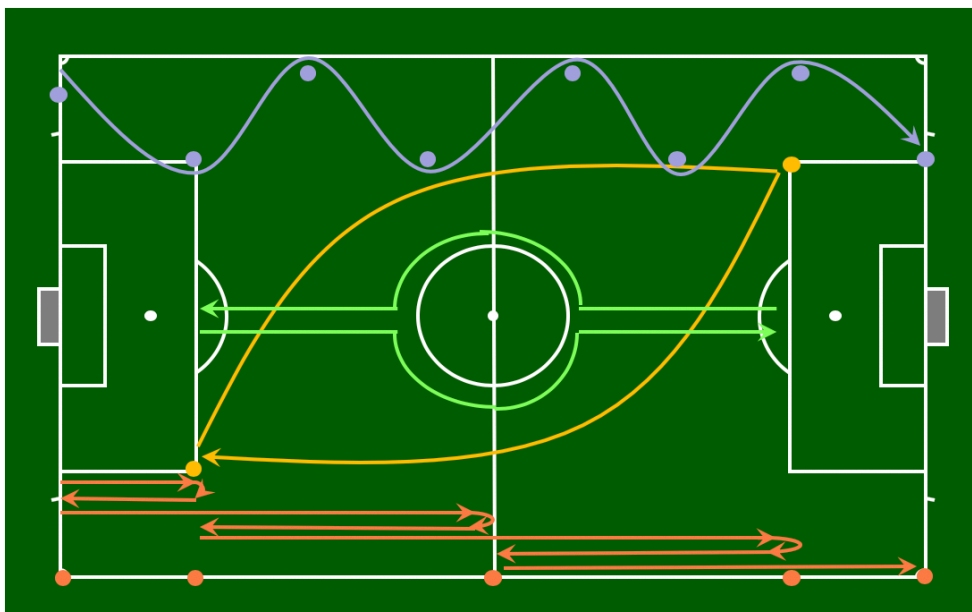
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 18 from Monday 20th to Sunday 26th of April Macrocycle VIII, week 5 (Training week 47)

- Mon. 20th. * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 179
- Tue. 21st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 180
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery
- 2 min recovery between each of the 4 sets
- The swerv (6x 30"-30")
- Across the halfway line (10x 15"-15")
- The diagonal (4x 45"-45")
- The suicide (3x 60"-60")



- All together this exercise takes 4 times 6 min with 2 min rec \pm 30'.

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

Total duration: 85'

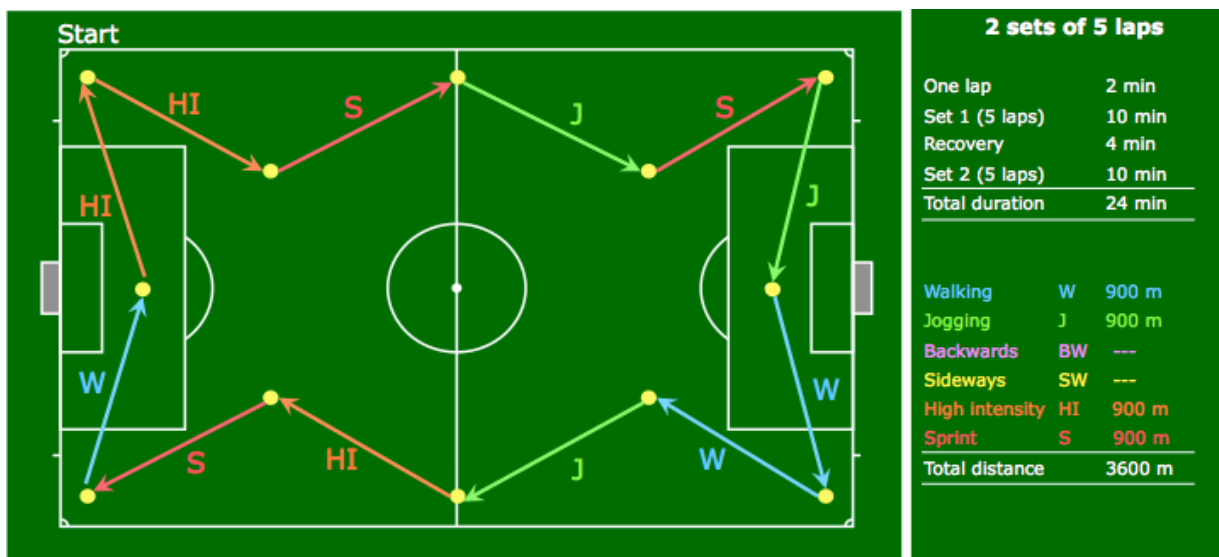
Wed. 22nd.

REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 23rd.
Tr. 181
- * Low Int. - 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 (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
 - * Speed End.
 - Set 1:
Field exercise, 5 laps of 2' each. During each lap, there are 12 different activities. The colour of the next cone gives the intensity of the next activity as follows:
 - walking to the blue cones (W)
 - jogging to the green cones (J)
 - high intensity tempo run to the yellow cones (HI)
 - sprinting to the red cones (S)
 - 4' recovery
 - Set 2: Field exercise, again 5 laps of 2' each.
 - All together, this exercise takes 10' + 4' recovery + 10' = \pm 24'.



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

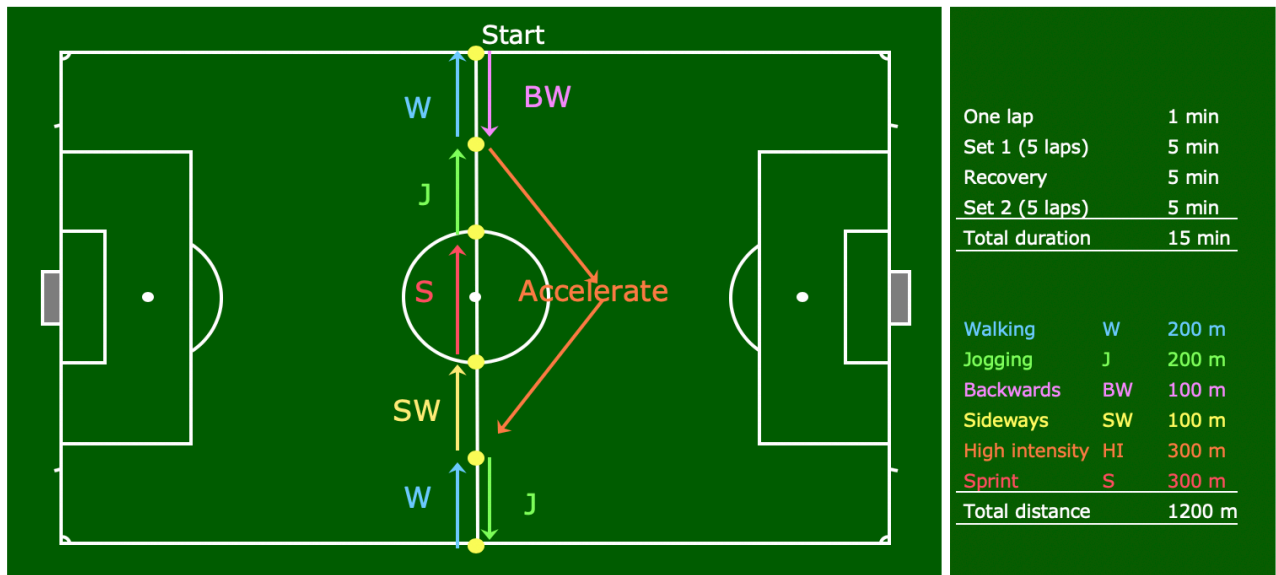
Total duration: 89'

Fri. 24th. REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Sat. 25th. * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 182
* Speed - Set 1: Variation on the centre circle sprint, 5 laps or 10 sprints



- 5' recovery
- Set 2: Variation on the centre circle sprint, 5 laps or 10 sprints.
- The total exercise time is 15'.

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

Total duration: 50'

Sun. 26th. 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,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing

Weekly Training Plan

WEEK 19 from Monday 27th of April to Sunday 3rd of May

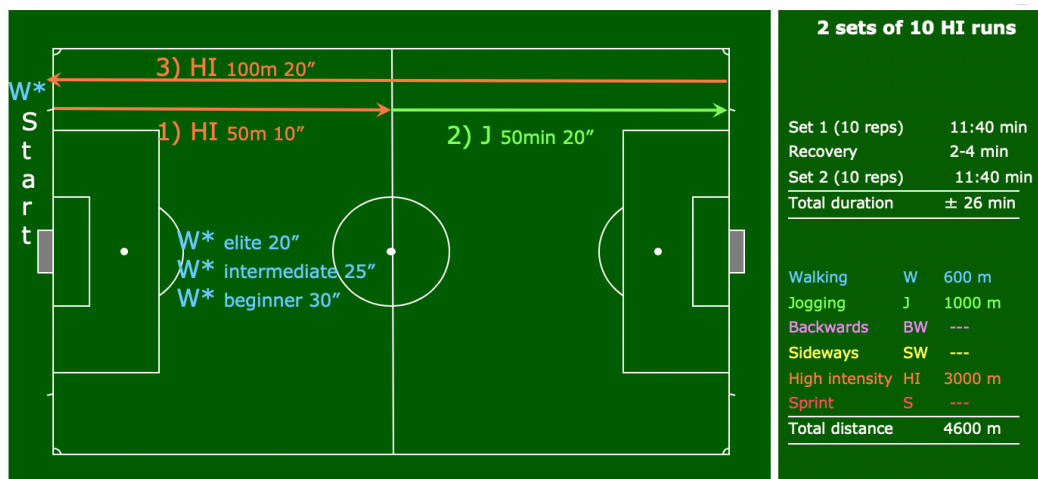
Macrocycle VIII, week 6 (Training week 48)

- Mon. 27th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 183
- Tue. 28th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 184
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - 15' individualised strength, core stability & injury prevention exercises (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
- * High Int. - Set 1:
- Run from goal line to midline at high intensity in 10"
- Then, jog to the opposite goal line in 20"
- Continue from goal line to the opposite goal line in 20"
- Recovery time of 20", 25", 30" recovery according to level
- 10 reps

- 2-4 min according to level

- Set 2: Again 10 reps

- This exercise takes 26'. Total distance is 4600 m of which 3000 m HI.



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

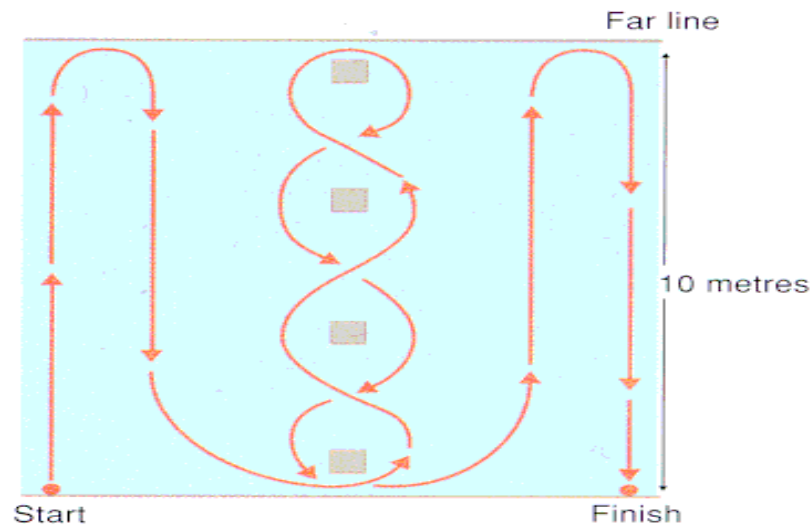
Total duration: 91'

Wed. 29th: REST DAY

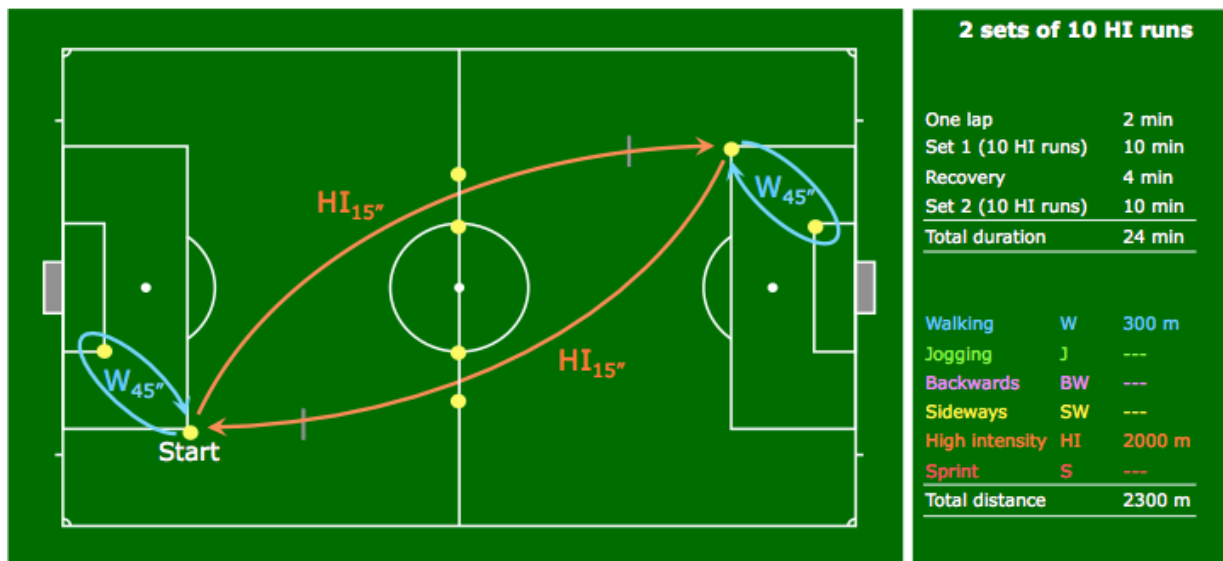


Performance Training in Football Refereeing Weekly Training Plan

- Thu. 30th.
Tr. 185
- * Low Int. - 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 (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30"-30" exercises).
 - * Agility
 - Set 1:
'Illinois Agility Run' of 60m, 1' rest, 5 reps.
Sprint time should be less than 17".
 - The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50m. Sprint time should be less than 17".
 - 2' recovery
 - Set 2:
'Illinois Agility Run' of 60m, 1' rest, 5 repetitions
 - 2' recovery



- * Speed End.
 - Set 1:
Diagonal Referee run, 10 reps of 1' each.
 - Starting at the edge of the penalty area, referees progressively accelerate to 90-95% SP_{max} (15") along the diagonal line as indicated below. As from the mark near the opposite penalty area on (marked by the vertical bar), they decelerate while keeping the attentional focus inside the penalty area. Between runs, there is a 45" recovery period (walking).
 - 4' of recovery
 - Set 2 of the diagonal run, again 10 reps of 1' each



- The total duration of this speed endurance session is $\pm 24'$ including 4' active recovery.

- All together these exercises take 27'
(6.5' Set 1, 2' recovery, 6.5' Set 2, 2' recovery, 8' Field, 2' recovery).

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

Total duration: 92'

Fri. 1st: REST DAY

Sat. 2nd: * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 186

- * Speed/Agility - Set 1:
Sprint exercise in the penalty area, 5 laps in total.

- 5' recovery

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

- The total exercise time is 15'.



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,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.