

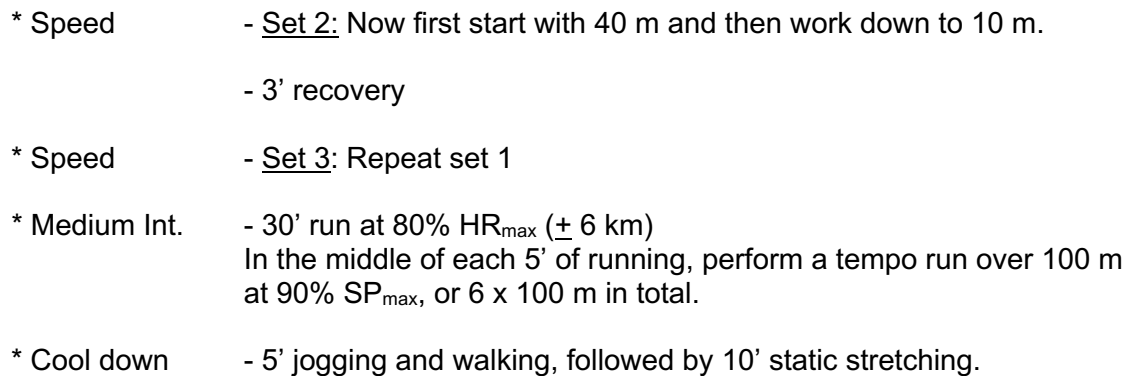


Performance Training in Football Refereeing Weekly Training Plan

WEEK 23 from Monday 7th to Sunday 13th of June

Macrocycle I, week 1 (Training week 1)

<u>Mon. 7th.</u>	REST DAY
<u>Tue. 8th.</u> Tr. 1	<ul style="list-style-type: none">* Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).* Warm up - 20' jogging, mobilisation and dynamic stretching.* Medium Int. - 30' run at 80% HR_{max} (\pm 6 km). In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP_{max}, or 6 x 50 m in total.* Cool down - 5' jogging and walking, followed by 10' static stretching. <p style="text-align: right;"><u>Total duration:</u> 70'</p>
<u>Wed. 9th.</u>	REST DAY
<u>Thu. 10th.</u> Tr. 2	<ul style="list-style-type: none">* Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).* Warm up - 20' jogging, mobilisation and dynamic stretching.* Strength - Set 1 of the strength and injury prevention exercises (week 1).* Me to Hi Int. - 6' run between 86-90% HR_{max}, 3' jogging, 2 sets This exercise needs to be performed in the Lower Range of the HI-training zone (LR). - All together this exercise takes \pm 18'. (6' Set 1 + 3' jogging + 6' Set 2 + 3' jogging)* Cool down - 5' jogging and walking, followed by 10' static stretching. <p style="text-align: right;"><u>Total duration:</u> 68'</p>
<u>Fri. 11th.</u>	REST DAY
<u>Sat. 12th.</u> Tr. 3	<ul style="list-style-type: none">* Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).* Warm up - 20' jogging, mobilisation and dynamic stretching.* Strength - Set 1 of the strength and injury prevention exercises (week 1). - Also check the online group sessions we started under Covid-19.* Speed - <u>Set 1:</u> - (1) Acceleration for 10 m, walk for 30 m. (2) Acceleration for 20 m, walk for 20 m. (3) Acceleration for 30 m, walk for 10 m. (4) Acceleration for 40 m. - 3' recovery



Sun. 13th: If you don't have any match appointment in 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,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



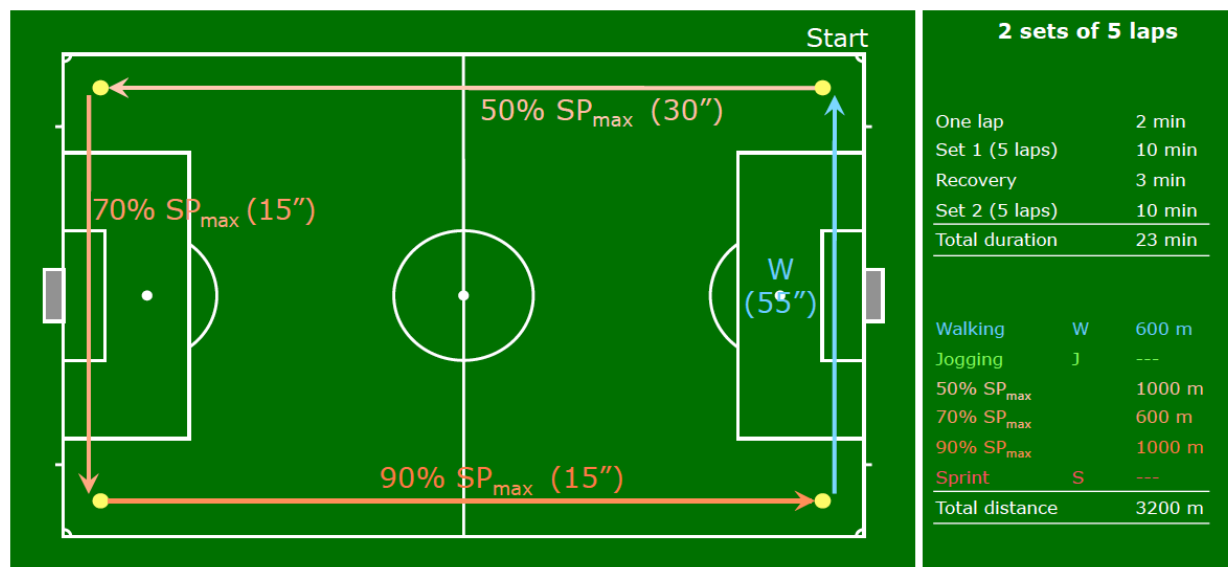
Performance Training in Football Refereeing Weekly Training Plan

WEEK 24 from Monday 14th to Sunday 20th of June Macrocycle I, week 2 (Training week 2)

<u>Mon. 14th:</u> Tr. 4	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 35' run at 80% HR _{max} (\pm 7 km) In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP _{max} , or 7 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 75'</u>		
<u>Tue. 15th:</u> Tr. 5	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 2).
	* Me to Hi Int.	- 4' run between 86-90% HR _{max} , 2' jogging, 3 sets - As last week, this exercise should be performed in the Lower Range of the HI-training zone (LR). - All together this exercise takes \pm 18' (4' per Set + 2' jogging) x 3
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 68'</u>		
<u>Wed. 16th:</u>	REST DAY	
<u>Thu. 17th:</u> Tr. 6	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 2). - Also check the online group sessions we started under Covid-19.
	* Speed End.	- <u>Set 1</u> : 5 laps of 2' each. The running speed is expressed as a % of the maximal speed.



Performance Training in Football Refereeing Weekly Training Plan



- 3' recovery

- Set 2: again 5 laps of 2' each.

- All together, this exercise takes 10' + 3' recovery + 10' = 23'.

* Cool down

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

Total duration: 73'

Fri. 18th:

REST DAY

Sat. 19th
Tr. 7

* Low Int.

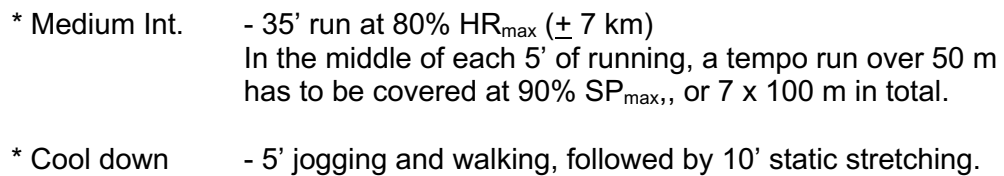
- 5' jogging slowly building up to 70% HR_{max} (± 1 km).

* Warm up

- 20' jogging, mobilisation and dynamic stretching.

* 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



Sun. 20th: If you don't have any match appointment in 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,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing

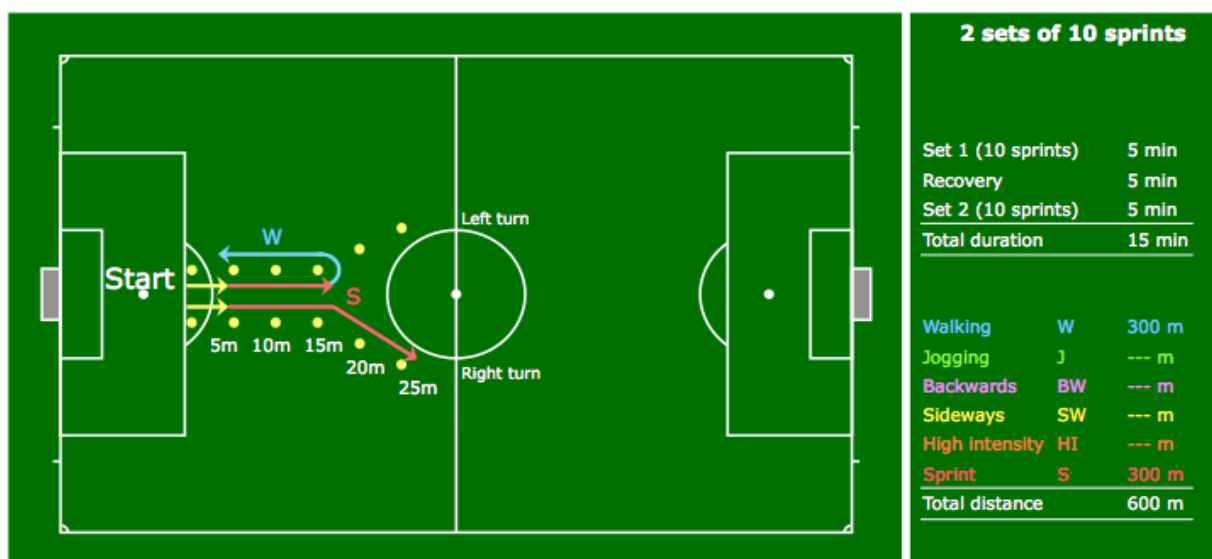
Weekly Training Plan

WEEK 25 from Monday 21st to Sunday 27th of June

Macrocycle I, week 3 (Training week 3)

Mon. 21st. REST DAY

- Tue. 22nd. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 8
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Speed
- Short accelerations from a dynamic start:
 - 2 x 5 m, 2 x 10 m, 2 x 15 m straight forward,
 - 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 accelerations is done in reversed order, i.e. 2 x 25 m and 2 x 20 m (with a change in direction to the right), 2 x 15 m, 2 x 10 m and 2 x 5 m straight forward.



- The total exercise time is 15'.

- * Me to Hi Int. LR - 3' run between 86 - 90% HR_{max}, 1'30" jogging, 4 sets
- As before, this exercise has to be performed in the Lower Range of the HI-training zone (LR).
 - All together this exercise takes \pm 18' (3' per Set + 1'30" jogging x 4).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 73'

Wed. 23rd. REST DAY

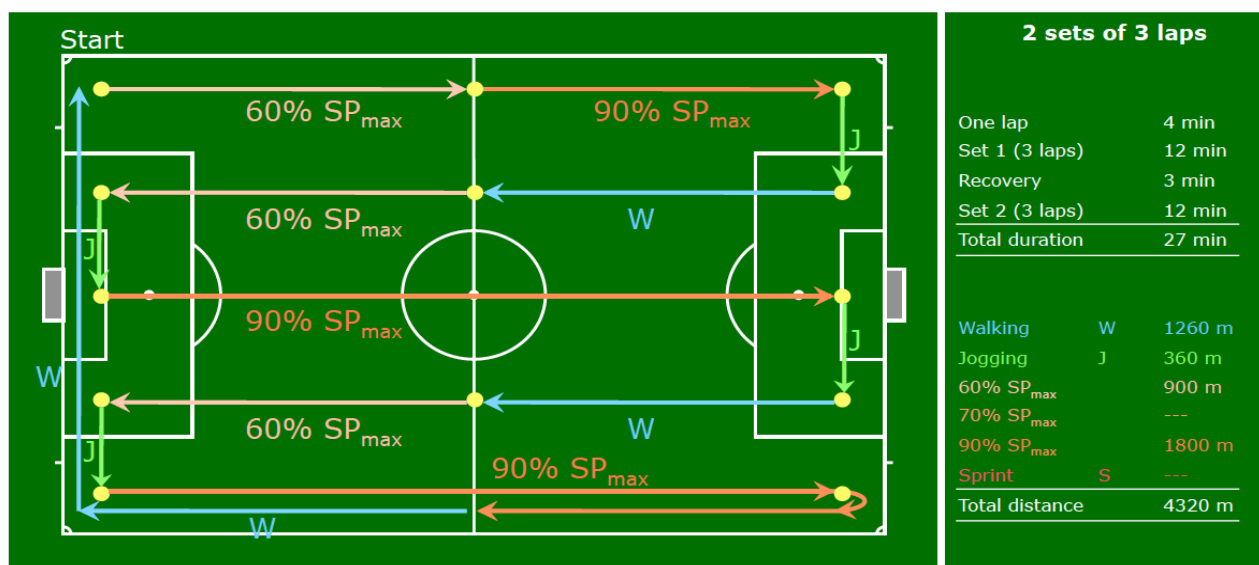
Thu. 24th. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 9



Performance Training in Football Refereeing

Weekly Training Plan

- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - Set 1 of the strength and injury prevention exercises (week 3).
- Also check the online group sessions we started under Covid-19.
- * Speed End. - Set 1: 3 laps of 4' each.
The running speed is expressed as a % of the maximal speed.



- 4' recovery
- Set 2: again 3 laps of 4' each.
- All together, this exercise takes 12' + 4' recovery + 12' = 28'.
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 78'

Fri. 25th:

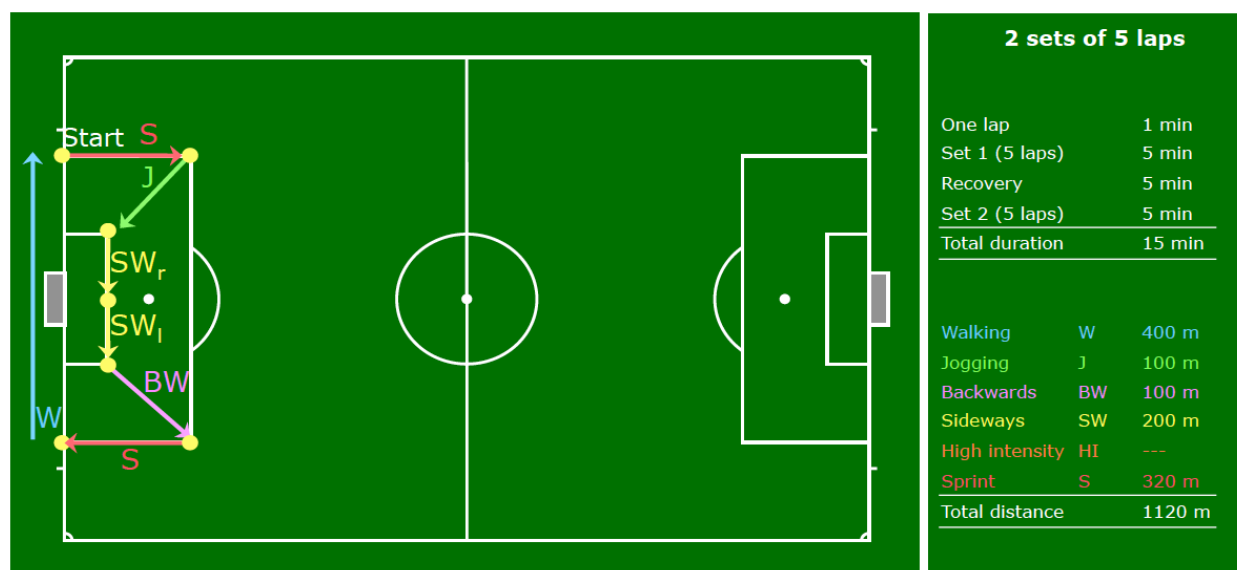
REST DAY

Sat. 26th.
Tr. 10

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
- * Warm up - 20' of jogging, dynamic exercises and stretching.
- * Strength - Set 1 of the strength and injury prevention exercises (week 3).
- Also check the online group sessions we started under Covid-19.
- * Speed/Agility - Set 1: Acceleration exercise in the penalty area, 5 laps in total.
- 5' recovery
- Set 2: Acceleration exercise in the penalty area, 5 laps in total.



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- In total, this exercise takes 15'. The total distance is ± 320 m.

- * High Int. - Referees run 10' at 80% HR_{max} . This corresponds to ± 2 km. Then they run the same distance but now at 90% HR_{max} , so that they are back at the start after only 8'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching.

Total duration: 75'

Sun. 27th: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 26 from Monday 28th of June to Sunday 4th of July Macrocycle I, week 4 (Training week 4)

<u>Mon. 28th:</u> Tr. 11	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 40' run at 80% HR _{max} (\pm 8 km) In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP _{max} , or 8 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 80'</u>		
<u>Tue. 29th:</u> Tr. 12	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 4). - Also check the online group sessions we started under Covid-19.
	* High Int.	- 2' run at 90% HR _{max} , 1' jogging, 6 x - This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR _{max}). - All together this exercise takes \pm 18' (2' per Set + 1' jogging x 6)
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 68'</u>		
<u>Wed. 30th:</u>	REST DAY	
<u>Thu. 1st:</u> Tr. 13	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 4). - Also check the online group sessions we started under Covid-19.
	* Speed End.	- <u>Set 1</u> : Suicide run: sprint from the goal line to the 5.5 m goal area line and back. Then immediately sprint from the goal line to the edge of the penalty area and back (16.6 m). Finally, sprint to the halfway line and back. One-minute rest and then repeat 4 times the exercise. - 4' active 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 |

- Total duration: 74'

REST DAY

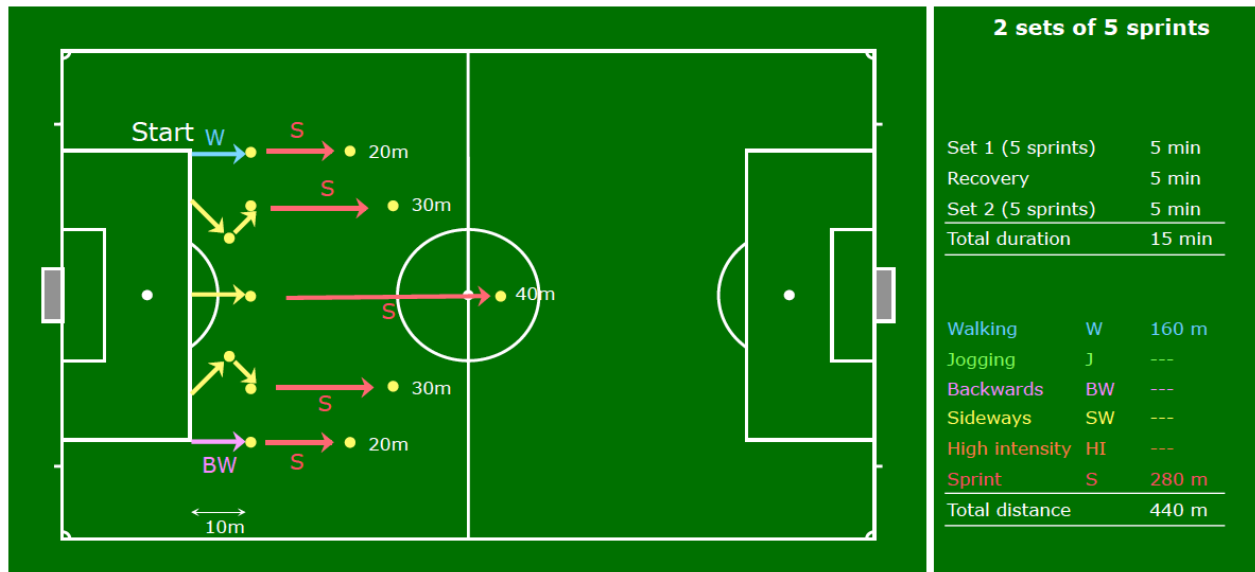
- 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).

- 20' jogging, mobilisation and dynamic stretching.

- Set 1 of the following speed exercise.



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- 5' recovery

- Set 2 of the same exercise.

- In total, this exercise takes 15'. The total sprint distance is 280 m.

* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:

- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 3' at 90% HR_{max}, followed by 1'30" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 1' active recovery (jogging)
- 1' at 90% HR_{max}, followed by 30" active recovery (jogging)

- All together, this exercise takes 18'.

* Cool down

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

Total duration: 73'

Sun. 4th:

Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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,...).

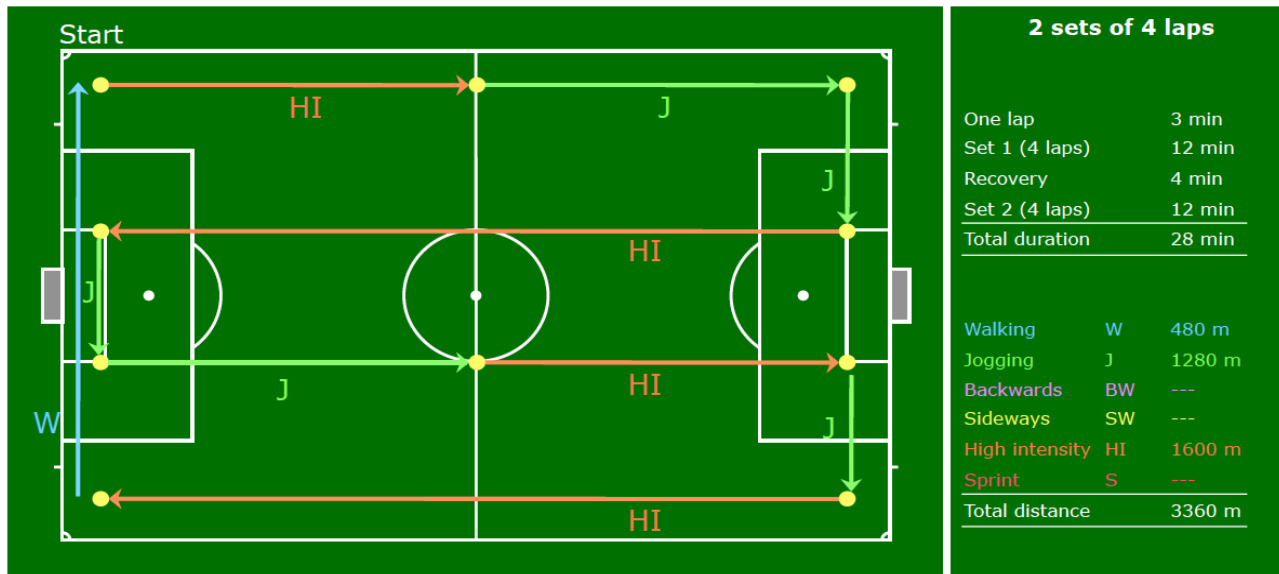
You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 27 from Monday 5th to Sunday 11th of July Macrocycle I, week 5 (Training week 5)

<u>Mon. 5th:</u> Tr. 15	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Medium Int.	- 45' run at 80% HR _{max} (\pm 9 km) In the middle of each 5' of running, perform a tempo run over 50 m at 90% SP _{max} , or 9 x 50 m in total.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.
<u>Total duration: 85'</u>		
<u>Tue. 6th:</u> Tr. 16	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' of jogging, dynamic exercises and stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 5). - Also check the online group sessions we started under Covid-19.
	* High Int.	- 1' run at 90% HR _{max} , 30" jogging, 12 sets - This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR _{max}). - All together this exercise takes \pm 18' (1' per Set + 30" jogging x 12)
	* Cool down	- 5' jogging and walking, followed by 10' extensive stretching.
<u>Total duration: 68'</u>		
<u>Wed. 7th:</u>	REST DAY	
<u>Thu. 8th:</u> Tr. 17	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (\pm 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- Set 1 of the strength and injury prevention exercises (week 5). - Also check the online group sessions we started under Covid-19.
	* High Int.	- <u>Set 1</u> : 4 laps (\pm 3' each). - The start of a new lap may be timed as follows: Top: Starting a new lap every 3' Intermediate: Starting a new lap every 3'15"



- 4' active recovery.
- Set 2: again 4 laps of $\pm 3'$ each.
- All together, this exercise take $\pm 12' + 4' + 12' = 28'$.
- 5' jogging and walking, followed by 10' static stretching.

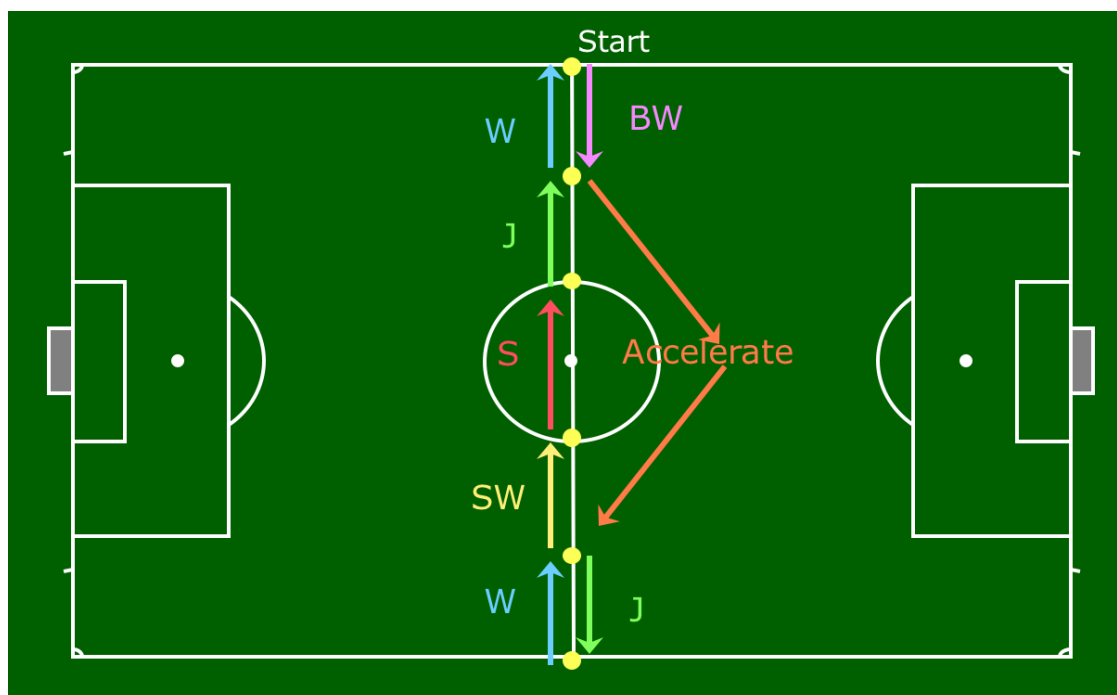
Total duration: 78'

Fri. 9th:

REST DAY

Sat. 10th:
Tr. 18

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' of jogging, dynamic exercises and stretching.
- * Speed - Set 1: 4 reps of the following centre-circle exercise:



- 5' recovery

- Set 2: again 4 reps of the centre-circle exercise.

- The total exercise time is 15'. The total sprint distance is 288 m.

* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done:

- 5' at 90% HR_{max} , followed by 3' active recovery (jogging)
- 4' at 90% HR_{max} , followed by 2' active recovery (jogging)
- 3' at 90% HR_{max} , followed by 1'30" active recovery (jogging)
- 2' at 90% HR_{max} , followed by 1' active recovery (jogging)
- 1' at 90% HR_{max} , followed by 30" active recovery (jogging)

- All together, this exercise takes 23'.

* Cool down

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

Total duration: 88'

Sun. 11th:

Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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,...).

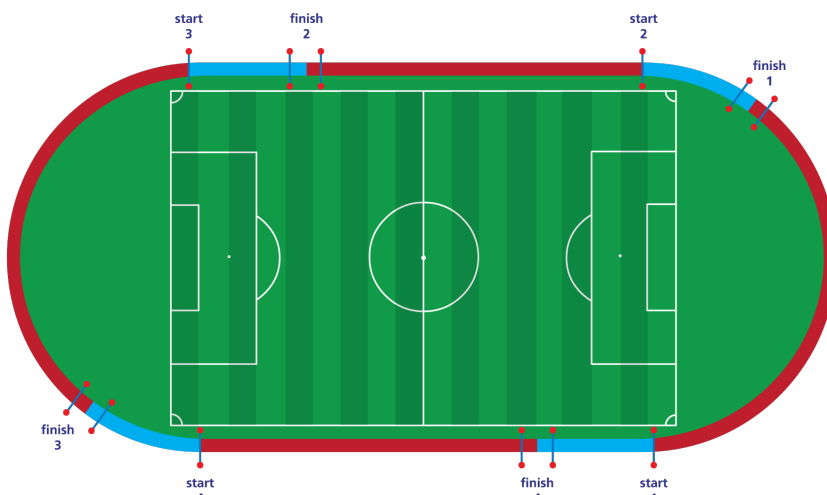
You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 28 from Monday 12th to Sunday 18th of July Macrocycle I, week 6 (Training week 6)

- Mon. 12th. REST DAY
- Tue. 13th. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 19
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - Set 1 of the strength and injury prevention exercises (week 6).
- * Speed - 6 x 40 m sprint from a 1.5 m dynamic start, with max 60" recovery in between sprints. The minimum time for international referees is 6.0". ARs perform 5 x 30 m in 4.7" max and 30" recovery.
- 5' recovery
- * High Int. - The target zone of the next exercise is the normal range of the HI-training zone (85 to 95% HR_{max}).



- On the first whistle, referees have to cover 75 m in 15" from the start position on (1). Then they have 18" (international referees) or 20" (international ARs) to cover 25 m walking (2). On the next whistle, referees have to run again 75 m in 15" (3), followed by 25 m walking (4). This equals 1/2 lap. In one lap, there are 4 HI runs.

- The total exercise consists of 10 laps, resulting in 40 high intensity runs, each followed by a 25 m recovery walk.

- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this HI run is 22' for the referees and 23'20" for the ARs.

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

Total duration: 87'



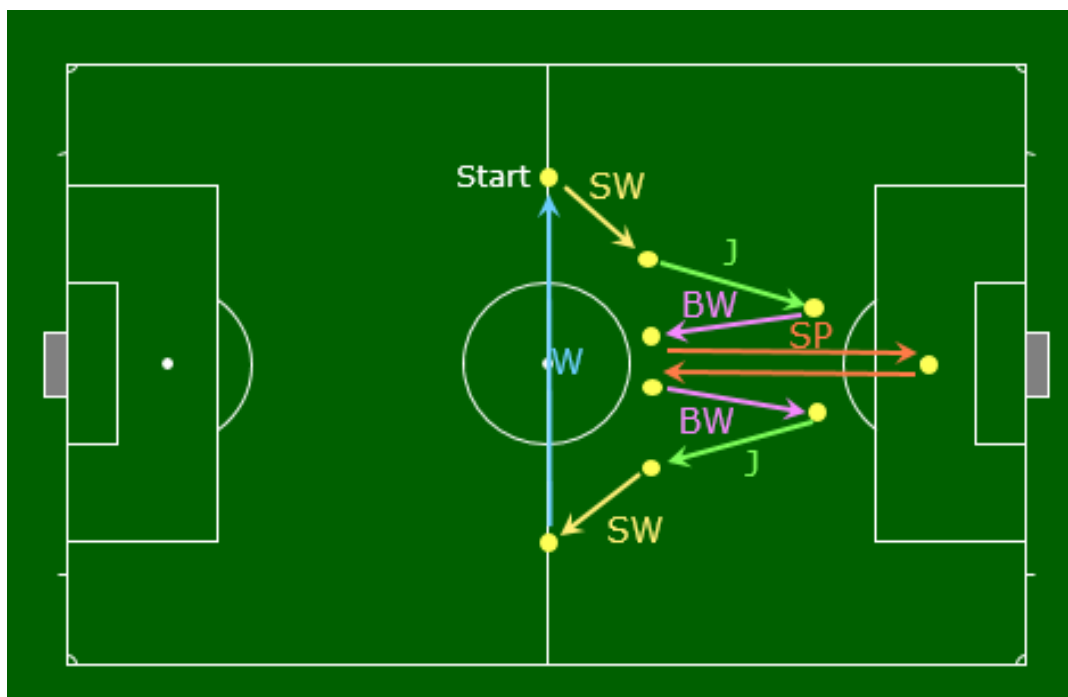
Performance Training in Football Refereeing Weekly Training Plan

Wed. 14th.

REST DAY

Thu. 15th.
Tr. 20

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Strength - Set 1 of the strength and injury prevention exercises (week 6).
- Also check the online group sessions we started under Covid-19.
- * Speed & Ag. - Set 1 of the following exercise that consists of 4 reps



- 4' of the following exercise
- Set 2 of the same exercise (4 reps), now starting on the other side
- * Cool down - 5' jogging and walking, followed by 10' static stretching

Total duration: 70'

Fri. 16th.

REST DAY

Sat. 17th.
Tr. 21

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
- * Warm up - 20' jogging, mobilisation and dynamic stretching.
- * Rep. Spr. Ab. - Set 1: using a dynamic start over a 5m course:
 - > 4 maximal 20 m sprints (\pm 3")
with 20" active recovery (walking back)
 - > 3 maximal 40 m sprints (\pm 6")
with 40" active recovery (walking back)
 - > 2 maximal 60 m sprints (\pm 9")

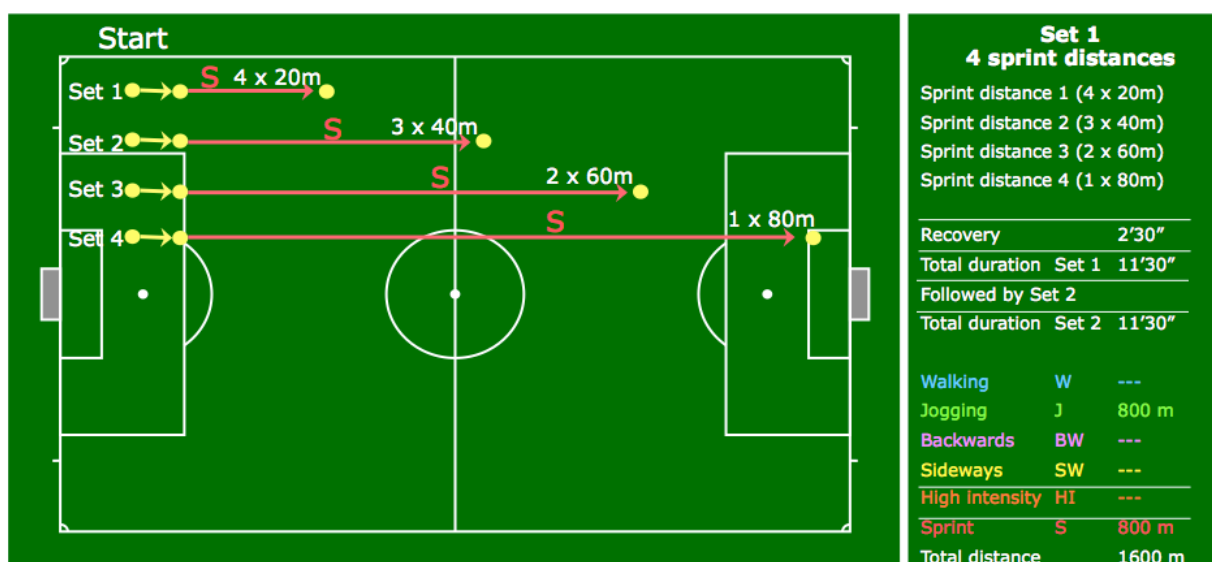


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- with 1' active recovery (walking back)
- > 1 maximal 80 m sprint ($\pm 12''$)
- with 1'20" active recovery (walking back)
- > Jog 1 lap of the pitch ($\pm 2'30''$)
- > Duration Set 1: $\pm 11'30''$

- Set 2:

- > 1 maximal 80 m sprint ($\pm 12''$)
- with 1'20" active recovery (walking back)
- > 2 maximal 60 m sprints ($\pm 9''$)
- with 1' active recovery (walking back)
- > 3 maximal 40 m sprints ($\pm 6''$)
- with 40" active recovery (walking back)
- > 4 maximal 20 m sprints ($\pm 3''$)
- with 20" active recovery (walking back)
- > Jog 1 lap of the pitch ($\pm 2'30''$)
- > Duration Set 2: $\pm 11'30''$



- The total duration of this extended speed session is $\pm 23'$ including 5' active recovery.



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- * High Int.
 - For those referees who don't have any match to officiate in the weekend, the following exercise is scheduled.
 - Referees run 6' at 80% HR_{max} . This corresponds to ± 1.2 km. Then the same distance is covered but now at 90% HR_{max} , which corresponds to a running time of $\pm 4'$ (Set 1).
 - 2' recovery
 - Referees run again 6' at 80% HR_{max} (± 1.2 km). Then they run the same distance but now at 90% HR_{max} , so that they are back at the start after $\pm 4'$.
- * Cool down
 - 5' jogging and walking, followed by 10' static stretching.

Total duration: 85'

Sun. 18th: Officiating exhibition games to get match experience to prepare for the UEFA Europa and Champions League and the national championship.

If you don't have any match appointment in 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,...).

You may also consider alternative intermittent activities such as playing badminton, football, squash, or tennis.