



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 1 from Monday 28<sup>th</sup> of December to Sunday 3<sup>rd</sup> of January Macrocycle VI, week 1 (Training week 31)

The training distances covered in High Intensity, Speed Endurance and Sprint, will decrease progressively and become more intermittent over the next macro-cycle. Both training volume and intensity have to be cycled throughout the competitive season in a proper way to make sure elite referees are fit and fresh after the winter break for both the European and domestic leagues.

Some new Referee SDS exercises for the Elite Referees and Yo-Yo based exercises for the New International Referees have been integrated that combine both internal and external loads, like the single-double-single HIT Friday 1<sup>st</sup> (Tr. 119) and Tuesday 13<sup>th</sup> (Tr. 124).

- Mon. 28<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 117
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* High Int. - 2' run at 90% HR<sub>max</sub>, 1' jogging, 8 x.  
- All together, this exercise takes (2' + 1') x 8 =  $\pm$  24'.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 79'

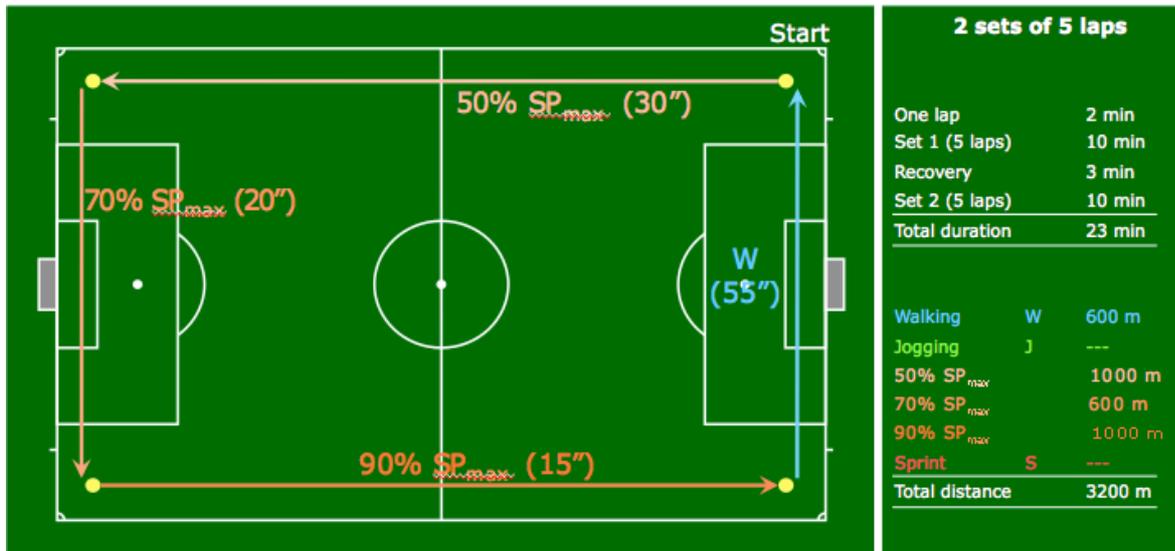
Tue. 29<sup>th</sup>: REST DAY

- Wed. 30<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 118
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Speed End. - Set 1:  
- Perform 5 laps ( $\pm$  2' per lap) of the following field exercise at the prescribed intensities.  
- 4' recovery
- Set 2:  
- Perform another 5 laps.



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- All together, this exercise takes 10' + 4' recovery + 10' = ± 24'.

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

Total duration: 79'

Thu. 31<sup>st</sup>:

REST DAY

Fri. 1<sup>st</sup>:

\* Warm up

- 20' jogging, mobilisation and dynamic stretching.

Tr. 119

\* Speed

- Variations on the 80 m distance (see below) at 90% SP<sub>max</sub>.

- Set 1:

- 20 m sprint up, 20 m walk down, 2 x

- 40 m sprint up, 40 m walk down, 2 x

- 1' recovery and stretching

- 60 m sprint up, 60 m walk down, 2 x

(1 x with a change in direction to the left, 1 x to the right)

- 1' recovery and stretching

- 80 m sprint up, 80 m walk down, 2 x

(1 x with a change in direction to the left, 1 x to the right)

- 2' recovery

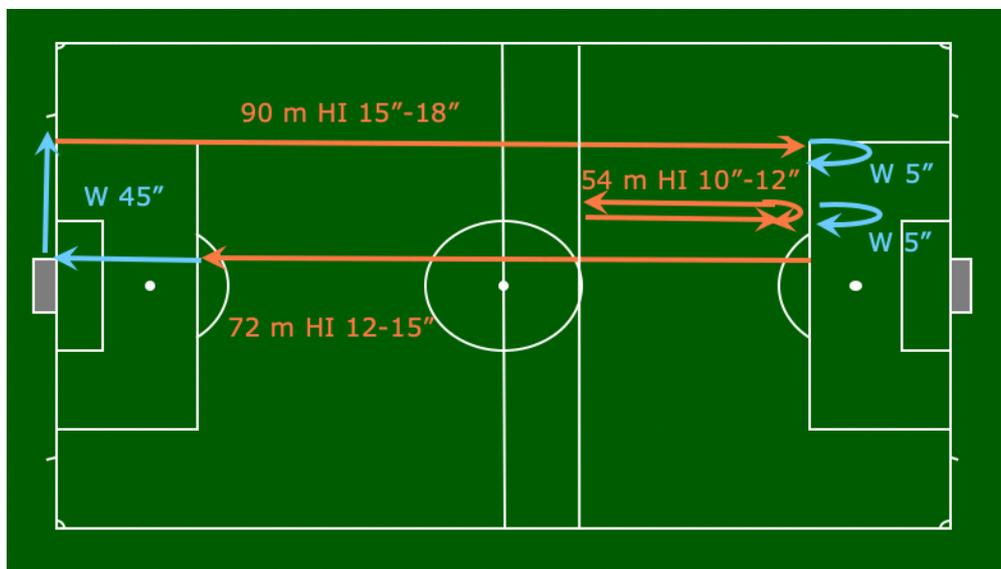
- Set 2: Same exercise but in reversed order (80 > 60 > 40 > 20 m).

- The total exercise time is 14'.

- 3' recovery

2 sets of 8 sprints		
Set 1 (8 sprints)		6 min
Recovery		2 min
Set 2 (8 sprints)		6 min
<b>Total duration</b>		<b>14 min</b>
Walking	W	800 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High Intensity	HI	--- m
Sprint	S	800 m
<b>Total distance</b>		<b>1600 m</b>

- \* Cool down - 5' jogging and walking, followed by 10' static stretching.
- \* High Int. - In case you are not appointed for the next weekend, there are 2 options: Either 2 sets of the Referee SDS or the next SDS-based exercise
  - Set 1: Repeat 6 x (1290m)
  - 2' recovery
  - Set 2: Repeat 6 x (1290m)



This exercise takes 10' + 2' recovery + 10' = 22' and covers 2580m of HI running.

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

Total duration: 61'



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Sat. 2<sup>nd</sup>: REST DAY

Sun. 3<sup>rd</sup>: 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 loading.



# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 2 from Monday 4<sup>th</sup> to Sunday 10<sup>th</sup> of January

#### Macrocycle VI, week 2 (Training week 32)

- Mon. 4<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 120
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* High Int. - 1' run at 90% HR<sub>max</sub>, 30" jogging, 16 x.  
- All together, this exercise takes (1' + 30") x 16 =  $\pm$  24'.
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

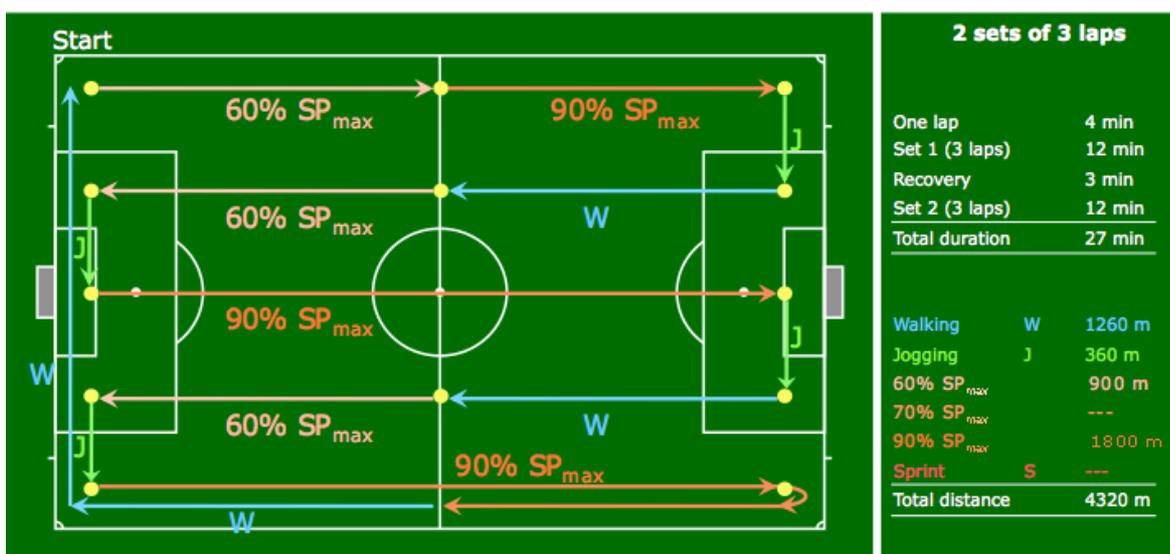
Total duration: 79'

Tue. 5<sup>th</sup>: REST DAY

- Wed. 6<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 121
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability and injury prevention exercises.
- \* Speed End. - Set 1: Field exercise, 3 laps.

One full lap takes  $\pm$  4' before re-starting. The intensities or percentages are based on a % of maximal speed (SP<sub>max</sub>), not % HR<sub>max</sub>. Therefore, 60% SP<sub>max</sub> should be a jog and 90% SP<sub>max</sub> should constitute a fast tempo run.

- 4' recovery



- Set 2: Field exercise, again 3 full laps.

- All together this exercise takes 28'.

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

Total duration: 83'

Thu. 7<sup>th</sup>: REST DAY

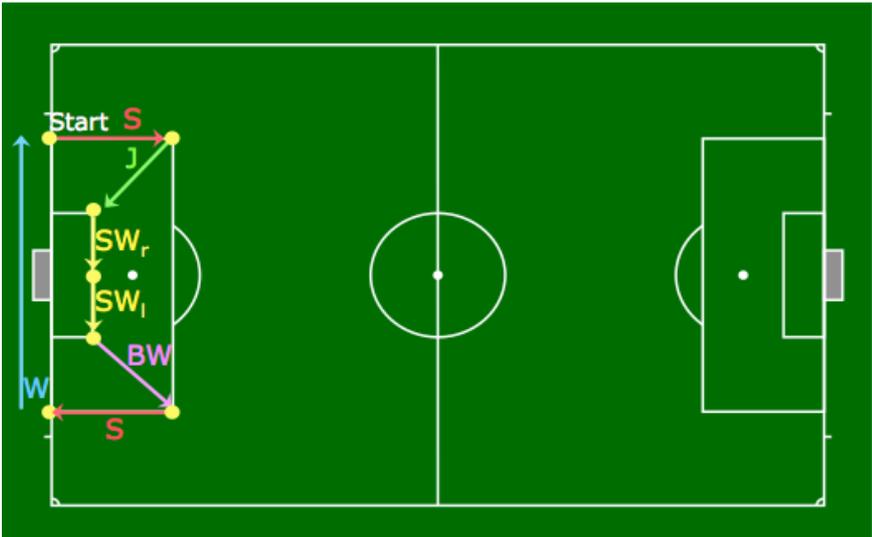
Fri. 8<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 122

\* Speed - 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.



2 sets of 5 laps		
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
<b>Total duration</b>		<b>15 min</b>
Walking	W	400 m
Jogging	J	100 m
Backwards	BW	100 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	320 m
<b>Total distance</b>		<b>1120 m</b>

\* High Int. - If you don't have a match to referee in the weekend, new International Referees can practice a variation of the Yo-Yo test to prepare for the tests that will be organised after the winter course.

- Set 1: start with levels 15, 16 and 17 (takes 7:30), 2 min rest  
 - Just start the mp3 file of the beep test at 6'45"

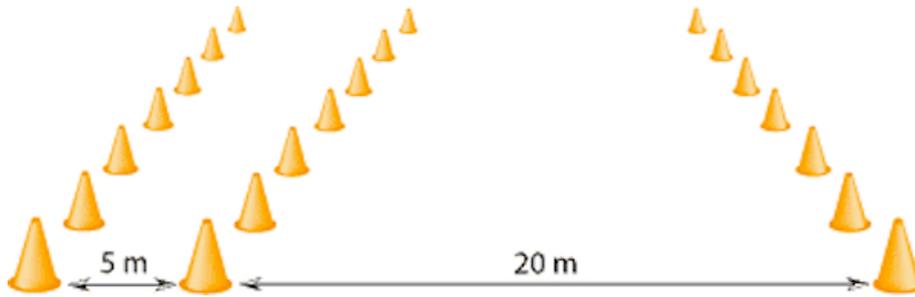
- Set 2: repeat levels 16 and 17 (takes 5 minutes), 2 min rest  
 - Just start the mp3 file of the beep test at 9'22"

- Set 3: repeat level 16 (takes 2:30), 2 min rest  
 - Just start the mp3 file of the beep test at 9'22"

- Take care to take each turn on a different foot so that you turn alternatively on your left and right shoulder!

- Do this exercise by preference on natural grass rather than indoor.

- This exercise takes 21 min in total.



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

Total duration: 76'

Sat. 9<sup>th</sup>: REST DAY

Sun. 10<sup>th</sup>: 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,...).

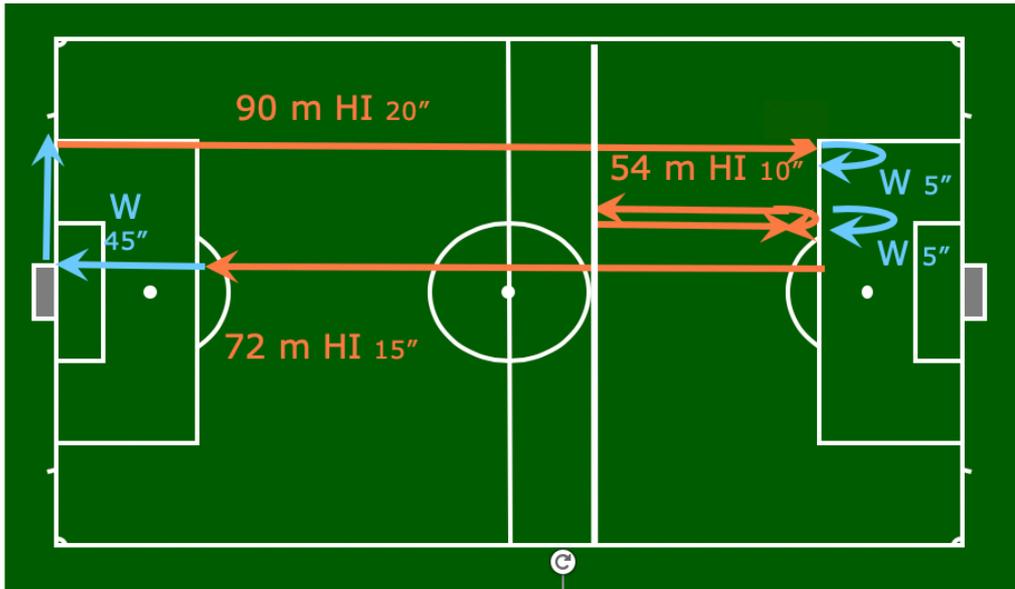
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical loading.



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 3 from Monday 11<sup>th</sup> to Sunday 17<sup>th</sup> of January Macrocycle VI, week 3 (Training week 33)

- Mon. 11<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 123
- Tue. 12<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 124
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* High Int. - Set 1:  
- 30" run at 90% HR<sub>max</sub>, 15" jogging, 14 x
- 2' recovery
- Set 2:  
- 30" run at 90% HR<sub>max</sub>, 15" jogging, again 14 x
- All together, this exercise takes 10'30" + 4' recovery + 10'30" = 25'
- \* High Int. - Elite Referees preparing for the winter course can practice the Referee SDS. An optimised audio-file has been uploaded to FAME and TSL. An alternative HI session on a regular field is the Referee Single-Double-Single exercise:
- Set 1: Repeat 5 x (1075m)
- 2' recovery
- Set 2: Repeat 5 x (1075m)
- 2' recovery
- Set 3: Repeat 5 x (1075m)



This exercise takes  $(7'30 + 2' \text{ recovery}) \times 3 = 28'30''$  and covers 3225 m of HI running.

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

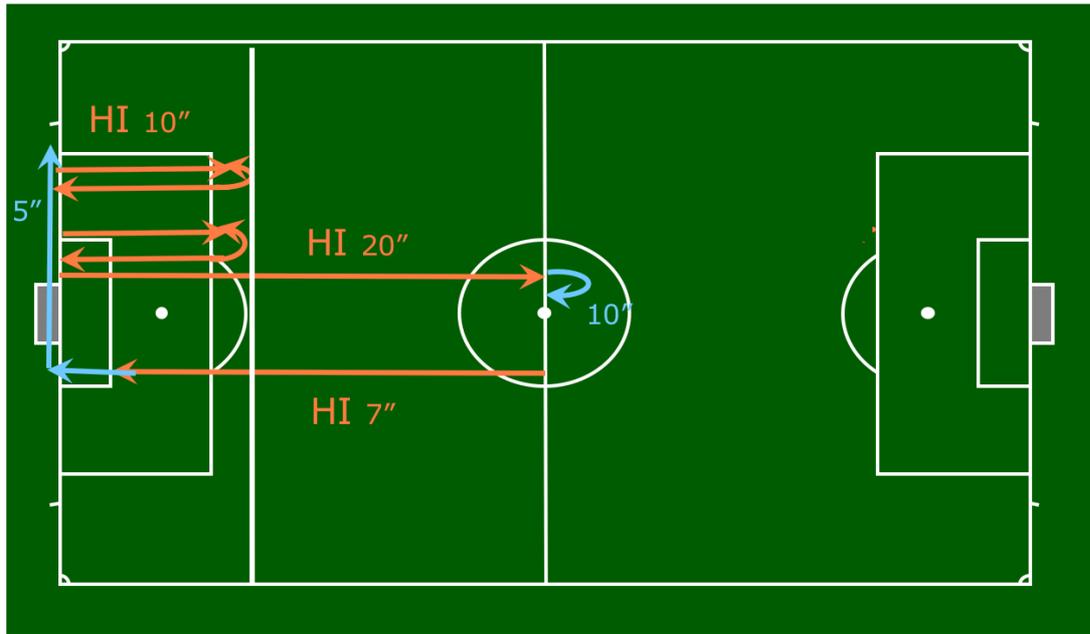
- Set 1:

- 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)

- 2' recovery

- Set 2: same sequence

- All together, this exercise takes  $9'10'' + 2' \text{ recovery} + 9'10'' = \pm 20'$  and covers 1650 m of HI running.



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

Total duration: 84'

Wed. 13<sup>th</sup>:

REST DAY

Thu. 14<sup>th</sup>:  
Tr. 125

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Rep. Spr. Ab. - Set 1 at 90-95% SPmax:

All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

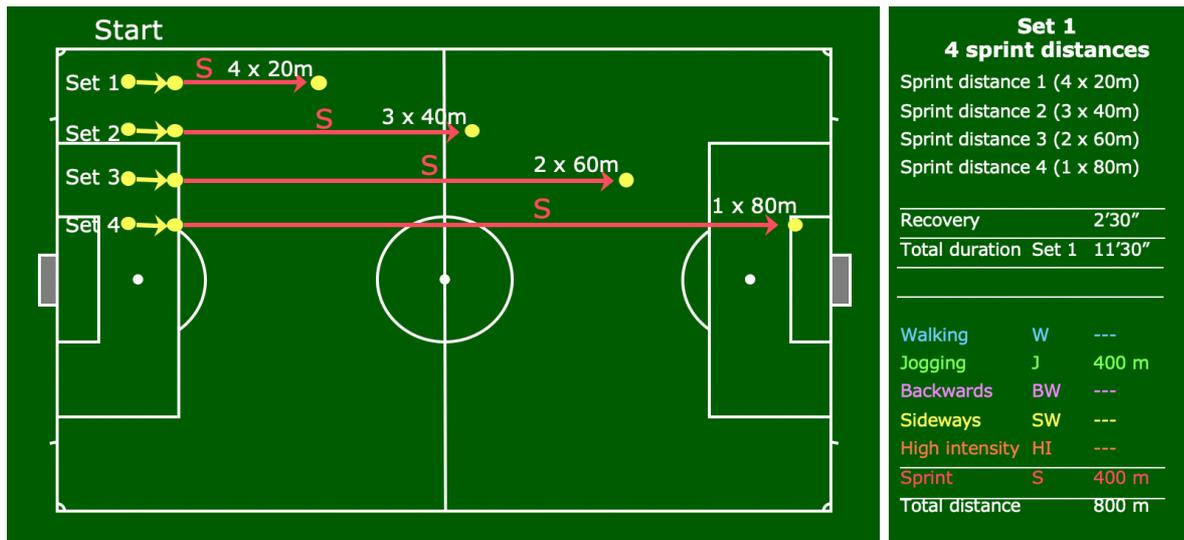
<b>TOP</b>	<b>INTERMEDIATE</b>
Set 1 every 20"	Set 1 every 25"
Set 2 every 40"	Set 2 every 45"
Set 3 every 50"	Set 3 every 55"
Set 4 every 60"	Set 4 every 65"

- 2' recovery between each set



# Performance Training in Football Refereeing

## Weekly Training Plan



- The total duration of this RSA session is  $\pm$  25'.

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

Total duration: 82'

Fri. 15<sup>th</sup>: REST DAY

Sat. 16<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 126

\* Speed - Variations on the 60 m distance (see below):

- 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total.  
- 2' recovery and stretching

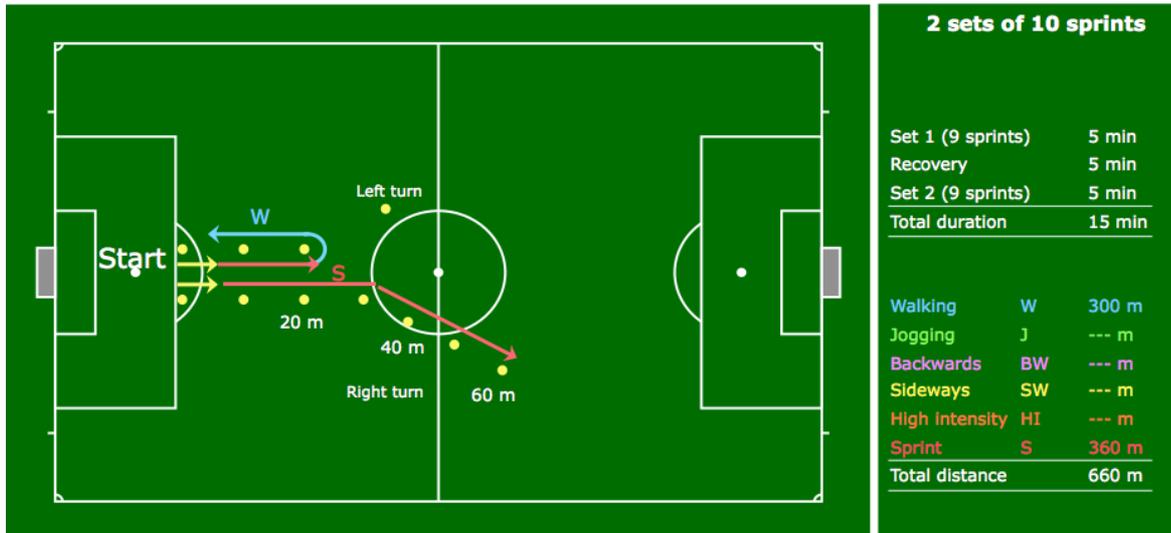
- 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total.  
(2 x with a change in direction to the left, 2 x to the right)  
- 3' recovery and stretching

- 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total.  
(1 x with a change in direction to the left, 1 x to the right)

- The total exercise time is 15'.



## Performance Training in Football Refereeing Weekly Training Plan



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

Total duration: 65'

Sun. 17<sup>th</sup>: 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,...).

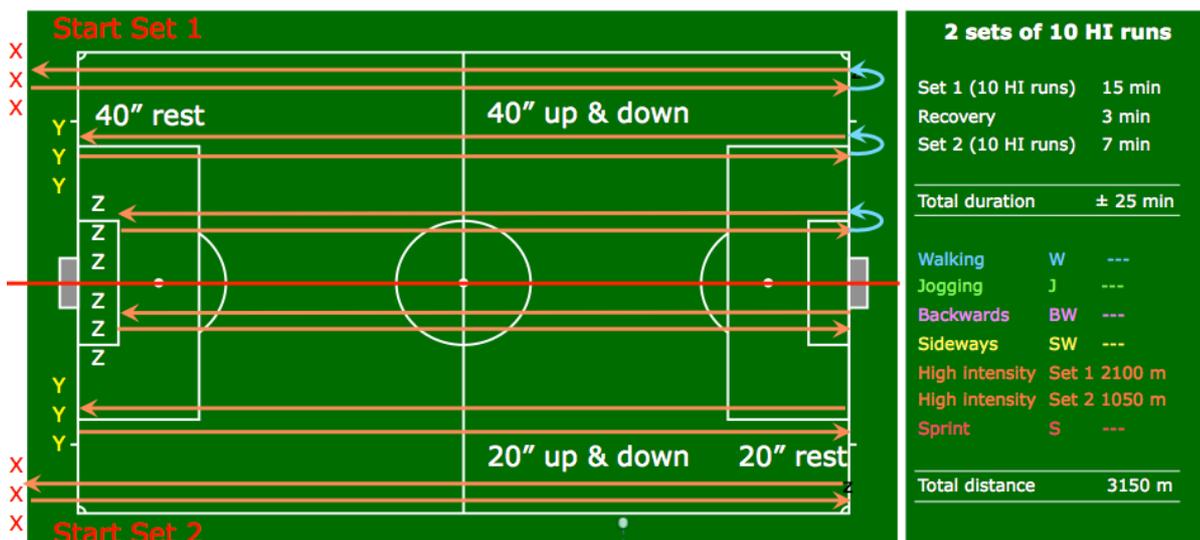
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical loading.



# Performance Training in Football Refereeing Weekly Training Plan

## WEEK 4 from Monday 18<sup>th</sup> to Sunday 24<sup>th</sup> of January Macrocycle VI, week 4 (Training week 34)

- Mon. 18<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 127
- Tue. 19<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 128
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
  - \* Strength - 15' individualised strength, core stability & injury prevention exercises.
  - \* High Int. - Set 1: Two lines are marked approx. 5 meters away from each side of one of the goal lines. The referees are divided into 3 groups based on their fitness level. The referees in the group with the best fitness (x) have to run the longest distance ( $\pm$  210 m), while the group with the weakest runners (z) covers a shorter distance (about 190 m), and the intermediate referees (y) start on the goal line and cover an intermediate distance (about 200 m).
- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediately back to the starting position (40" max). After a given rest that equals the running time (40" max), they start the second run. A signal may be used to indicate when the referees have to reach the opposite line and the home position.
- Referees do this first exercise 10 x (15' max).
- 2' recovery





## Performance Training in Football Refereeing Weekly Training Plan

- Set 2: All referees start again at the end with the 3 lines and run at a given speed to the opposite goal-line (20"). After a given rest that equals the running time (20"), they run back to the starting position (repetition 2).

Referees do this second exercise 10 x (7').

- All together, this high intensity exercise takes  $\pm 24'$ .  
(15' Set 1 + 2' recovery + 7' Set 2).

- \* Tip - Differentiating the whole group into 3 teams should guarantee that the relative exercise intensity for each referee does not vary too much. If there is an extreme difference in fitness level between referees, the distances between the goal line and the 2 other lines can even be further extended (e.g. 10 meters). Another possibility is to divide the referees in even more groups (and use even more than just 3 starting positions).
- \* Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 79'

Wed. 20<sup>th</sup>: REST DAY

- Thu. 21<sup>st</sup>  
Tr. 129
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km).
  - \* 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<sub>max</sub> at the end of each rep  
  
- Rest for 90" then repeat 5 x. Total time is 15'.  
- 4' passive recovery (until bpm < 65% HR<sub>max</sub>)



- \* Speed End. - 1 set of the following Field exercise for a total of 10'.



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**2 sets of 5 laps**

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	500 m
Jogging	J	800 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	800 m
<b>Total distance</b>		<b>2300 m</b>

- All together, this exercise takes 8' + 4' recovery + 10' = ± 22'.

\* 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

**2 sets of 5 laps**

One lap	2 min
Set 1 (5 laps)	10 min
Recovery	4 min
Set 2 (5 laps)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
Speed End.	SE	1600 m
Sprint	S	---
<b>Total distance</b>		<b>3200 m</b>

\* Match - 10' match play.

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

Total duration: 87'

Fri. 22<sup>nd</sup>.

REST DAY

Sat. 23<sup>rd</sup>:  
Tr. 130

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

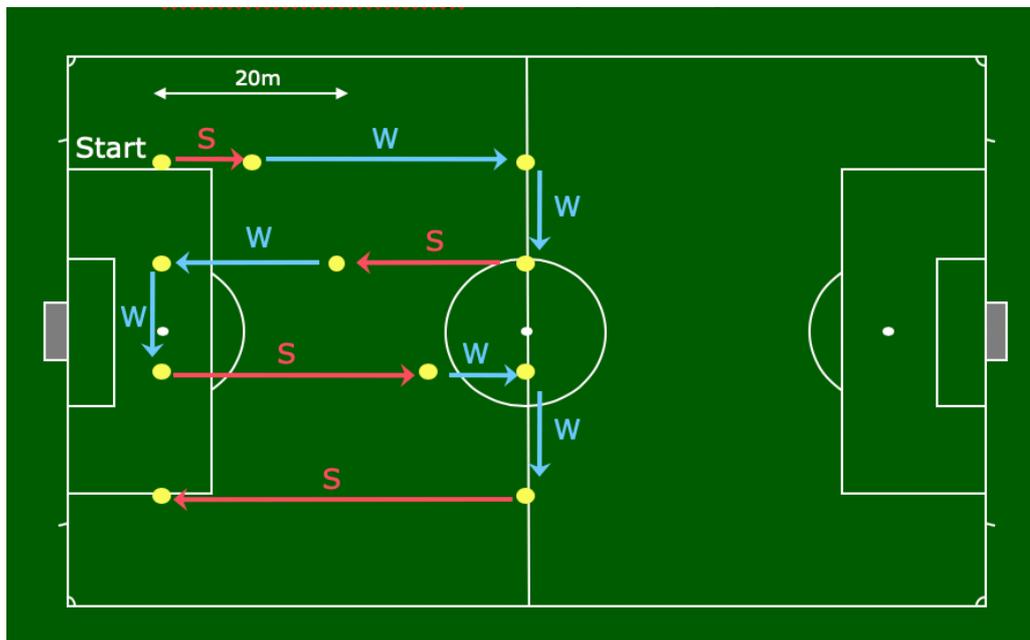
\* Speed - Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.

- 2' recovery

- Set 2: Now start first with 40m and then work down to 10m.

- 2' recovery

- Set 3: Repeat set 1



- The total exercise time is 10'. The total sprint distance is 300 m.

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

Total duration: 71'

Sun. 24<sup>th</sup>:

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 loading.



# Performance Training in Football Refereeing

## Weekly Training Plan

### WEEK 5 from Monday 25<sup>th</sup> of January to Sunday 31<sup>st</sup> of February

#### Macrocycle VI, week 5 (Training week 35)

Mon. 25<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 131

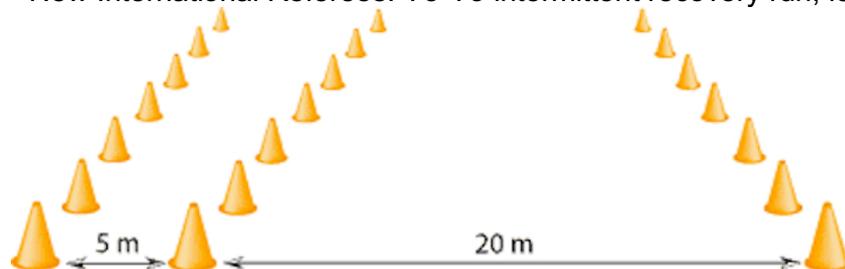
Tue. 26<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 132

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

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

\* High Int. - Elite Referees: 3 sets of the Referee SDS

- New International Referees: Yo-Yo intermittent recovery run, level 1



SPEED LEVEL		INTERVALS							
5	1 (40)								
9	1 (80)								
11	1 (120)	2 (160)							
12	1 (200)	2 (240)	3 (280)						
13	1 (320)	2 (360)	3 (400)	4 (440)					
14	1 (480)	2 (520)	3 (560)	4 (600)	5 (640)	6 (680)	7 (720)	8 (760)	
15	1 (800)	2 (840)	3 (880)	4 (920)	5 (960)	6 (1000)	7 (1040)	8 (1080)	
16	1 (1120)	2 (1160)	3 (1200)	4 (1240)	5 (1280)	6 (1320)	7 (1360)	8 (1400)	
17	1 (1440)	2 (1480)	3 (1520)	4 (1560)	5 (1600)	6 (1640)	7 (1680)	8 (1720)	
18	1 (1760)	2 (1800)	3 (1840)	4 (1880)	5 (1920)	6 (1960)	7 (2000)	8 (2040)	
19	1 (2080)	2 (2120)	3 (2160)	4 (2200)	5 (2240)	6 (2280)	7 (2320)	8 (2360)	
20	1 (2400)	2 (2440)	3 (2480)	4 (2520)	5 (2560)	6 (2600)	7 (2640)	8 (2680)	
21	1 (2720)	2 (2760)	3 (2800)	4 (2840)	5 (2880)	6 (2920)	7 (2960)	8 (3000)	
22	1 (3040)	2 (3080)	3 (3120)	4 (3160)	5 (3200)	6 (3240)	7 (3280)	8 (3320)	
23	1 (3360)	2 (3400)	3 (3440)	4 (3480)	5 (3520)	6 (3560)	7 (3600)	8 (3640)	

- New International referees should aim for 18:2 or more. This corresponds to 1.800 m and takes 14'42".

- National elite referees should aim for 17:6 or more. This corresponds to 1.640 m and takes 13'26".



# Performance Training in Football Refereeing

## Weekly Training Plan

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

Total duration: 70'

Wed. 27<sup>th</sup>: REST DAY

Thu. 28<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 133

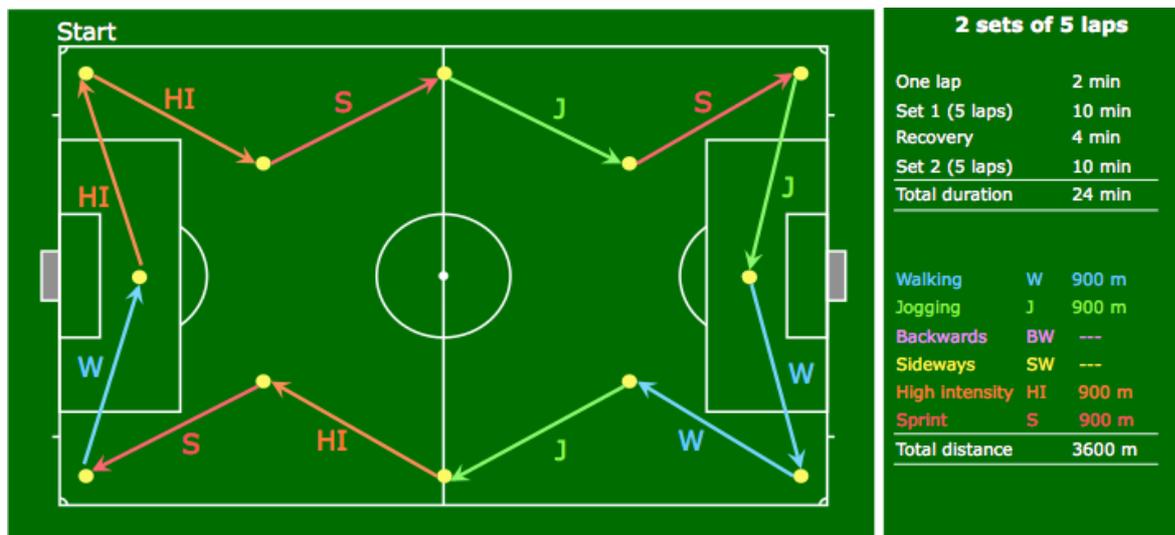
\* Warm up - 20' jogging, mobilisation and dynamic stretching.

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

\* Speed End. - Set 1: Field exercise, 5 laps of 2' each.  
- During each lap, there are 12 different activities: walking (W), jogging (J), high intensity running (HI), sprinting (S).

- 4' recovery.

- Set 2: Field exercise, another 5 laps of 2' each.



- All together, this exercise takes 10' + 4' recovery + 10' =  $\pm$  24'.

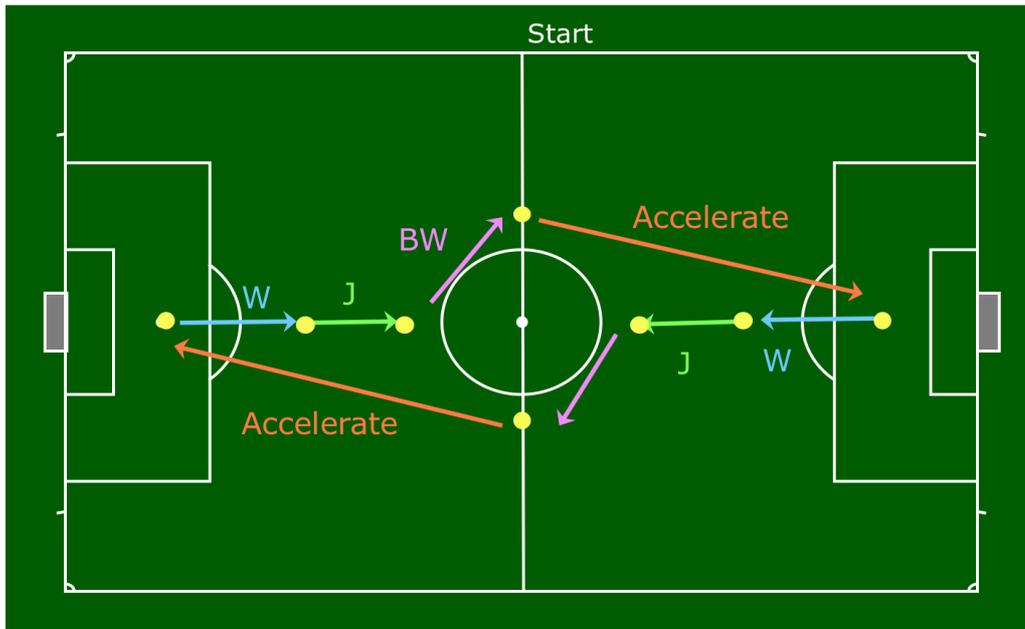
\* Match - 10' match play.

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

Total duration: 89'

Fri. 29<sup>th</sup>: REST DAY

- Sat. 30<sup>th</sup>: \* Warm up - 20' jogging, mobilisation and dynamic stretching.  
 Tr. 134
- \* Speed - Variations on the centre circle sprint:
- 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' static stretching.

Total duration: 50'

Sun. 31<sup>st</sup>: 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 loading.



## Performance Training in Football Refereeing Weekly Training Plan

### WEEK 6 from Monday 1<sup>st</sup> to Sunday 7<sup>th</sup> of February Macrocycle VI, week 6 (Training week 36)

Mon. 1<sup>st</sup>: \* Act. Rec. - 50' recovery session in a fitness centre.  
Tr. 135

Tue. 2<sup>nd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).  
Tr. 136

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

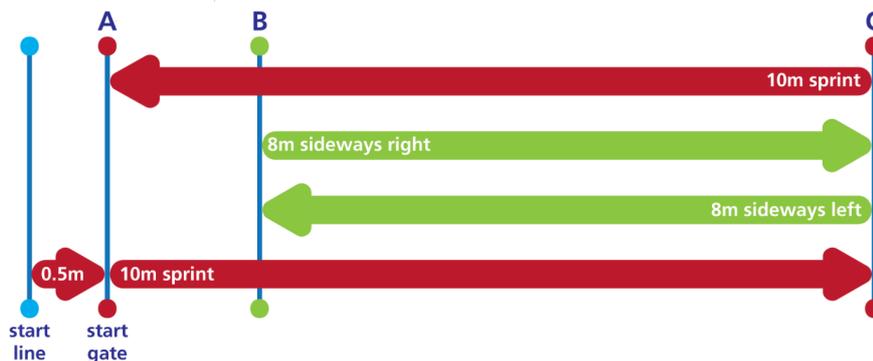
\* Strength - 15' individualised strength, core stability & injury prevention exercises.

\* Sp. & Ag. - Referees: 5 x 30 m, 30" recovery.

- Assistant Referees: 4 reps of the CODA agility drill (**with flag**)

- 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.

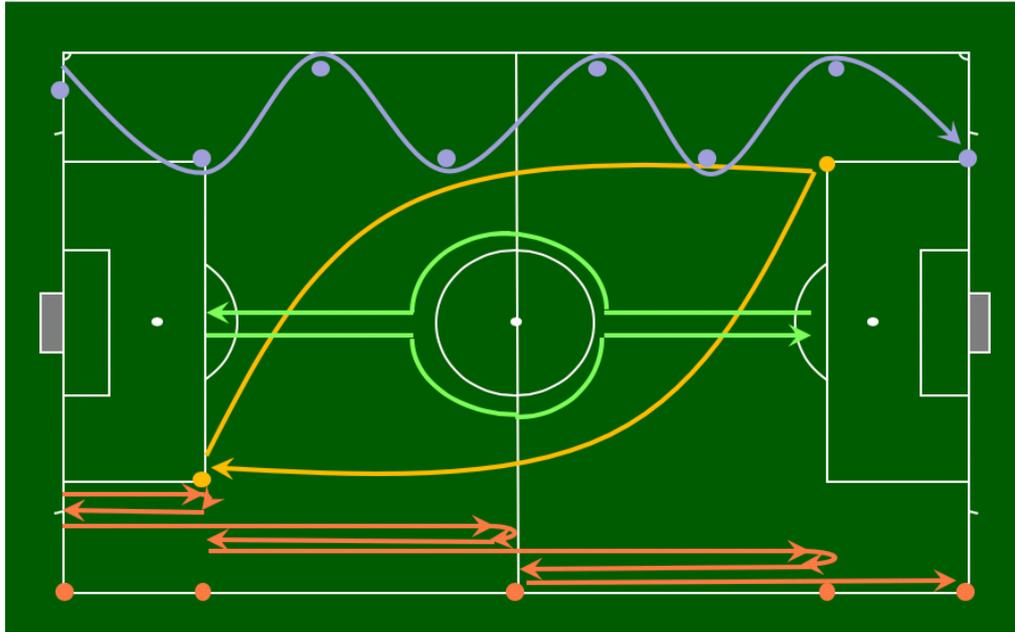
- The reference time is 9.8": 4 reps in total  
(2 x starting sideways running with the L leg & 2 x starting R leg)



- 3' recovery

\* 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")
- The 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' static stretching.

Total duration: 95'

Wed. 3<sup>rd</sup>.

REST DAY

Thu. 4<sup>th</sup>.  
Tr. 137

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km).
- \* Warm up - 20' jogging, mobilisation and dynamic stretching.
- \* Strength - 15' individualised strength, core stability & injury prevention exercises.
- \* Speed End. - Field exercise (below) for a total of 8' or 6 laps.

**2 sets of 6 laps**

One lap	1'20"
Set 1 (6 laps)	8 min
Recovery	4 min
Set 2 (6 laps)	8 min
<b>Total duration</b>	<b>20 min</b>

Walking	W	480 m
Jogging	J	480 m
Backwards	BW	480 m
Sideways	SW	---
High intensity	HI	---
Sprint	S	720 m
<b>Total distance</b>		<b>2160 m</b>

- 4' recovery.

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

One lap	2 min
Set 1 (10 HI runs)	10 min
Recovery	4 min
Set 2 (10 HI runs)	10 min
<b>Total duration</b>	<b>24 min</b>

Walking	W	300 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	2000 m
Sprint	S	---
<b>Total distance</b>		<b>2300 m</b>

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

\* Match - 10' match play.

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

Total duration: 87'

Fri. 5<sup>th</sup>:

REST DAY

Sat. 6<sup>th</sup>:

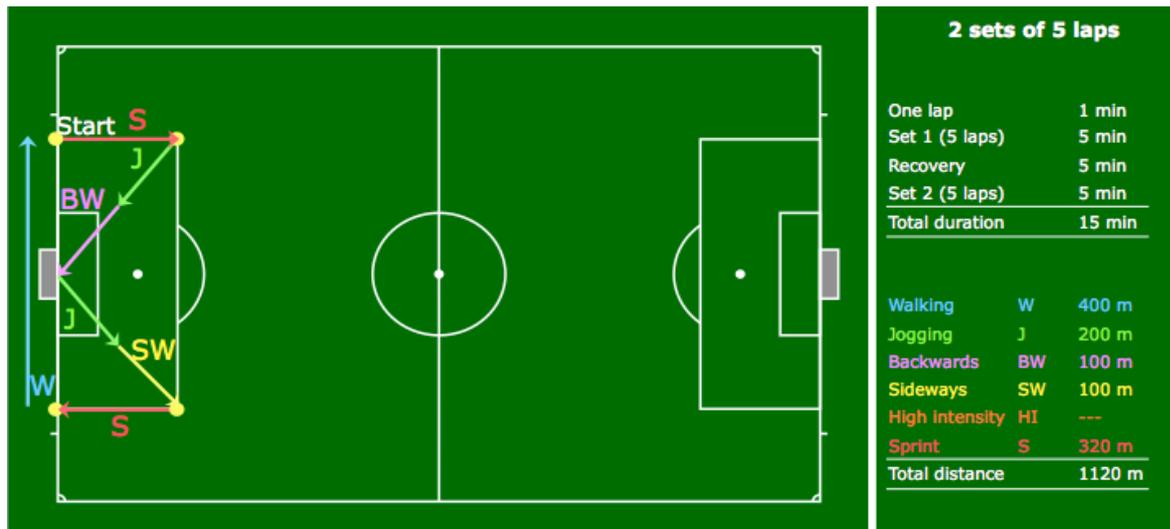
\* Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 138

\* Speed - 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'.

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

Total duration: 50'

Sun. 7<sup>th</sup>:

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.