WEEK 7 from Monday 8th to Sunday 14th of February
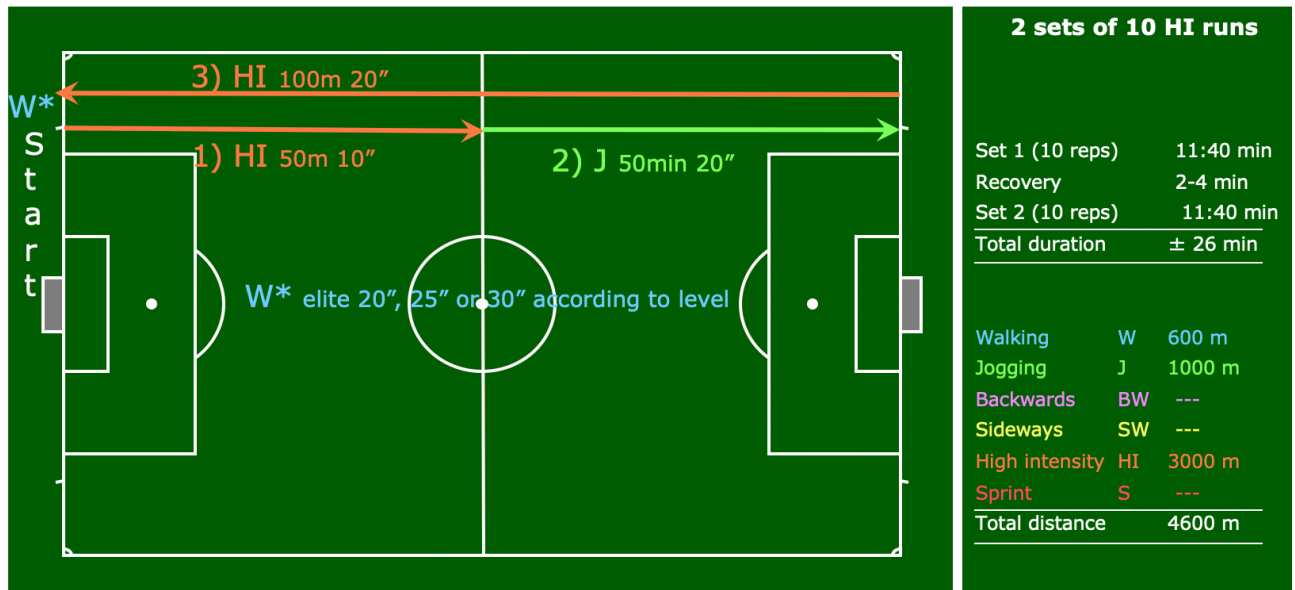**Macrocycle VII, week 1 (Training week 37)**

Mon. 8th: * Act. Rec.   - 50' recovery session in a fitness centre.
  Tr. 139

Tue. 9th: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
  Tr. 140

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

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

10m

- The total duration of this session is ± 15'.

        * 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.

2 sets of 10 HI runs

Set 1 (10 reps)	11:40 min
Recovery	2-4 min
Set 2 (10 reps)	11:40 min
Total duration	± 26 min

Walking	W	600 m
Jogging	J	1000 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4600 m

Diagram labels: 3) HI 100m 20" | W* Start | 1) HI 50m 10" | 2) J 50min 20" | W* elite 20", 25" or 30" according to level

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

<u>Total duration: 98'</u>
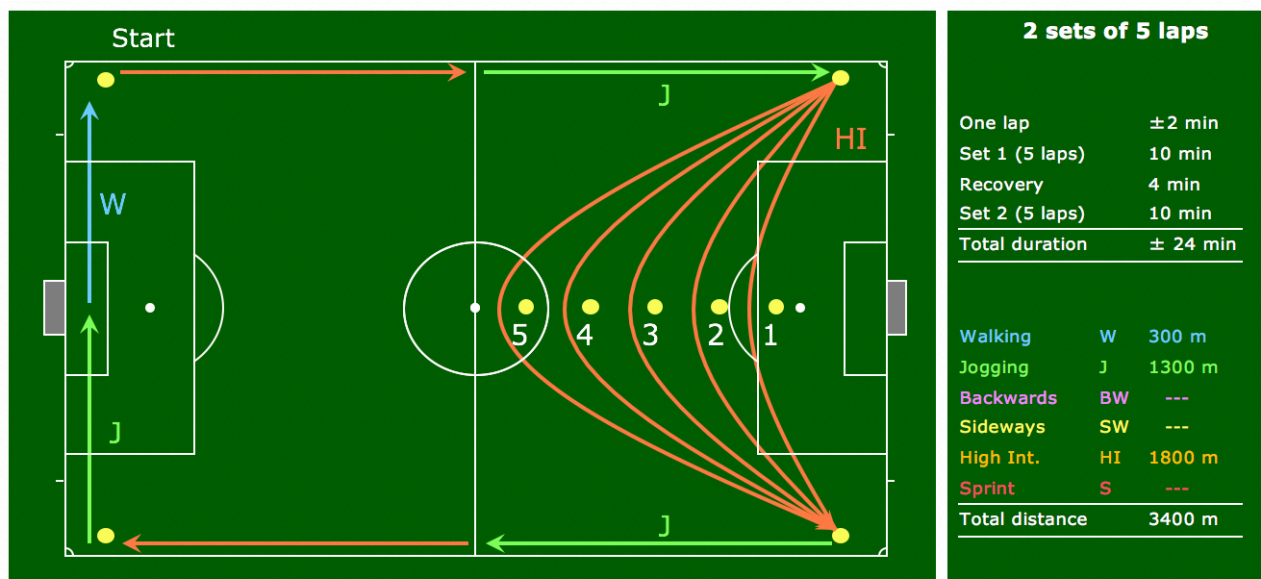
<u>Wed. 10th:</u>   REST DAY

<u>Thu. 11th:</u>
Tr. 141

* 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 & injury prevention exercises.
(abdominals, back muscles, sideways, arms, legs, see Library TSL
for 2 sets of 30"-30" exercises).

* High Int. — <u>Set 1:</u> Referees perform 5 laps
- 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 target zone should be 90%HR_{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	300 m
Jogging	J	1300 m
Backwards	BW	---
Sideways	SW	---
High Int.	HI	1800 m
Sprint	S	---
Total distance		3400 m

- 2' recovery
- <u>Set 2:</u>
- 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 ± 22' (10' Set 1 + 2' recovery + 10' Set 2).

* Match   - 10' match play

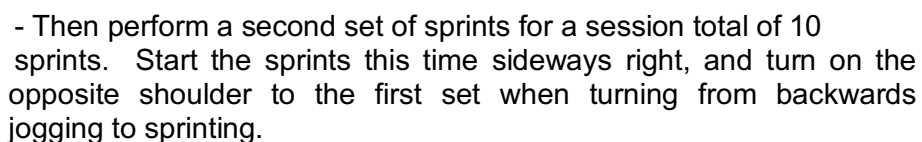* Cool down   - 5' jogging and walking, followed by 10' static stretching.

<u>Total duration: 87'</u>

<u>Fri. 12th:</u>   REST DAY

<u>Sat. 13th:</u>   * Warm up   - 20' jogging, mobilisation and dynamic stretching.
     Tr. 142

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

- Walk back to the start after each individual sprint.

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

2 sets of 5 sprints		
Set 1 (5 sprints)		5 min
Recovery		5 min
Set 2 (5 sprints)		5 min
Total duration		15 min
Walking	W	160 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	280 m
Total distance		440 m

- 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' static stretching.

Total duration: 50'

Sun. 14th: 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.

WEEK 8 from Monday 15th to Sunday 21st of February
Macrocycle VII, week 2 (Training week 38)

Mon. 15th: * Act. Rec.   - 50' recovery session in a fitness centre.
Tr. 143

Tue. 16th: * Low Int.   - 5' jogging slowly building up to 70% HR$_{max}$ (± 1 km)
Tr. 144

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

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

          * High Int.   - '1 t(w)o 1' 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 3: Repeat 5 x (1075m)
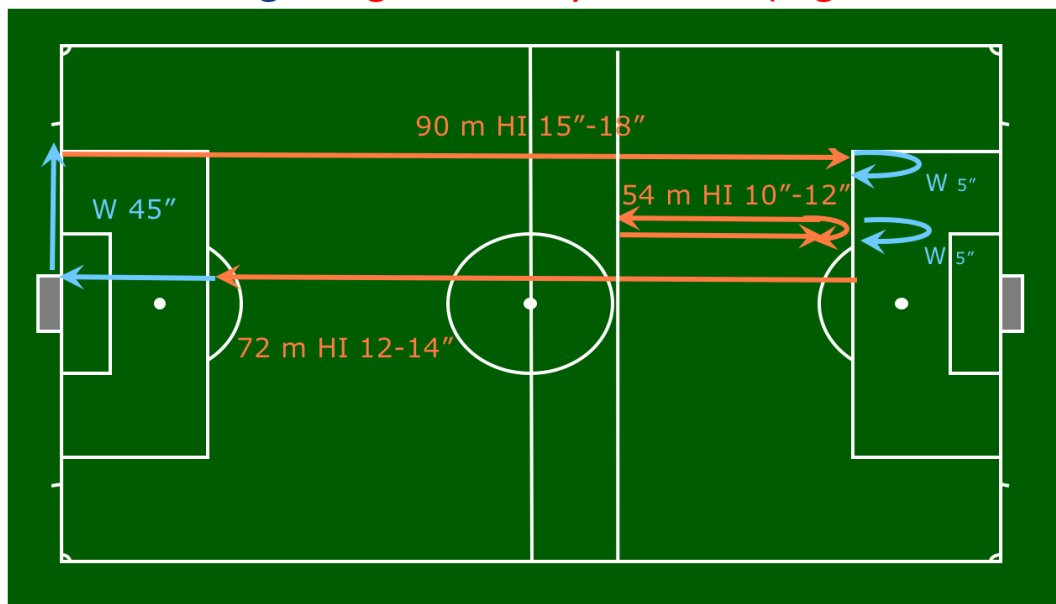
- All together, this exercise takes 7'30"+ 2' recovery + 7'30"+ 2' recovery + 7'30" = 26'30" and covers 3225m of HI running.

- For ARs, there is a variation for this 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' recovery + 9"10 = $\pm$ 20'
and covers 1650 m of HI running.
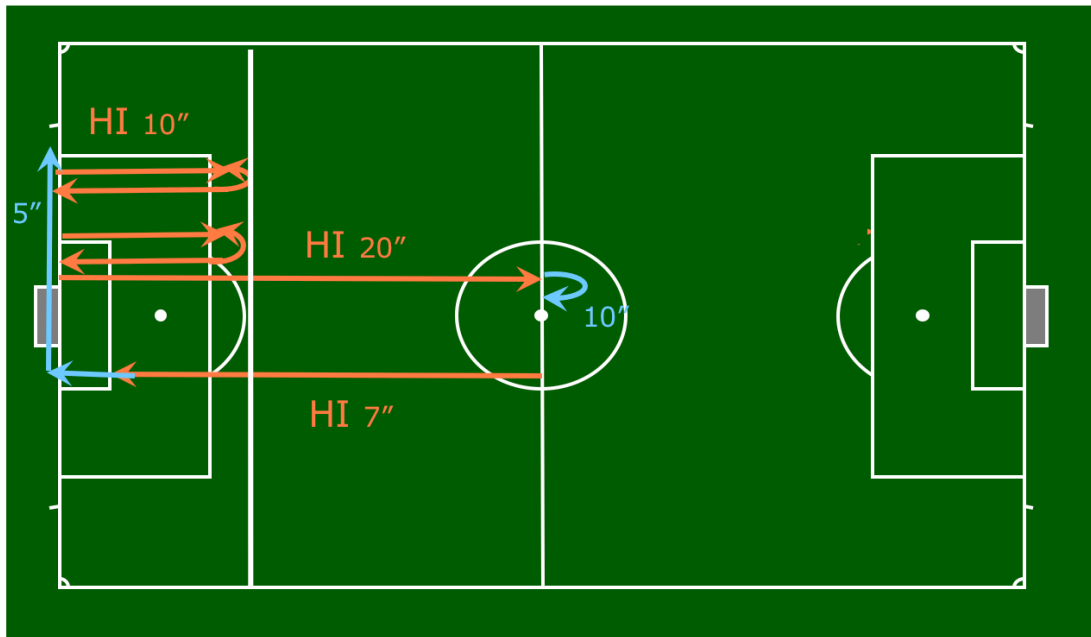
* Cool down   - 5' jogging and walking, followed by 10' static stretching.

Total duration: 882'

Wed. 17th: REST DAY
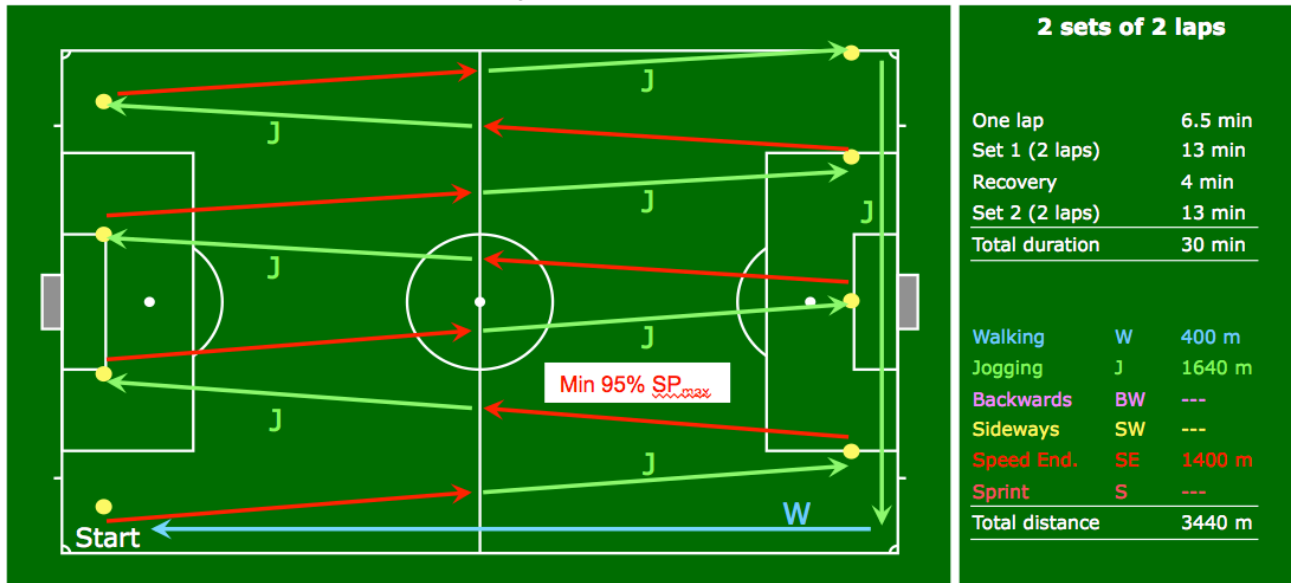
Thu. 18th: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
  Tr. 145

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

            * Strength   - 15' 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:
                          - 2 laps of the following field exercise.
                          - The running speed should be minimum 95% SP_{max}.
                          - One lap consists of 7 (sub)maximal sprints followed by 7 recovery
                           jogs. The jogging should take 3 x longer than the duration of the
                          tempo run. After reaching the finish, referees jog all along the goal
                          line until the next corner and then walk back to the start position. It
                          takes $\pm$ 13' to do 2 full laps.

- 4' recovery

- <u>Set 2</u>: Again 2 laps of 7 sprints.

2 sets of 2 laps		
One lap		6.5 min
Set 1 (2 laps)		13 min
Recovery		4 min
Set 2 (2 laps)		13 min
Total duration		30 min
Walking	W	400 m
Jogging	J	1640 m
Backwards	BW	---
Sideways	SW	---
Speed End.	SE	1400 m
Sprint	S	---
Total distance		3440 m

Min 95% SP$_{max}$

- The exercise takes ± 31' (13' Set 1 + 4' recovery + 13' Set 2).

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

<u>Total duration: 86'</u>

<u>Fri. 19th</u>:   REST DAY

<u>Sat. 20th</u>:   * Warm up   - 20' jogging, mobilisation and dynamic stretching.
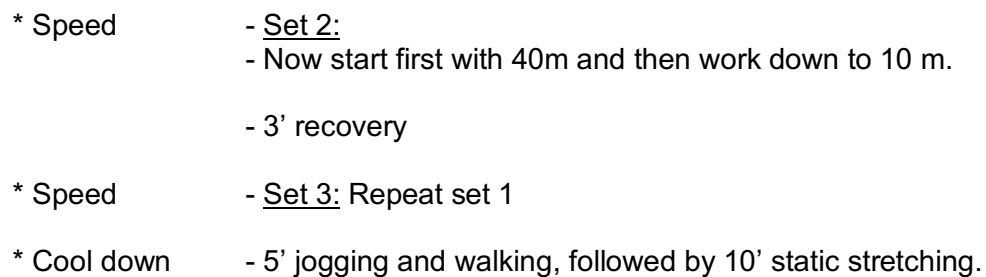   Tr. 146

    * Speed   - <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.

    - 3' recovery

3 sets of 1 lap		
Set 1 (1 lap)		2 min
Recovery		2 min
Set 2 (1 lap)		2 min
Recovery		2 min
Set 3 (1 lap)		2 min
Total duration		10 min
Walking	W	420 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	---
Sprint	S	300 m
Total distance		720 m

* Speed   - <u>Set 2:</u>
               - Now start first with 40m and then work down to 10 m.

               - 3' recovery

* Speed   - <u>Set 3:</u> Repeat set 1

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

<u>Total duration: 50'</u>

<u>Sun. 21st</u>:   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.
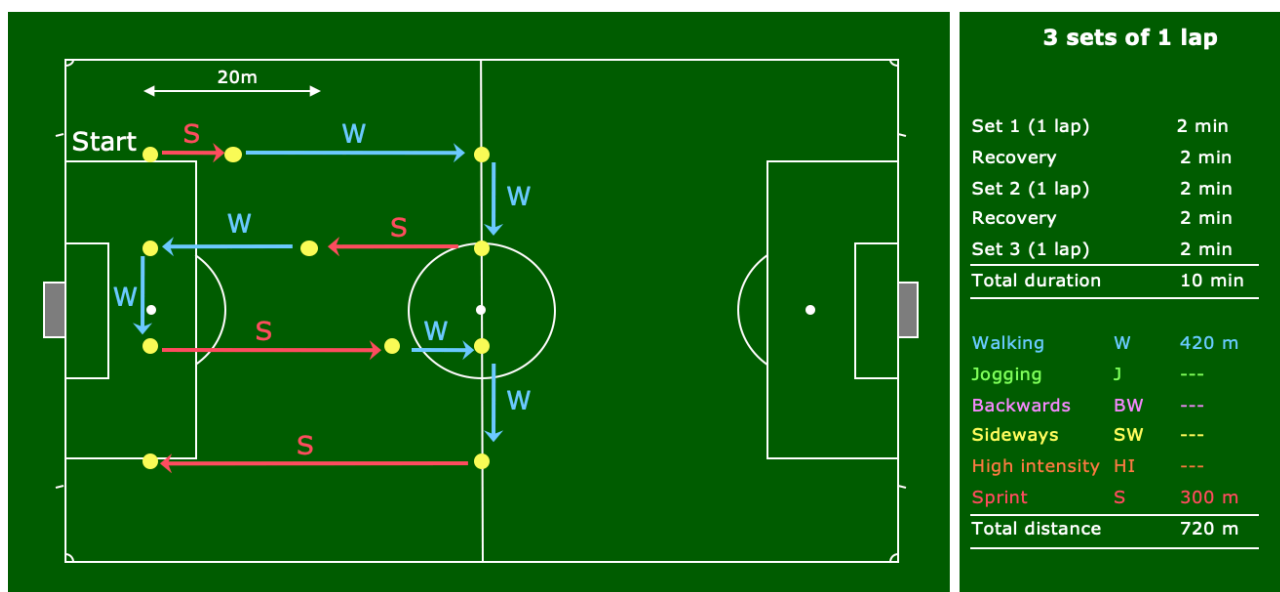
WEEK 9 from Monday 22nd to Sunday 28th of of February
Macrocycle VII, week 3 (Training week 39)

Mon. 22nd: * Act. Rec.   - 50' recovery session in a fitness centre.
   Tr. 147

Tue. 23rd: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
   Tr. 148
            * Warm up   - 20' jogging, mobilisation and dynamic stretching.

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

            * Speed/Agility - 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 min recovery
                            - Set 2: Now start first with 40m and then work down to 10m.

                            - 2 min recovery

                            - Set 3: Now Repeat set 1

3 sets of 1 lap

Set 1 (1 lap)	2 min
Recovery	2 min
Set 2 (1 lap)	2 min
Recovery	2 min
Set 3 (1 lap)	2 min
Total duration	10 min

Walking	W	420 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	300 m
Total distance		720 m

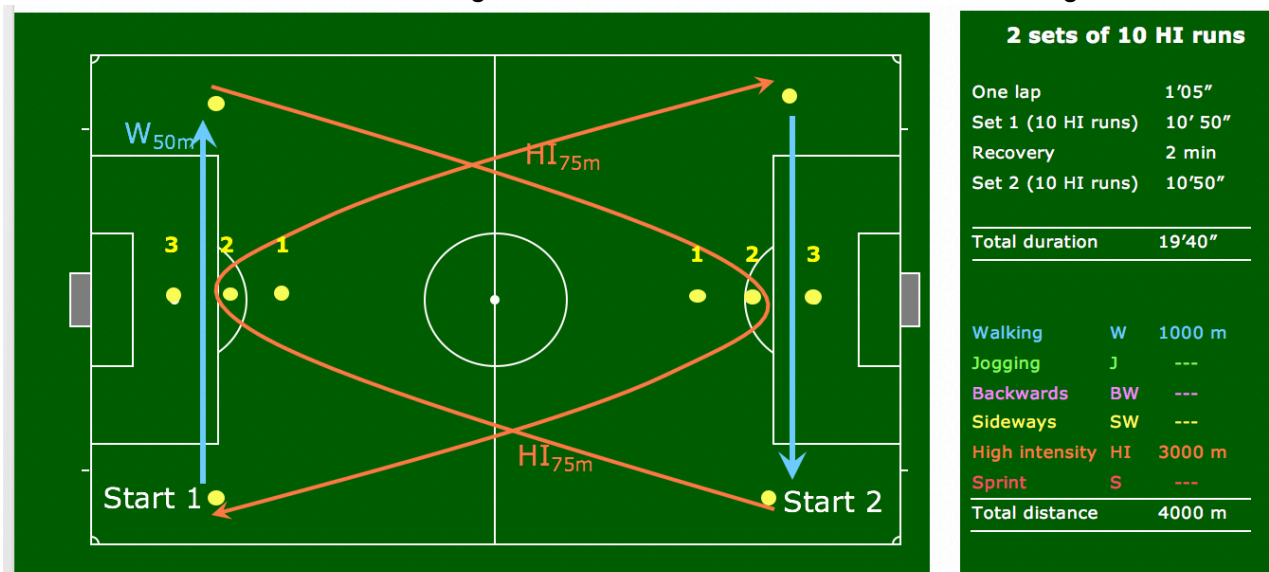   * High Int.   - Set 1: Field exercise, 10 to 12 x
                            - From the start, run at high intensity to the other side of the
                            field, turn around the cone and return at high intensity (150 m in total
                            in 30 sec) as indicated in the picture, afterwards walk back to the
                            start (50 m in 35 sec) and repeat this 10 laps. The fitness level
                            determines around which cone the referees may turn

                            - 4' recovery

- <u>Set 2</u>: 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.

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

<u>Total duration: 90'</u>

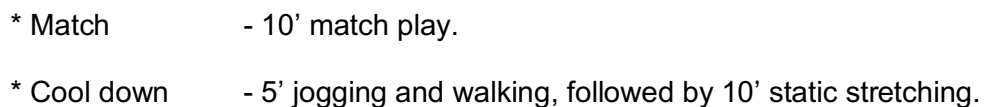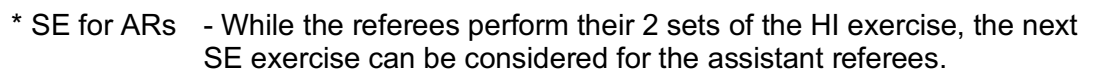<u>Wed. 24th:</u> REST DAY

<u>Thu. 25^h:</u>   * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 149

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

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

* Speed End. - Field exercise, 8 laps in total from the start as follows:
- Sideways-R (± 15 m)
- Jog to next cone (± 40 m)
- Backwards jogging to the next cone (± 15 m)
- High speed run around the top cone and to the next cone (± 100m)
- The running speed should be minimum 95%SP_{max}.
- Running backwards to the next cone (± 15 m)
- Jogging at medium intensity to the next cone (± 40 m)
- Sideways-L (± 15 m)
- Walk back to start (± 60 m)

- One full lap, arriving back at the start takes $\pm$ 90".
- Therefore restart every 90".
- Set 1 (8 laps) takes ± 12' to complete.

- 4' recovery

Set 2: Field exercise, again 6 laps of 2' each.

- All together, this speed endurance exercise takes ± 28'
    (12' Set 1 + 4' recovery + 12' Set 2)

2 sets of 8 laps		
One lap		1.5 min
Set 1 (5 laps)		10 min
Recovery		4 min
Set 2 (5 laps)		10 min
Total duration		24 min
Walking	W	960 m
Jogging	J	1300 m
Backwards	BW	640 m
Sideways	SW	480 m
Speed End	SE	1920 m
Sprint	S	---
Total distance		5300 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.

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	---
Jogging	J	1200 m
Backwards	BW	---
Sideways	SW	400 m
Speed End.	SE	1600 m
Sprint	S	---
Total distance		3200 m

* Match   - 10' match play.

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

Total duration: 93'

<u>Fri. 26th:</u>   REST DAY

<u>Sat. 27th:</u>   * Warm up   - 20' jogging, mobilisation and dynamic stretching.
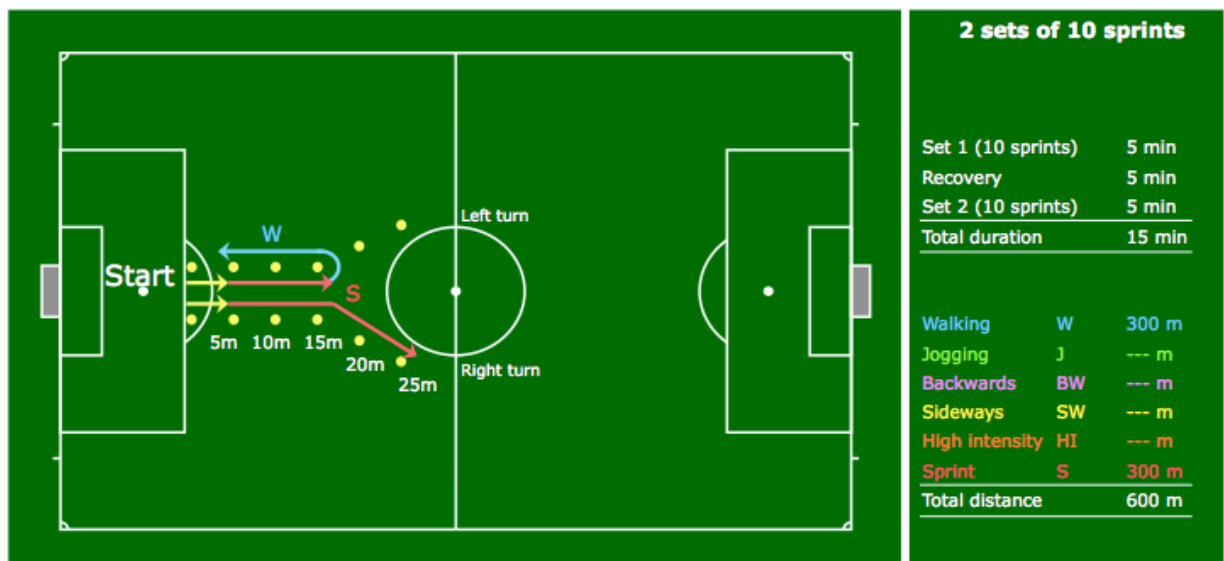   Tr. 150

           * Speed   - Short sprints from a dynamic start:
- 2 x 5 m, 2 x 10 m, 2 x 15 m, 2 x 20 m and 2 x 25 m
(with a change in direction to the left)

- 5' recovery

- The second set of the 10 sprints is done in reversed order,
i.e. 2 x 25 m (with a change in direction to the right), 2 x 20 m, 2 x 15 m, 2 x 10 m and 2 x 5 m

- The total exercise time is 15'

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

<u>Total duration: 50'</u>

<u>Sun. 28th:</u>   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,…).
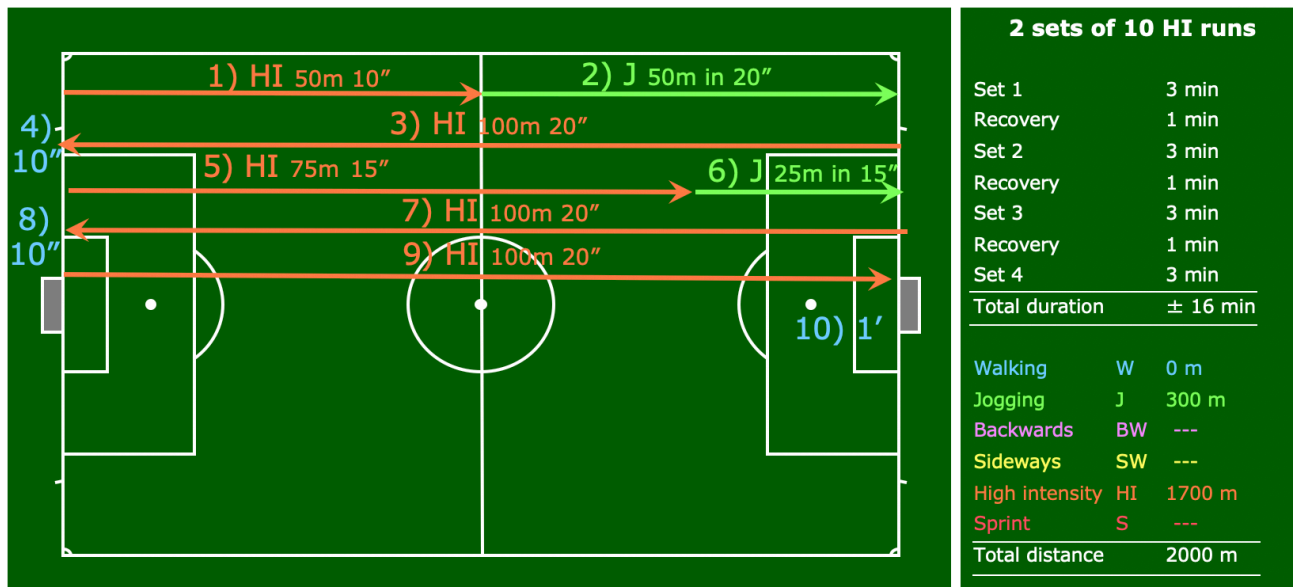
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.

WEEK 10 from Monday 1st to Sunday 7th of March
Macrocycle VII, week 4 (Training week 40)

Mon. 1st: * Act. Rec.   - 50' recovery session in a fitness centre.
 Tr. 151

Tue. 2nd: * Low Int.   - 5' jogging slowly building up to 70% HR$_{max}$ (± 1 km).
 Tr. 152
            * Warm up   - 20' jogging, mobilisation and dynamic stretching.

            * Strength   - 15' 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: 1) Run from goal line to midline at high speed in 10". 2) jog to
                             the opposite goal line in 20". 3) Run from goal line to goal line at high
                             speed in 20". 4) 10" recovery. 5) Run from goal line to the opposite
                             penalty arc in 15". 6) jog to the goal line in 25". 7) Run from goal line
                             to goal line at high speed in 20". 8) 10" recovery. 9) Run from goal
                             line to goal line at high speed in 20". 10) 1' recovery.

                             - 1' recovery

                             - Set 2-3-4: same procedure

2 sets of 10 HI runs	
Set 1	3 min
Recovery	1 min
Set 2	3 min
Recovery	1 min
Set 3	3 min
Recovery	1 min
Set 4	3 min
Total duration	± 16 min

Walking	W	0 m
Jogging	J	300 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	1700 m
Sprint	S	---
Total distance		2000 m

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

                                                        Total duration: 81'
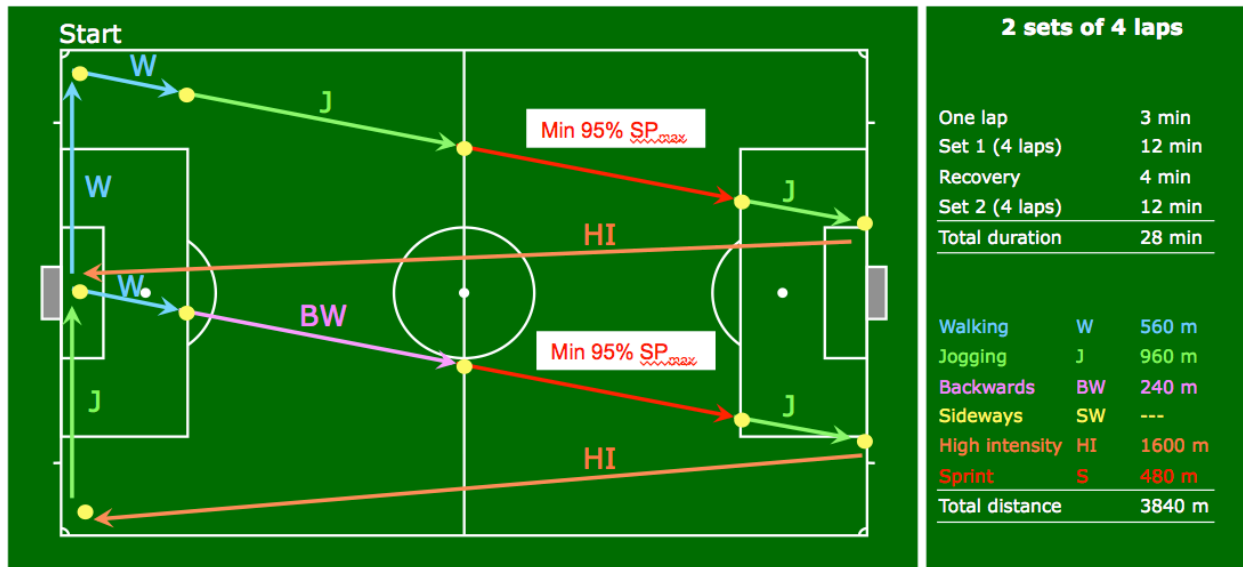
Wed. 3rd: REST DAY

Thu. 4th: * Low Int.   - 5' jogging slowly building up to 70% HR$_{max}$ (± 1 km).
 Tr. 153

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

* Strength   - 15' 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:
                   - 4 laps of ± 3' each.

                   - 4' recovery

2 sets of 4 laps		
One lap		3 min
Set 1 (4 laps)		12 min
Recovery		4 min
Set 2 (4 laps)		12 min
Total duration		28 min
Walking	W	560 m
Jogging	J	960 m
Backwards	BW	240 m
Sideways	SW	---
High intensity	HI	1600 m
Sprint	S	480 m
Total distance		3840 m

                   - Set 2:
                   - 5 laps of ± 2'30" each.

                   - This exercise takes ± 29' (12'30" Set 1 + 4' rec. + 12'30" Set 2).

* Match   - 10' match play.

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

                                                    Total duration: 93'

Fri. 5th: REST DAY

Sat. 6th: * Warm up   - 20' jogging, mobilisation and dynamic stretching.
  Tr. 154
             * Speed/Agility - Penalty area exercise, as per diagram below.

                              - Set 1:
                              5 laps in the penalty area from start to finish as indicated.

2 sets of 5 laps		
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min
Walking	W	400 m
Jogging	J	---
Backwards	BW	200 m
Sideways	SW	200 m
High Intensity	HI	---
Sprint	S	520 m
Total distance		1320 m

- <u>Set 2:</u>
- Perform another 5 laps of the penalty area exercise.

- The total exercise time is 15'.

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

<u>Total duration:</u> 50'

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

WEEK 11 from Monday 9th to Sunday 15th of March
Macrocycle VII, week 5 (Training week 41)

<u>Mon. 8th:</u> * Act. Rec.   - 50' recovery session in a fitness centre.
   Tr. 155

<u>Tue. 9th:</u> * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
   Tr. 156

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

              * Strength   - 15' 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")
- The diagonal (4x 40"-40")
- Across the halfway line (10x 15"-15")
- The suicide (3x 60"-60")
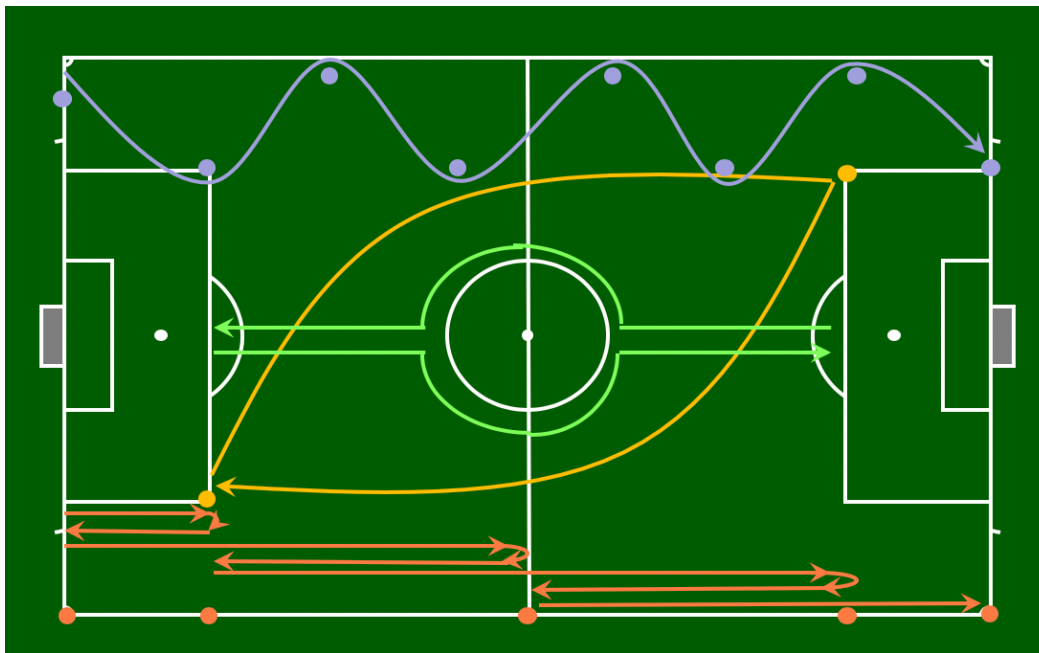
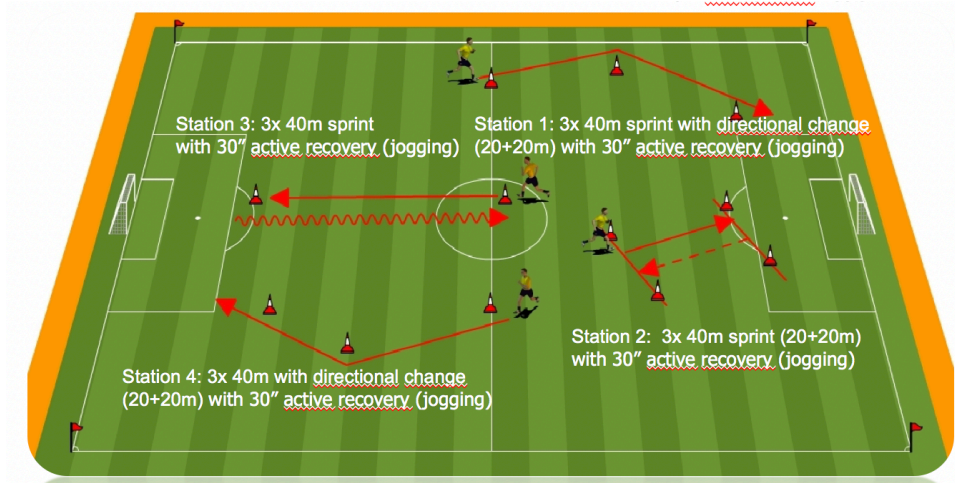   - All together this exercise takes 4 times 6 min with 2 min rec ± 30'.

              * Cool down   - 5' jogging and walking, followed by 10' static stretching.
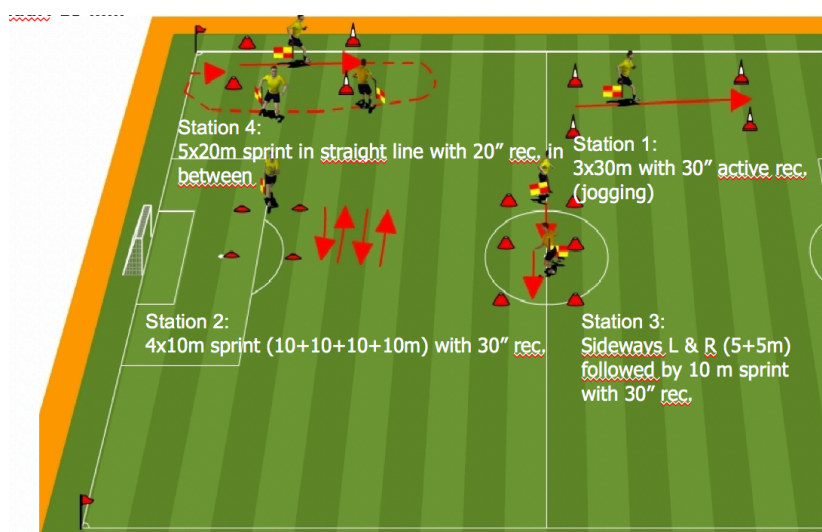
<u>Total duration: 85'</u>

<u>Wed. 10th:</u>   REST DAY

<u>Thu. 11th:</u> * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
   Tr. 157

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

* Strength	- 15' 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.	- **Referees** are organized in 4 stations - They repeat 3 reps of 40 m and have 1' recovery between stations - Between Set 1 and Set 2, there is 3-4' recovery - The RSA distance = (3x40m) x 4 stations = 480m) x 2 sets = 960m - All together, these 2 RSA sets take ± 26' (14' Set 1 + 3' recovery + 14' Set 2)

* Rep. Spr. Ab.	- **Assistant Referees** are organized in 4 stations - They repeat 3 reps of 40 m and have 1' recovery between stations - Between Set 1 and Set 2, there is 3-4' recovery - The RSA distance = (3x40m) x 4 stations = 480m) x 2 sets = 960m - All together, these 2 RSA sets take ± 26' (14' Set 1 + 3' recovery + 14' Set 2)

* Match	- 10' match play.

* Cool down   - 5' jogging and walking, followed by 10' static stretching.
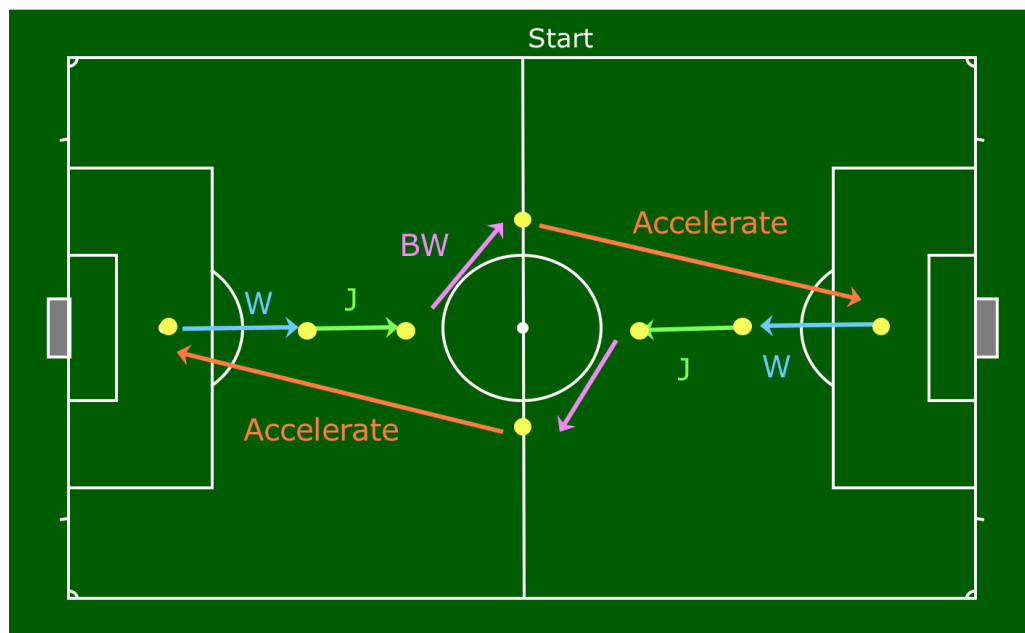
<u>Fri. 12th:</u>   REST DAY

<u>Sat. 13th:</u> * Warm up   - 20' jogging, mobilisation and dynamic stretching.
  Tr. 158

          * Speed   - Variations on the centre circle sprint:

                    - <u>Set 1:</u> 4 laps in total (8 accelerations).

                    - 3' recovery

                    - <u>Set 2:</u> 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: 51'

<u>Sun. 14th:</u> 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.
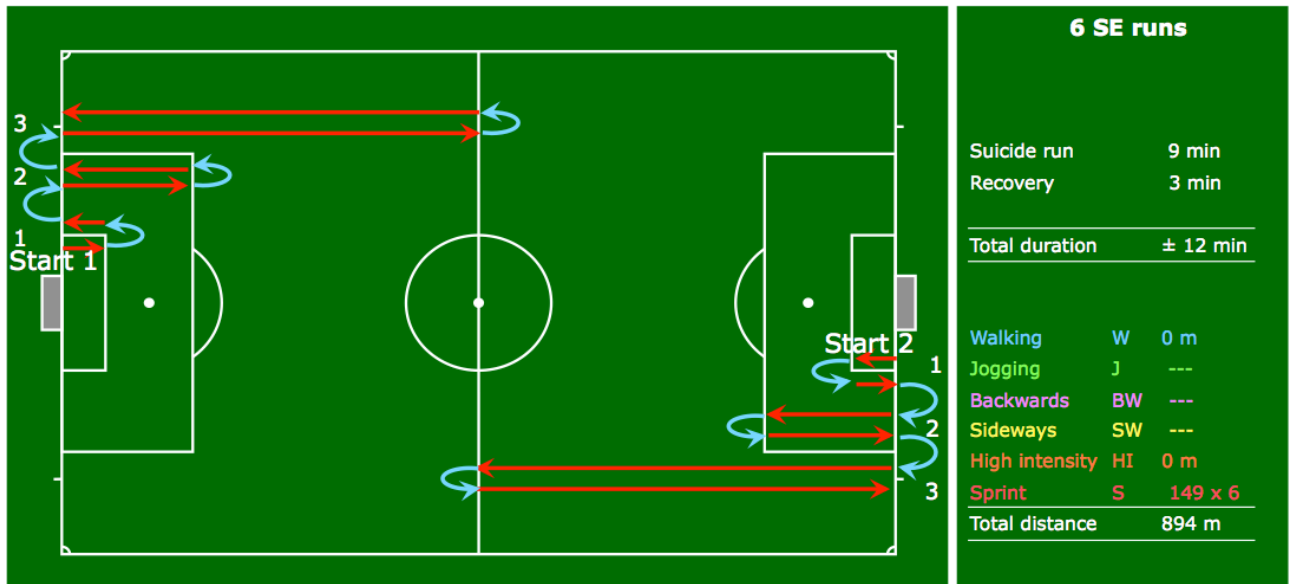
WEEK 12 from Monday 15th to Sunday 21st of March
Macrocycle VII, week 6 (Training week 42)

Mon. 15th: * Act. Rec.   - 50' recovery session in a fitness centre.
    Tr. 159

Tue. 16th: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
    Tr. 160
        * Warm up   - 20' jogging, mobilisation and dynamic stretching.

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

6 SE runs

Suicide run		9 min
Recovery		3 min
Total duration		± 12 min
Walking	W	0 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	0 m
Sprint	S	149 x 6
Total distance		894 m

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

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	250 m
Jogging	J	300 m
Backwards	BW	250 m
Sideways	SW	500 m
High intensity	HI	--- m
Sprint	S	800 m
Total distance		2300 m
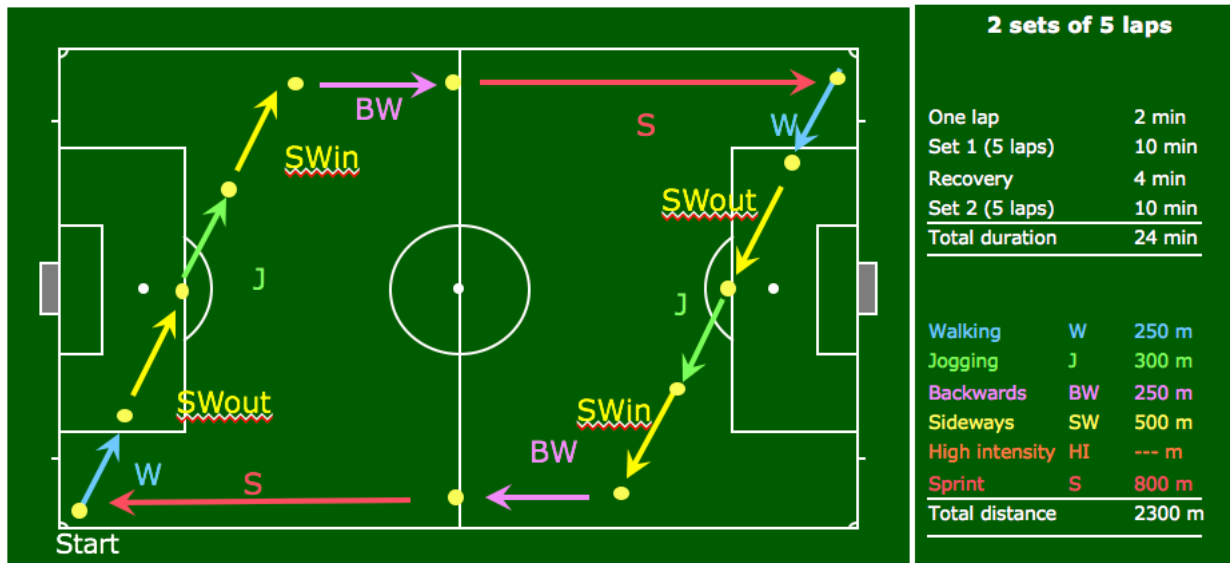
- 3' recovery

- All together, this training session takes 9' + 3' recovery + 10' + 3' recovery = 25'.

* Cool down   - 5' jogging and walking, followed by 10' static stretching.
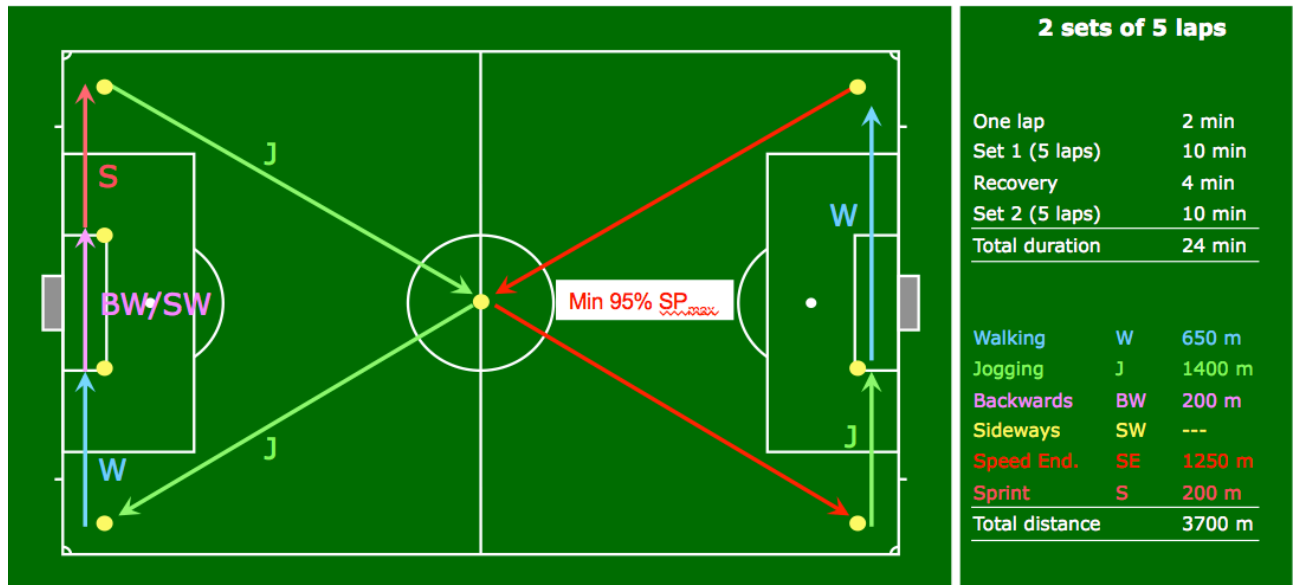
<u>Total duration: 87'</u>

<u>Wed. 17th</u>:   REST DAY

<u>Thu. 18th</u>: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
 Tr. 161

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

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

 * Speed End.   - <u>Set 1</u>:
 - Field exercise, 5 laps of ± 2' each performing the different activities at the appropriate intensities. Where indicated, the running speed should be minimum 95%SP_{max}.

 - 4' recovery

 - <u>Set 2</u>:
 - Field exercise, 5 laps of ± 2' each.

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	---
Speed End.	SE	1250 m
Sprint	S	200 m
Total distance		3700 m

- All together this exercise takes 24'
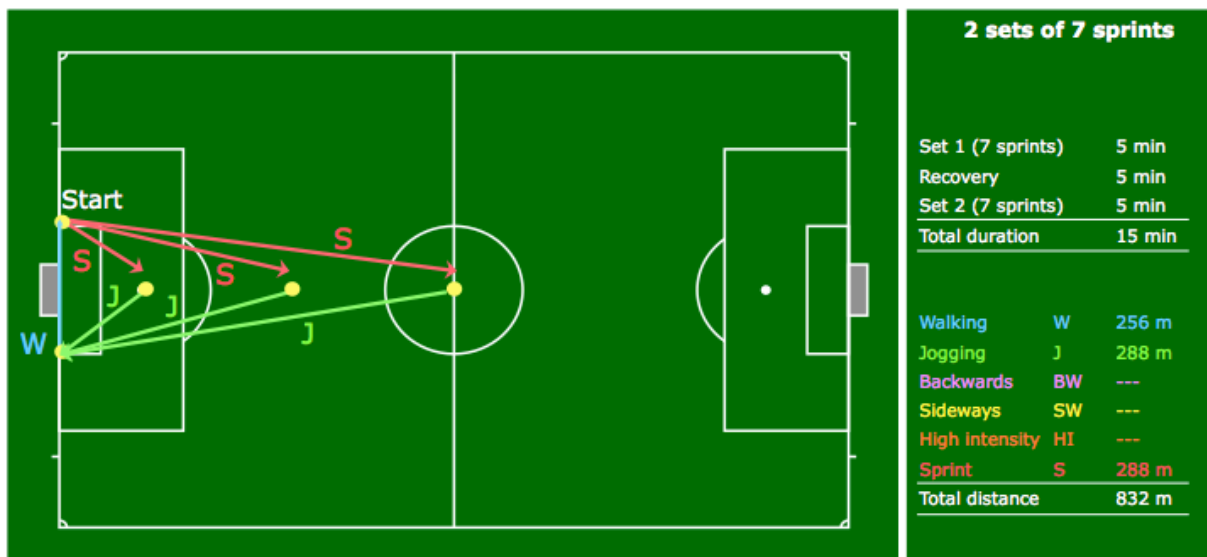 (10' Set 1 + 4' recovery + 10' Set 2)

* Match   - 10' match play.

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

Total duration: 89'

Fri. 19th: REST DAY

Sat. 20th: * Warm up   - 20' jogging, mobilisation and dynamic stretching.
  Tr. 162

                    * Speed   - 1) 11 m sprint, 11 m jogging, walking to start, 4 x
                                       - 2) 25 m sprint, 25 m jogging, walking to start, 2 x
                                       - 3) 50 m sprint, 50 m jogging, walking to start, 1 x

2 sets of 7 sprints

Set 1 (7 sprints)		5 min
Recovery		5 min
Set 2 (7 sprints)		5 min
Total duration		15 min

Walking	W	256 m
Jogging	J	288 m
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	---
Sprint	S	288 m
Total distance		832 m

- Sprints should ideally start from a dynamic start position (walking, jogging, sideways or backwards…).

- 5' recovery, followed by a 2nd Set of 7 sprints.

- The total exercise time is 15'

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

                                                        Total duration: 50'

Sun. 21st: 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.