WEEK 29 from Monday 18th to Sunday 24th of July
Macrocycle II, week 1 (Training week 7)

Mon. 18th: Tr. 22	* 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 70% HR$_{max}$ ($\pm$ 5 to 6 km) For each 5' of running, 2 tempo runs have to be done: in the middle a 50 m tempo run, and towards the end of the 5' period a 100 m tempo run has to be covered. Over the 30' run, 12 tempo runs have to be done, i.e. 6 x 50 m and 6 x 100 m.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.

<u>Total duration: 70'</u>

Tue. 19th: Tr. 23	* Low Int.	- 5' jogging slowly building up to 70% HR$_{max}$ ($\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Functional Tr.	- 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?v=M1_kqAldOv8
	* High Int.	- 2' run at 90% HR$_{max}$, 1' jogging, 8 x. - In total, it takes 24' to complete this HI-exercise.
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.

<u>Total duration: 74'</u>

Wed. 20th:		REST DAY

Thu. 21st: Tr. 24	* Low Int.	- 5' jogging slowly building up to 70% HR$_{max}$ ($\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Strength	- 15' strength, core stability and injury prevention exercises.
	* High Int.	- The following exercise is scheduled for <u>referees</u>: - <u>Set 1:</u> - 30" HI-run, 30" jogging, - 45" HI-run, 30" jogging, - 60" HI-run, 30" jogging, - 75" HI-run, 30" jogging, - 30" HI-run, 30" jogging, - 45" HI-run, 30" jogging, - 60" HI-run, 30" jogging, - 75" HI-run, 30" jogging,

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

- <u>Set 2:</u>
- 75" HI-run, 30" jogging,
- 60" HI-run, 30" jogging,
- 45" HI-run, 30" jogging,
- 30" HI-run, 30" jogging,
- 75" HI-run, 30" jogging,
- 60" HI-run, 30" jogging,
- 45" HI-run, 30" jogging,
- 30" HI-run, 30" jogging,

- All together, this exercise takes 11' + 2' rec + 11' = 24'

- From a coaching point of view, an efficient way to organise this exercise, is to whistle each time the referees change from activity.

- For Set 1, the timeline for the use of the whistle is as follows:
0 (30" HI tempo) - 30" (J) - 1' (T) - 1'45" (J) - 2'15" (T) - 3'15" (J) - 3'45" (T) - 5' (J) - 5'30" (T) - 6' (J) - 6'30" (T) - 7'15" (J) - 7'45" (T) - 8'45" (J) - 9'15" (T) - 10'30" (J) - 11' (Stop)

- For Set 2, the timeline is:
0 (75" HI tempo) - 1'15" (J) - 1'45" (T) - 2'45" (J) - 3'15" (T) - 4' (J) - 4'30" (T) - 5' (J) - 5'30" (T) - 6'45" (J) - 7'15" (T) - 8'15" (J) - 8'45" (T) 9'30" (J) - 10' (T) - 10'30" (J) - 11' (Stop)

* High Int.   - Elite Referees invited for the 2022 summer course can practice the updated Referee SDS in preparation of their assessment (2 sets). The details are given below while the new audio file is also available both in FAME and TSL.

1 sub-max REP=76s: A-D (12s) Rest (6s) + D-P-D (16s) Rest (6s) + D-A (12s) Rest (24s)
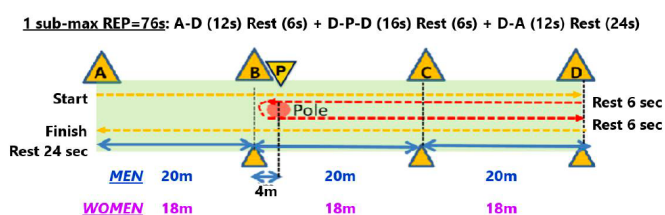
Timetable						
Lap	Recovery	A-D	Rest	D-P-D	Rest	D-A
		Single		Double		Single
1	00:00	00:12	00:18	00:34	00:40	00:52
2	01:16	01:28	01:34	01:50	01:56	02:08
3	02:32	02:44	02:50	03:06	03:12	03:24
4	03:48	04:00	04:06	04:22	04:28	04:40
5	05:04	05:16	05:22	05:38	05:44	05:56
72'' rest						

- In total, it takes 20'12" to complete this version of the Referee SDS.

- For women referees, the distance is 3 x 18m.

* High Int.
- For <u>assistant referees</u> the following HI-exercise is prescribed:
- <u>Set 1 (Yo-Yo based exercise)</u>:
- 10 x 100 m shuttles (50 m - turn L - 50 m) to be completed in 20"
- 30" recovery walk (40 m)

TURNING LINE   START/FINISH LINE

50m   20m

100M HIGH SPEED RUN   40m WALK RECOVERY

- All together, this first set takes 8'20".

- 2' recovery
- <u>Set 2 (Yo-Yo based exercise)</u>:
- 10 x 100 m shuttles (50 m - turn R - 50 m) to be completed in 20"
- 30" recovery walk (40 m)
- All together, this exercise takes 20'40 (8'20" + 4' recovery + 8'20")
- The total distance equals 2800 m, of which 2000 m at high speed and 800 m walking.

* Match
- 10' match play or 10' medium intensity jogging (80% HR_{max}).

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

<u>Total duration: 84'</u>

<u>Fri. 22nd:</u>   REST DAY

<u>Sat. 23rd:</u>
Tr. 25
* Low Int.
- 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).

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

* Speed
- Short sprints from a dynamic position (heel lifts, knee lifts,…)

- <u>Set 1 (right turn)</u>:
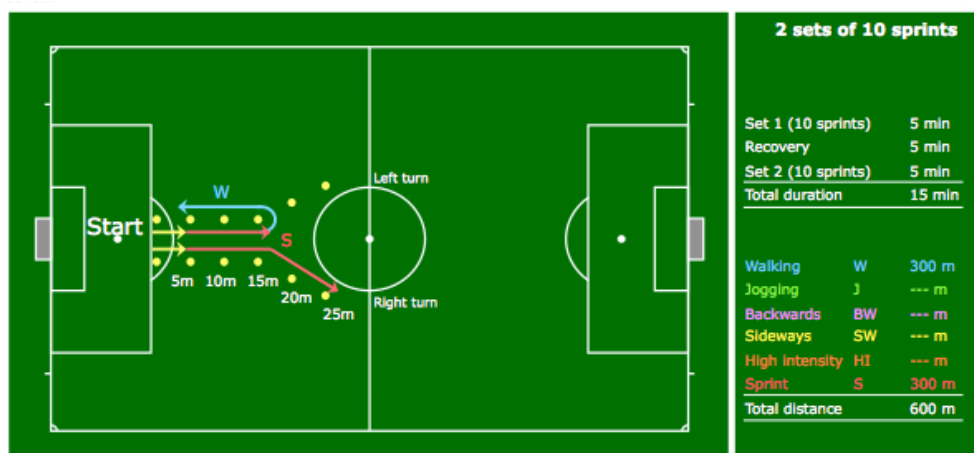(2 x 5 m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

- 5' recovery

- <u>Set 2 (left turn)</u>:
(2 x 5 m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

- In total, this exercise takes 15'. The total sprint distance is 300 m.

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

<u>Total duration: 55'</u>

<u>Sun. 24th:</u>   Officiating exhibition games to get match experience to prepare for the UEFA Champions, the UEFA Europa League, the UEFA Europa Conference League and the national championship.

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,…). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4th Official.

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

WEEK 30 from Monday 25th to Sunday 31st of July
Macrocycle II, week 2 (Training week 8)

Mon. 25th: Tr. 26	* Low Int.	- 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Speed End.	- 45" of jogging, followed by 15" of acceleration building up to to 95% SP_{max}, 8 reps, 3' recovery (walking) - 30" of jogging, followed by 15" of acceleration building up to to 95% SP_{max}, 8 reps, 2' recovery (walking) - 15" of jogging, followed by 15" of acceleration building up to to 95% SP_{max}, 8 reps, 1' recovery (walking)
	* Cool down	- 5' jogging and walking, followed by 10' static stretching.

<u>Total duration: 64'</u>

Tue. 26th: Tr. 27	* Low Int.	- 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Functional Tr.	- 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?v=MzY-pTVrPtc
	* High Int.	- 20" run at 90% HR_{max} (appr. 100 m), 10" jogging (Set 1) - 40" run at 90% HR_{max} (appr. 200 m), 20" jogging - 60" run at 90% HR_{max} (appr. 300 m), 30" jogging - 80" run at 90% HR_{max} (appr. 400 m), 40" jogging - 20" run at 90% HR_{max} (appr. 100 m), 10" jogging (Set 2) - 40" run at 90% HR_{max} (appr. 200 m), 20" jogging - 60" run at 90% HR_{max} (appr. 300 m), 30" jogging - 80" run at 90% HR_{max} (appr. 400 m), 40" jogging - After a 2' recovery and drinking break, the pulsations should be reduced below 65% HR_{max} - 80" run at 90% HR_{max} (appr. 400 m), 40" jogging (set 3) - 60" run at 90% HR_{max} (appr. 300 m), 30" jogging - 40" run at 90% HR_{max} (appr. 200 m), 20" jogging - 20" run at 90% HR_{max} (appr. 100 m), 10" jogging - 80" run at 90% HR_{max} (appr. 400 m), 40" jogging (set 4) - 60" run at 90% HR_{max} (appr. 300 m), 30" jogging - 40" run at 90% HR_{max} (appr. 200 m), 20" jogging - 20" run at 90% HR_{max} (appr. 100 m), 10" jogging - All together, this takes 10' + 4' rec + 10' = 24'.

- From a coaching point of view, an efficient way to organise this exercise, is to whistle each time the referees have to change from activity.

- For Sets 1 & 2, the timeline for the use of the whistle is as follows:
0 (20" HI tempo) - 20" (J) - 30" (T) - 1'10" (J) - 1'30" (T) - 2'30" (J) - 3' (T) - 4'20" (J) - 5' (T) - 5'20" (J) - 5'30" (T) -   6'10" (J) - 6'30" (T) - 7'30" (J) - 8' (T) - 9'20" (J) - 10' (Stop)

- For Sets 3 & 4, the timeline is:
0 (1'20" HI tempo) - 1'20" (J) - 2' (T) - 3' (J) - 3'30" (T) - 4'10" (J) - 4'30" (T) - 4'50'' (J) - 5' (T) - 6'20" (J) - 7' (T) - 8' (J) - 8'30" (T) - 9'10" (J) - 9'30" (T) - 9'50" (J) - 10' (Stop)

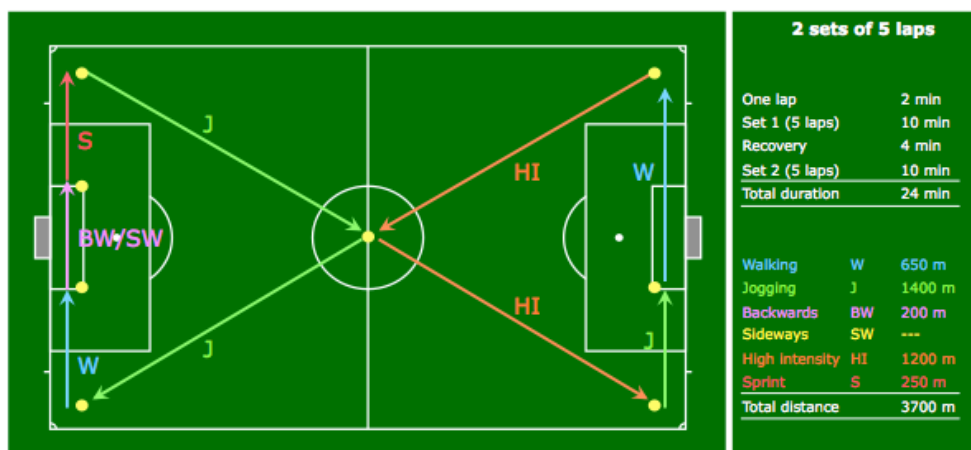* Cool down   - 5' jogging and walking, followed by 10' static stretching.

Total duration: 74'

Wed. 27th: REST DAY

Thu. 28th: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
   Tr. 28

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

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

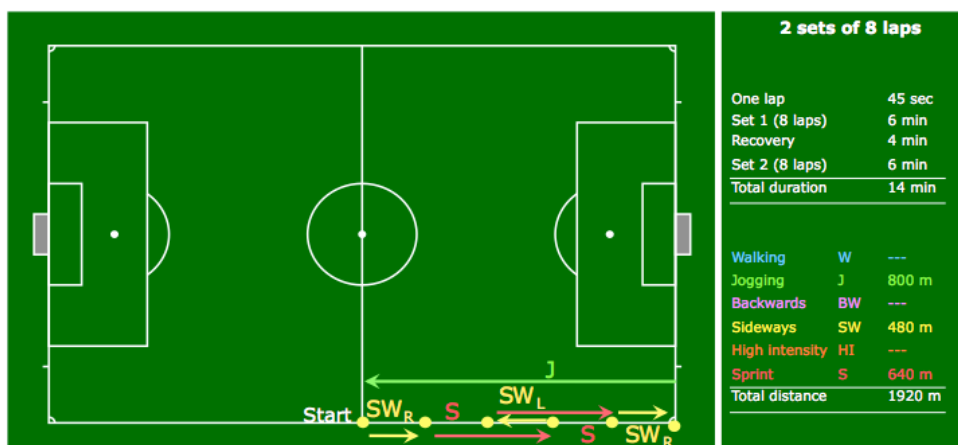* Speed End.   - Set 1: Field exercise, 5 laps of $\pm$ 2' each.

- 4' recovery

- Set 2: Field exercise, again 5 laps of $\pm$ 2' each.

- All together, this exercise takes 24' (including recovery).

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

2 sets of 8 laps

One lap		45 sec
Set 1 (8 laps)		6 min
Recovery		4 min
Set 2 (8 laps)		6 min
Total duration		14 min

Walking	W	---
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	480 m
High intensity	HI	---
Sprint	S	640 m
Total distance		1920 m

|	
* High Int.	- As previous week, Elite Referees invited for the 2020 summer course can practice the Referee SDS in preparation of their assessment. See training 24.
* Match	- 10' match play or 10' medium intensity jogging (80% HR$_{max}$).
* Cool down	- 5' jogging and walking, followed by 10' static stretching.

Total duration: 84'

Fri. 29th: REST DAY

Sat. 30th:
Tr. 29

* Low Int.	- 5' jogging slowly building up to 70% HR$_{max}$ ($\pm$ 1 km).
* Warm up	- 20' jogging, mobilisation and dynamic stretching.
* Speed	- Straight line sprints from a dynamic starting position, such as heel lifts, knee lifts, walking, backwards or sideways running:

- Set 1:   5 x 10 m, starting from 10 m walking
- Set 2:   4 x 15 m, starting from 10 m side-stepping
- Set 3:   3 x 30 m, starting from 10 m forwards jogging
- Set 4:   4 x 15 m, starting from 10 m side-stepping
- Set 5:   5 x 10 m, starting from 10 m backwards jogging

- After every sprint, a slow walk to the start is a good way to determine the recovery time (e.g., 20" for 10 m, 30" for 15 m, 40" for 30 m).
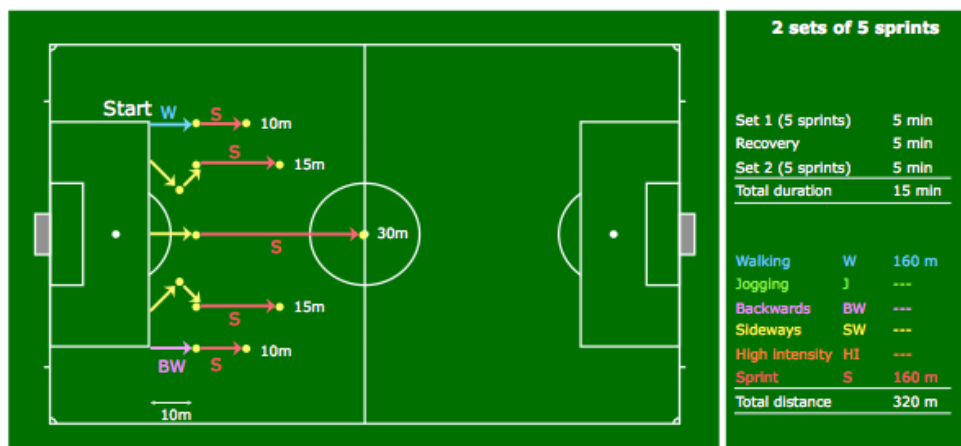
- After every set, there is 1' recovery and stretching break.

- The total exercise time is 15'. The total sprint distance is 310 m.

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

<u>Total duration: 55'</u>

<u>Sun. 31st</u>:   Officiating exhibition games to get match experience to prepare for the UEFA Champions, the UEFA Europa League, the UEFA Europa Conference League and the national championship.

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,…). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4th Official.

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

WEEK 31 from Monday 1st to Sunday 7th of August
Macrocycle II, week 3 (Training week 9)

Mon. 1:
   Tr. 30

* 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 70% HR_{max} ($\pm$ 5 to 6 km). At the end of each 5' period, a 30" tempo run has to be performed ($\pm$ 150 m), or 6 all together resulting in a total distance of 900 m.
* Cool down	- 5' jogging and walking, followed by 10' static stretching.

<div align="right">Total duration: 70'</div>

Tue. 2nd:
   Tr. 31

* Low Int.	- 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
* Warm up	- 20' jogging, mobilisation and dynamic stretching.
* Functional Tr.	- 3 sets of 4 min each (1' rest between Sets) https://www.youtube.com/watch?v=qr1Tyog6i3k
* High Int.	- 1' run at 90% HR_{max}, 30" jogging, 16 x - In total, this exercise takes (1' + 30") x 16 = $\pm$ 24'.
* Cool down	- 5' jogging and walking, followed by 10' static stretching.

<div align="right">Total duration: 74'</div>

Wed. 3rd: REST DAY

Thu. 4th:
   Tr. 32

* Low Int.	- 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
* Warm up	- 20' jogging, mobilisation and dynamic stretching.
* Strength	- 15' strength, core stability and injury prevention exercises.
* Speed End.	- All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start.
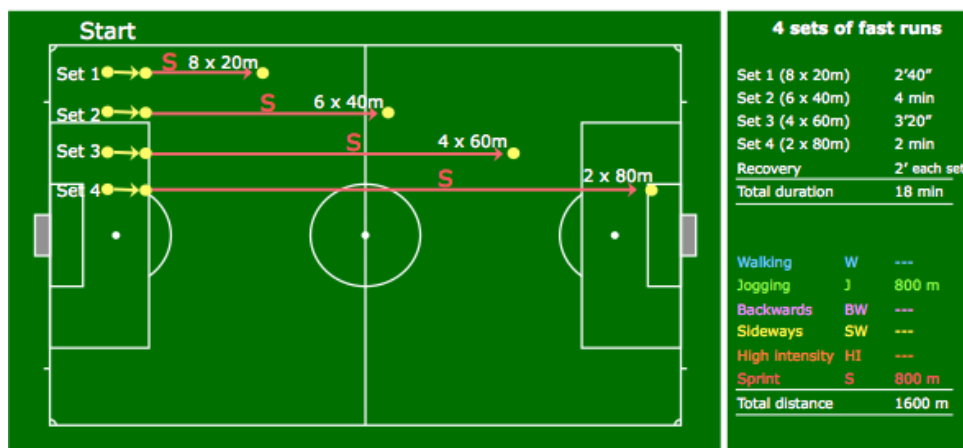
* Speed End.   - Depending on the age and/or fitness level, the re-starts are timed as follows:

Top: Set 1 every 20"   Intermediate: 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 in between each set.

                    - This exercise takes between 18' (top) and 20' (intermediate).

* Match   - 10' match play or 10' medium intensity jogging (80% HR_{max}).

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

<div align="right">Total duration: 78'</div>
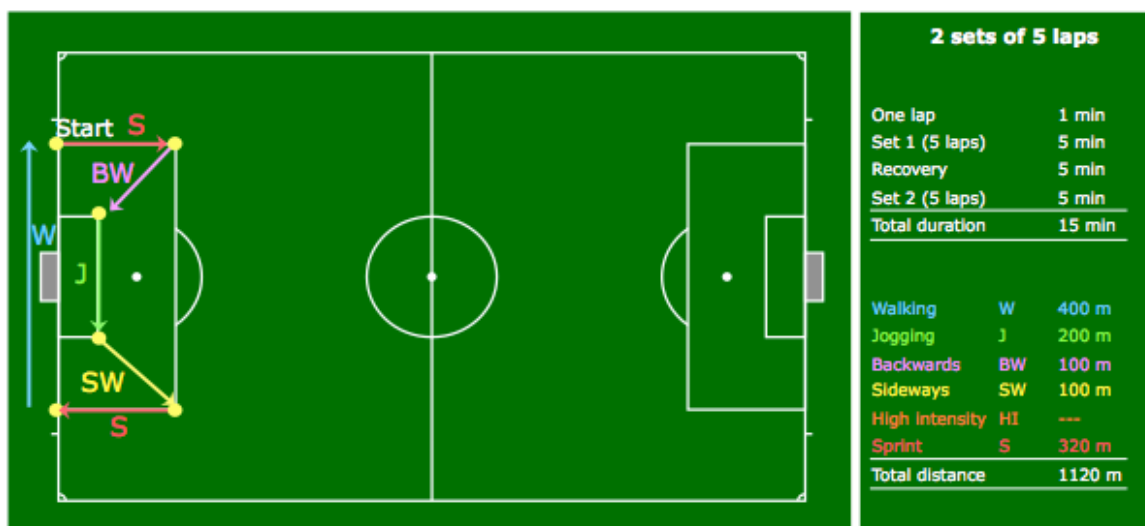
Fri. 5th: REST DAY

Sat. 6th: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
   Tr. 33

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

           * Speed   - Set 1: Perform 5 laps of the below exercise in the penalty area.

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	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High Intensity	HI	----
Sprint	S	320 m
Total distance		1120 m

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

- Then perform another 5 laps.

- The total exercise time is 15'. The total sprint distance is 320m.

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

<u>Total duration: 55'</u>

<u>Sun. 7th:</u>   Officiating exhibition games to get match experience to prepare for the UEFA Champions, the UEFA Europa League, the UEFA Europa Conference League and the national championship.

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,…). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4th Official.

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

WEEK 32 from Monday 8th to Sunday 14th of August
Macrocycle II, week 4 (Training week 10)

Mon. 8th: * Act. Rec.   - 50' recovery session in a fitness centre.
  Tr. 34

Tue. 9th: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
  Tr. 35
            * Warm up   - 20' jogging, mobilisation and dynamic stretching.

   * Functional Tr.   - 3 sets of 4 min each (1' rest between Sets)
                         https://www.youtube.com/watch?v=Fg6N_9f-9qY

            * Sp. & Ag.   - 'T'- drill for <u>referees</u>:

                      - <u>Set 1</u>: Referees sprint forwards as indicated in the figure: 10 m
                      straight forwards from cone A to cone B, turn around cone B,
                      continue sprinting forwards to cone C, turn around cone C,
                      continue sprinting forwards to cone D, turn around cone D,
                      continue sprinting forwards to cone B, turn around cone B and
                      continue sprinting through the finish. Reference time is 10.2" for
                      national referees and 10.0" for international referees.

                      - 1' recovery, 2 reps.

                      - <u>Set 2</u>: Again 2 reps with 1' recovery in between, but referees now
                      start on the left side instead of the right side.
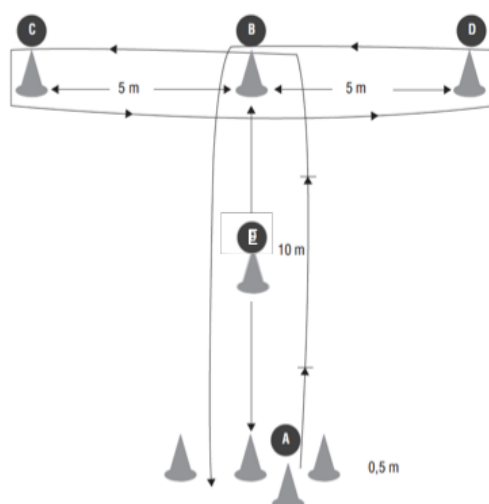
                      - <u>Assistant Referees</u>: 4 reps of the CODA agility drill:
                      - Sprint 10 m (one foot lined up 0.5 m in front of cone A) from cone
                      A to B, then sideways left 8 m from cone B to C, the sideways
                      right 8 m from cone C to D, sprint back to the finish line.

                      - The reference time is < 9.6": 4 reps in total **with flag!**

Sequence:
A->B: 10 meters forwards
B->C: 8 meters sideways
C->D: 8 meters sideways
D->A: 10 meters forwards

8 meters sideways

10 meters forwards
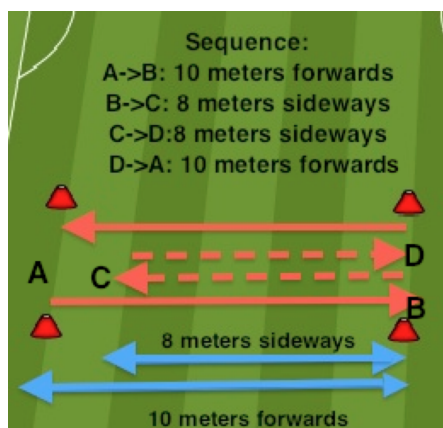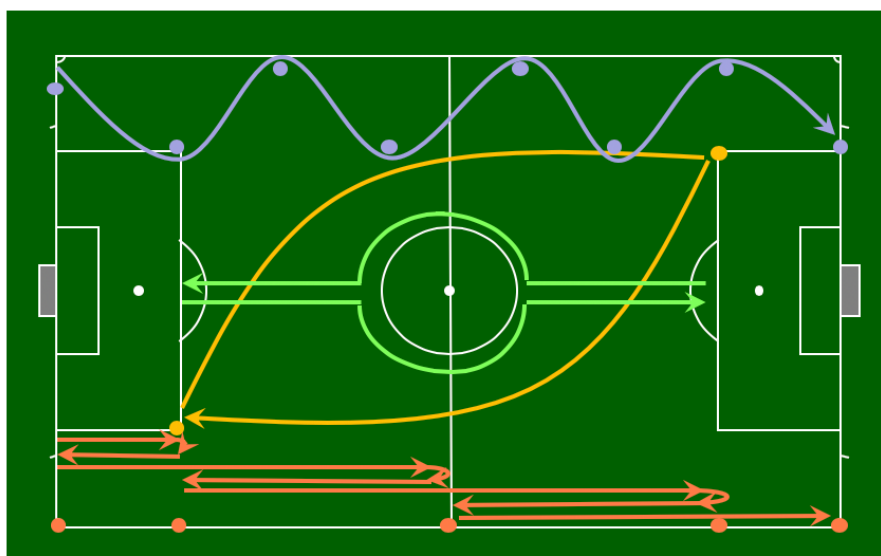
- 3' recovery

* 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 halfway line (10x 15"-15")
- The diagonal (4x 45"-45")
- The suicide (3x 60"-60")

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

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

<u>Total duration: 95'</u>

Wed.10th: REST DAY
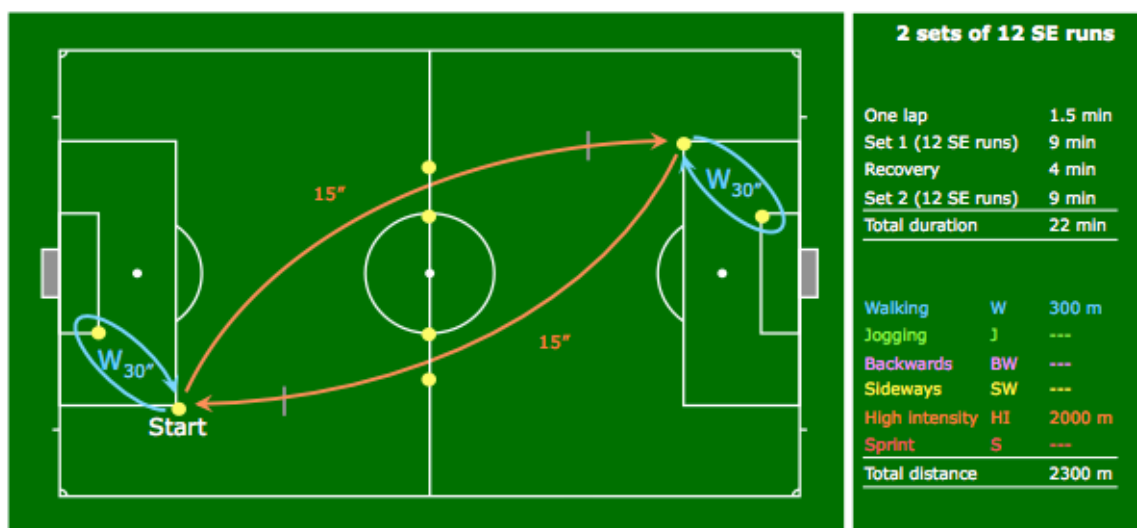
Thu. 11th: * Low Int. - 5' jogging slowly building up to 70% HR$_{max}$ ($\pm$ 1 km).
Tr. 36

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

* Strength — 15' strength, core stability and injury prevention exercises.

* Speed End. — <u>Set 1:</u> of the diagonal run, 10 reps of 45" each.

Starting at the edge of the penalty area, referees progressively accelerate to 90-95% SP_{max} (15") along the diagonal line as indicated. 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 30" rec. period (walking).

2 sets of 12 SE runs		
One lap		1.5 min
Set 1 (12 SE runs)		9 min
Recovery		4 min
Set 2 (12 SE runs)		9 min
Total duration		22 min
Walking	W	300 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	2000 m
Sprint	S	---
Total distance		2300 m

- 4' recovery

- <u>Set 2</u> of the diagonal run, again 10 reps of 45" each.

- The total duration of this speed endurance session is $\pm$ 22' including 4' active recovery.

* Match — 10' match play or 10' medium intensity jogging (80% HR_{max}).

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

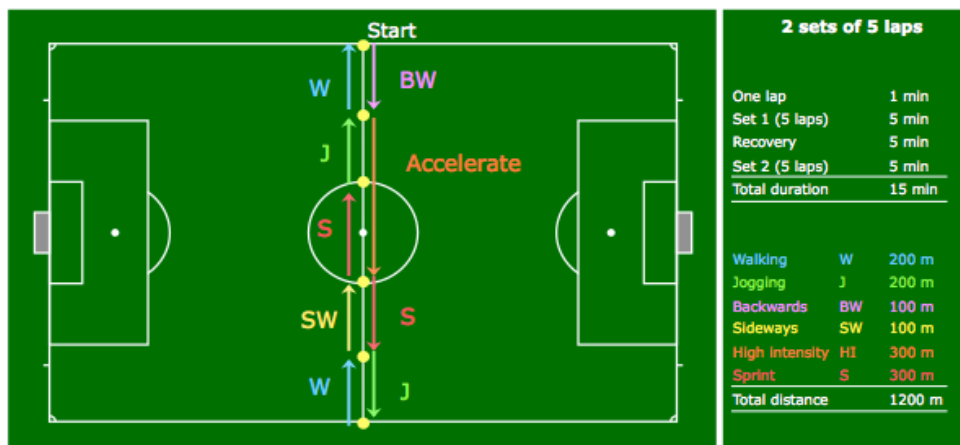<u>Total duration: 82'</u>

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

<u>Sat. 13th:</u>
  Tr. 37

* Low Int. — 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).

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

* Speed — <u>Set 1:</u> speed exercise around the midline, 5 x across the pitch and back to the starting position.

- 5' recovery

- <u>Set 2:</u> same exercise, again 5 x up and down.

- The total exercise time is 15'. The total sprint distance is 360 m.

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

<u>Total duration:</u> 55'

<u>Sun. 14th:</u>   Officiating exhibition games to get match experience to prepare for the UEFA Champions, the UEFA Europa League, the UEFA Europa Conference League and the national championship.

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,…). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4th Official.

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

WEEK 33 from Monday 15th to Sunday 21st of August
Macrocycle II, week 5 (Training week 11)

<u>Mon. 15th:</u> * Act. Rec.   - 50' recovery session in a fitness centre.
Tr. 38

<u>Tue. 16th:</u> * Low Int.   - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 39

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

* Functional Tr.   - 3 sets of 4 min each (1' rest between Sets)
https://www.youtube.com/watch?v=Com5Jow3Hj4

* High Int.   - <u>Set 1:</u> 30" run at 90% HR_{max}, 30" recovery, 10 repetitions.

- 2' recovery

- <u>Set 2:</u> 30" run at 90% HR_{max}, 30" recovery, again 10 repetitions.

- All together, this exercise takes 10' + 4' recovery + 10' = 24'
- In the example below, it is shown how this exercise can be done by assistant referees (i.e. along the sideline)
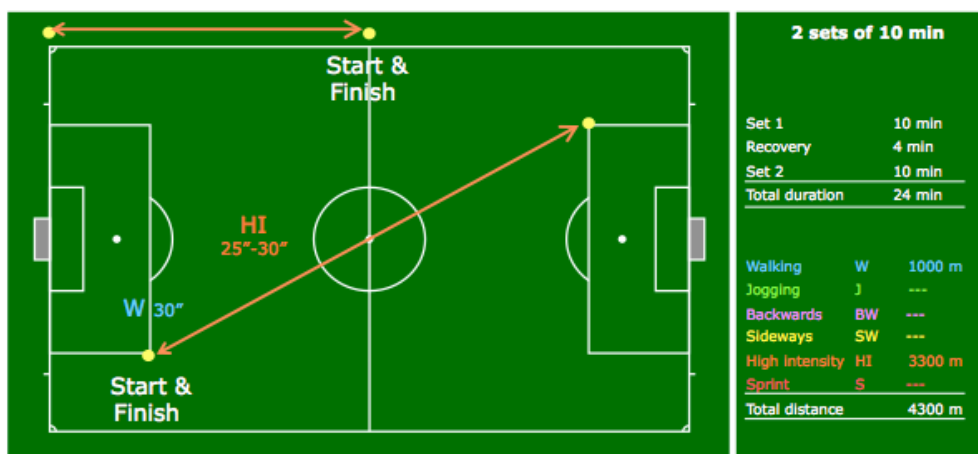
* High Int.   - Elite Referees invited for the 2020 summer course can practice the Referee SDS in preparation of their assessment (all 3 sets). The audio file is available both in FAME and TSL.

* Cool down   - 5' jogging and walking, followed by 10' static stretching.
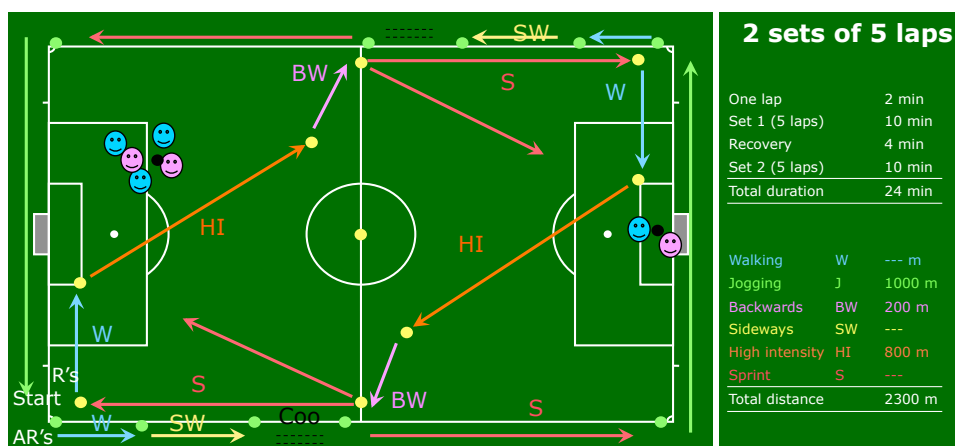
<u>Total duration: 74'</u>

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

<u>Thu. 18th:</u>
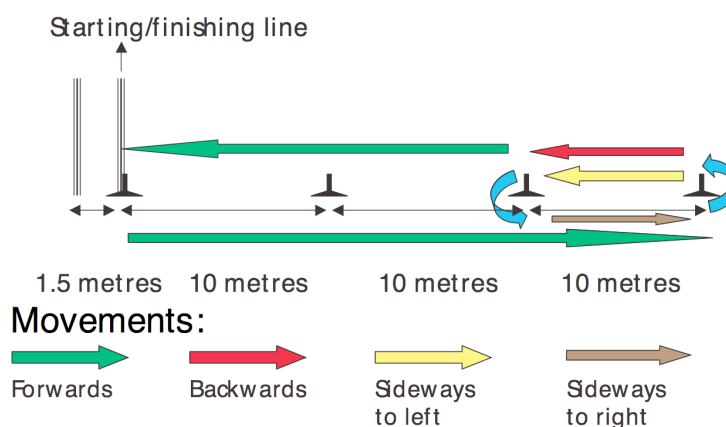Tr. 40

* Low Int.	- 5' jogging slowly building up to 80% HR_{max} ($\pm$ 1 km).
* Warm up	- 20' jogging, mobilisation and dynamic stretching.
* Strength	- 15' strength, core stability and injury prevention exercises.
* Speed End.	- <u>Set 1:</u> Referees perform 5 to 6 laps (10 to 12')

- From the start, run at the appropriate intensity around the pitch perimeter.

- The ARs follow the movements of the referee until the midline. When the referee starts running backwards, the ARs continue their coordination exercise and then sprint to the penalty area to assist the referee taking a technical decision based on where the coach bounces the ball. This position indicates a foul for the attacking team (foul in- or outside penalty area). Alternatively, the coach can also bounce the ball in front of or ahead of the goal line (goal or no-goal).

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	--- m
Jogging	J	1000 m
Backwards	BW	200 m
Sideways	SW	---
High intensity	HI	800 m
Sprint	S	---
Total distance		2300 m

- 4' recovery

- <u>Set 2:</u> Referees perform 5 to 6 laps (10 to 12')

- All together this exercise takes $\pm$ 24' to 28'.

* Agility for ARs — While the referees perform their 1 sets of the SE exercise, the next agility exercise can be considered for the assistant referees.

- <u>Set 1:</u> 80 m agility exercise, 1' rest, 4 reps.

- The exercise should be done at sprint pace, but with the correct variation in movements; forward, sideways (2 x), backwards, forwards.

- 3' recovery

- Perform a 2nd set of this exercise (4 reps).

Starting/finishing line

1.5 metres   10 metres   10 metres   10 metres

Movements:

Forwards   Backwards   Sideways to left   Sideways to right

* Match	- 10' match play or 10' medium intensity jogging (80% HR_{max}).
* Cool down	- 5' jogging and walking, followed by 10' static stretching.

<u>Total duration: 83'</u>

<u>Fri. 19th:</u>		REST DAY
<u>Sat. 20th:</u> Tr. 41	* Low Int.	- 5' jogging slowly building up to 70% HR_{max} (± 1 km).
	* Warm up	- 20' jogging, mobilisation and dynamic stretching.
	* Speed	- 2 sets of the next exercise, 5' recovery break in between sets.

- <u>Set 1</u>:
- 10 m sprint up, 10 m walk down, 3 x
- 20 m sprint up, 20 m walk down, 3 x
- 30 m sprint up, 30 m walk down, 3 x
     (with a change in direction to the left or to the right)

- Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you start each sprint.

- Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.

- <u>Set 2</u>:
- in reversed order, i.e. from 30 to 10 m, 3 x or 9 sprints in total.

- The total sprint distance is 360 m. The total exercise time is 15'.

2 sets of 10 sprints

Set 1 (9 sprints)		5 min
Recovery		5 min
Set 2 (9 sprints)		5 min
Total duration		15 min

Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	360 m
Total distance		660 m

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

<u>Total duration: 55'</u>

<u>Sun. 21st</u>:   Officiating exhibition games to get match experience to prepare for the UEFA Champions, the UEFA Europa League, the UEFA Europa Conference League and the national championship.

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,…). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4th Official.

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

WEEK 34 from Monday 22nd to Sunday 28th of August
Macrocycle II, week 6 (Training week 12)

<u>Mon. 22nd</u>: * Act. Rec.   - 50' recovery session in a fitness centre.
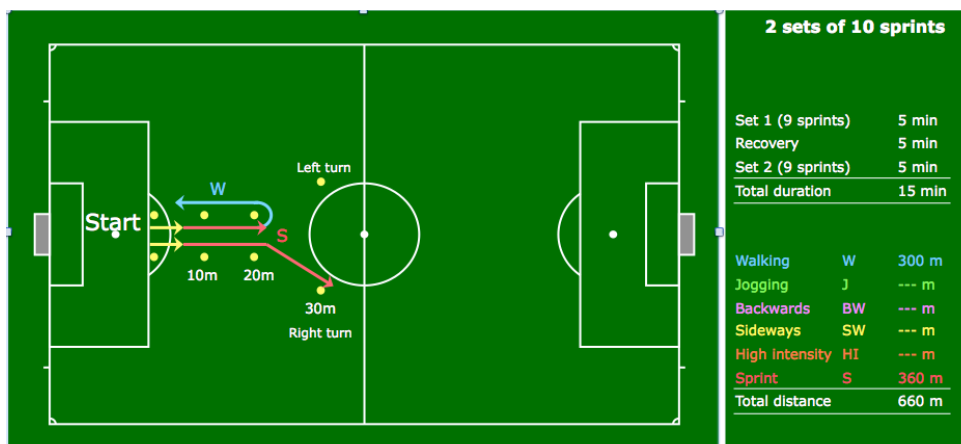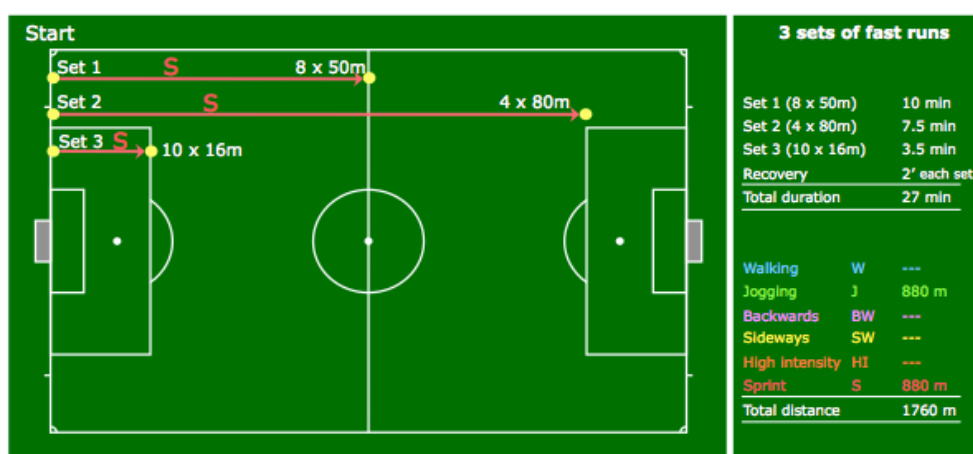 Tr. 42

<u>Tue. 23rd</u>: * Low Int.   - 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
  Tr. 43

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

 * Functional Tr.   - 3 sets of 4 min each (1' rest between Sets)
            https://www.youtube.com/watch?v=8eEsOTLKUKg

 * High Int.   - Submaximal Yo-Yo from the start until 15:8 for referees (9').
            - Submaximal Yo-Yo ARIET from the start until 15:3 for ARs (9').

 * Rep. Spr. Ab.   - Start each sprint on the goal line:
            - <u>Set 1</u>:
               > 8 maximal sprints to the midline ($\pm$ 7.5") with 50" active recovery in between each sprint
               > Jog 1 lap of the pitch, drinking & stretching ($\pm$ 2'30")
               > Duration: $\pm$ 10'

            - <u>Set 2</u>:
               > 4 sprints to the opposite penalty area ($\pm$ 12") with 70" active recovery in between each sprint
               > Jog 1 lap of the pitch, drinking & stretching ($\pm$ 2'30")
               > Duration: $\pm$ 7.5'

            - <u>Set 3</u>:
               > 10 sprints to the penalty area ($\pm$ 3") with 20" active recovery in between each sprint
               > Duration: $\pm$ 3.5'

 - All together, this session takes $\pm$ 21' including 5' active recovery.

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

Total duration: 85'

Wed. 24th: REST DAY

Thu. 25th: * Low Int.   - 5' jogging slowly building up to 80% HR_{max} ($\pm$ 1 km).
   Tr. 44

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

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

                * Speed End.   Set 1:
- Field exercise, 6 laps in total from the start as follows:
- Sideways-R ($\pm$ 15 m)
- Jog to next cone ($\pm$ 40 m)
- Backwards jogging to the next cone ($\pm$ 15 m)
- HI running around the top cone and to the next cone ($\pm$ 100m)
- Running backwards to the next cone ($\pm$ 15 m)
- Jogging at medium intensity to the next cone ($\pm$ 40 m)
- Sideways-L ($\pm$ 15 m)
- Walk back to start ($\pm$ 60 m)

- One full lap, arriving back at the start takes $\pm$ 2'.
- Set 1 (6 laps) takes $\pm$ 12' to complete

- 4' recovery

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

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

2 sets of 8 laps		
One lap		1.5 min
Set 1 (8 laps)		12 min
Recovery		4 min
Set 2 (8 laps)		12 min
Total duration		28 min
Walking	W	960 m
Jogging	J	1300 m
Backwards	BW	640 m
Sideways	SW	480 m
High intensity	HI	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.
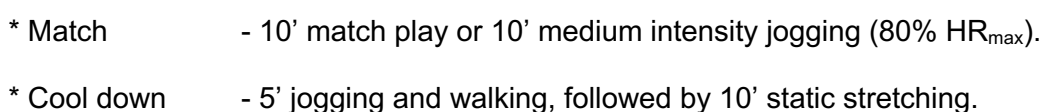
2 sets of 5 laps

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
High intensity	HI	1600 m
Sprint	S	---
Total distance		3200 m

* Match   - 10' match play or 10' medium intensity jogging (80% HR_{max}).

* Cool down   - 5' jogging and walking, followed by 10' static stretching.
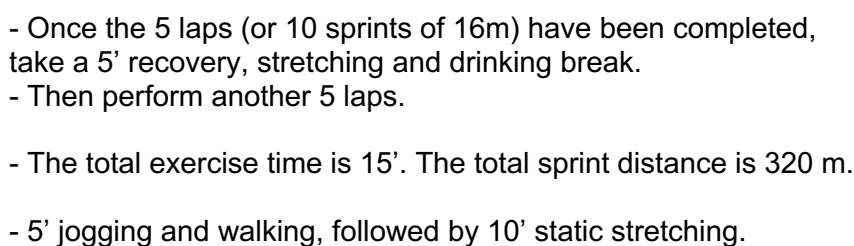
<u>Total duration: 88'</u>

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

<u>Sat. 27th</u>:   * Low Int.   - 5' jogging slowly building up to 70% HR_{max} ($\pm$ 1 km).
Tr. 45

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

    * Speed   - <u>Set 1</u>: Perform 5 laps of the following exercise in the penalty area.

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	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	---
Sprint	S	320 m
Total distance		1120 m

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

- The total exercise time is 15'. The total sprint distance is 320 m.

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

<u>Total duration: 55'</u>

<u>Sun. 28th</u>:   Officiating exhibition games to get match experience to prepare for the UEFA Champions, the UEFA Europa League, the UEFA Europa Conference League and the national championship.

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,…). On UEFA Ref Network, there are also 3 different match simulation exercises to compensate for not-refereeing as VAR or 4th Official.

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