

# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



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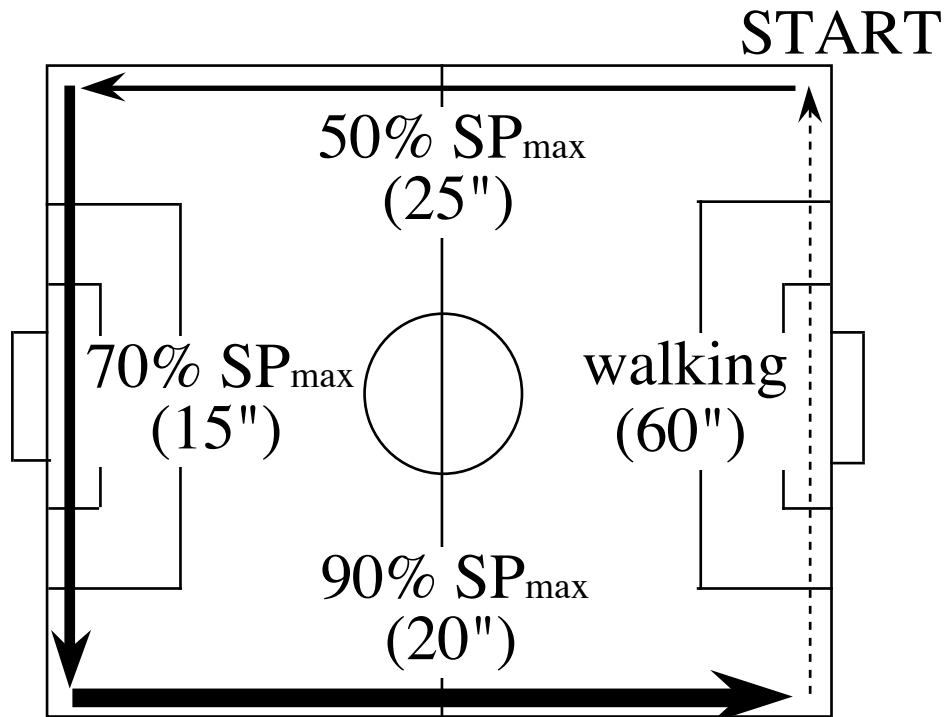
### WEEK 1 from Monday 31<sup>st</sup> of December to Sunday 6<sup>th</sup> of January Macrocycle VI, week 1 (Training week 31)

- Mon. 31<sup>st</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 116
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* High Int. - 8' run at 90% HR<sub>max</sub>, 4' jogging, 2 x
- All together this exercise takes  $\pm$  24'  
(8' Set 1 + 4' jogging + 8' Set 2 + 4' jogging).
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 74'

Tue. 1<sup>st</sup>. REST DAY

- Wed. 2<sup>nd</sup>. \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 117
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - Set 1:  
- Perform 6 laps ( $\pm$  2' per lap) of the below field exercise at the prescribed intensities
- 4' recovery
- Set 2:  
- Perform another 6 laps



- All together, this exercise takes 12' + 4' recovery + 12' = ± 28'

\* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

Total duration: 78'

Thu. 3<sup>rd</sup>:

REST DAY

Fri. 4<sup>th</sup>:

Tr. 118

\* Warm up

- 20' of jogging, dynamic exercises and stretching

\* Speed

- Variations on the 80 m distance (see below)

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

- 1' recovery and stretching

- 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)

- 2' recovery and stretching

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

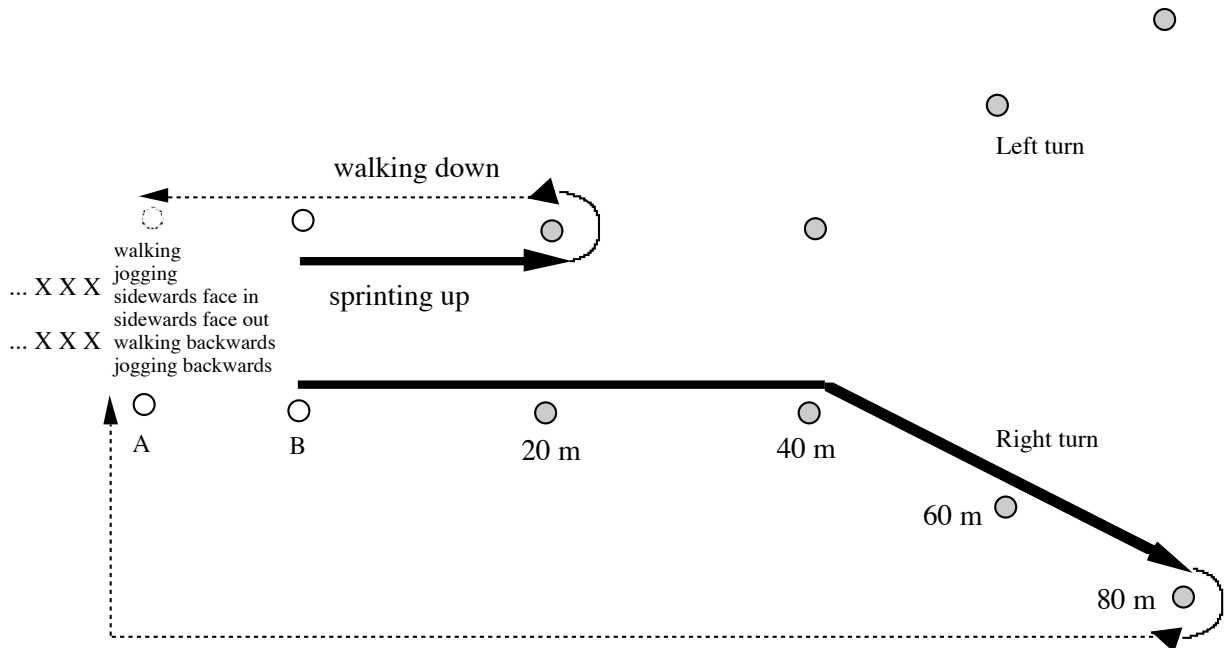
(1 x with a change in direction to the left, 1 x to the right)

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- The total exercise time is 15'.

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

Total duration: 50'

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

Sun. 6<sup>th</sup>: REST DAY

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing, cross-country skiing, playing badminton, football, squash, or tennis may provide extra mental and physical stimulation.

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## **WEEK 2 from Monday 7<sup>th</sup> to Sunday 13<sup>th</sup> of January** **Macrocycle VI, week 2 (Training week 32)**

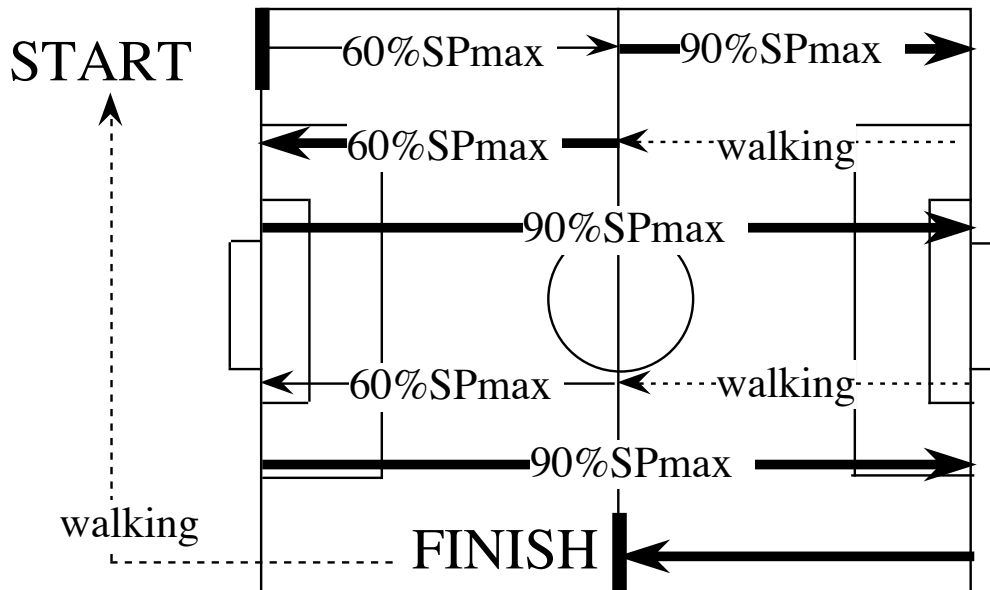
The training distances covered in High Intensity (on Monday) and Speed Endurance (on Wednesday), will decrease progressively over the next macro-cycle as training volume and intensity have to be cycled throughout the competitive season in an appropriate way.

- Mon. 7<sup>th</sup>:  
Tr. 119
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
  - \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
  - \* High Int. - 4' run at 90% HR<sub>max</sub>, 2' jogging, 4 x  
- All together, this exercise takes (4' + 2') x 4 =  $\pm$  24'
  - \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 74'

Tue. 8<sup>th</sup>: REST DAY

- Wed. 9<sup>th</sup>:  
Tr. 120
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
  - \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
  - \* Speed End. - Set 1: Field exercise, 4 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.  
- 5' recovery  
- Set 2: Field exercise, again 4 full laps



- All together this exercise takes 37'  
 (16' Set 1 + 5' recovery + 16' Set 2).

\* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

Total duration: 87'

Thu. 10<sup>th</sup>:

REST DAY

Fri. 11<sup>th</sup>:  
 Tr. 121

\* Warm up  
 \* Speed

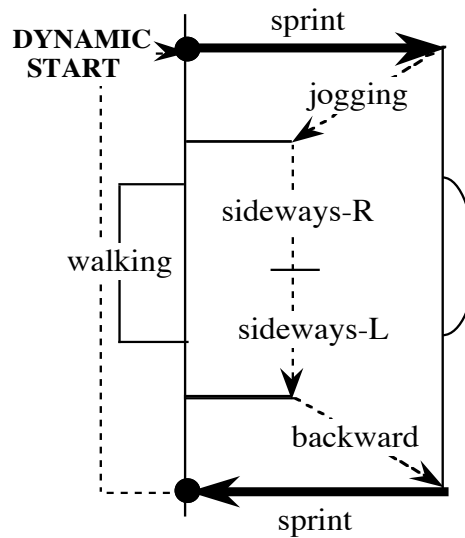
- 20' of jogging, dynamic exercises and stretching
- Set 1: Sprint exercise in the penalty box, 5 laps in total
- 5' recovery
- Set 2: Sprint exercise in the penalty box, again 5 laps in total

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- The total exercise time is 15'.

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

Total duration: 50'

Sat. 12<sup>th</sup>: REST or ACTIVE LEISURE

Sun. 13<sup>th</sup>: REST or ACTIVE LEISURE

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing, cross-country skiing, playing badminton, football, squash, or tennis may provide extra mental and physical stimulation.

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### WEEK 3 from Monday 14<sup>th</sup> to Sunday 20<sup>th</sup> of January Macrocycle VI, week 3 (Training week 33)

The training distances covered in High Intensity (on Monday) and Speed Endurance (on Wednesday), will decrease progressively over the next macro-cycle as training volume and intensity have to be cycled throughout the competitive season in an appropriate way.

- Mon. 14<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 122
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* High Int. - 2' run at 90% HR<sub>max</sub>, 1' jogging, 8 x  
- All together, this exercise takes  $(2' + 1') \times 8 = \pm 24'$
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 74'

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

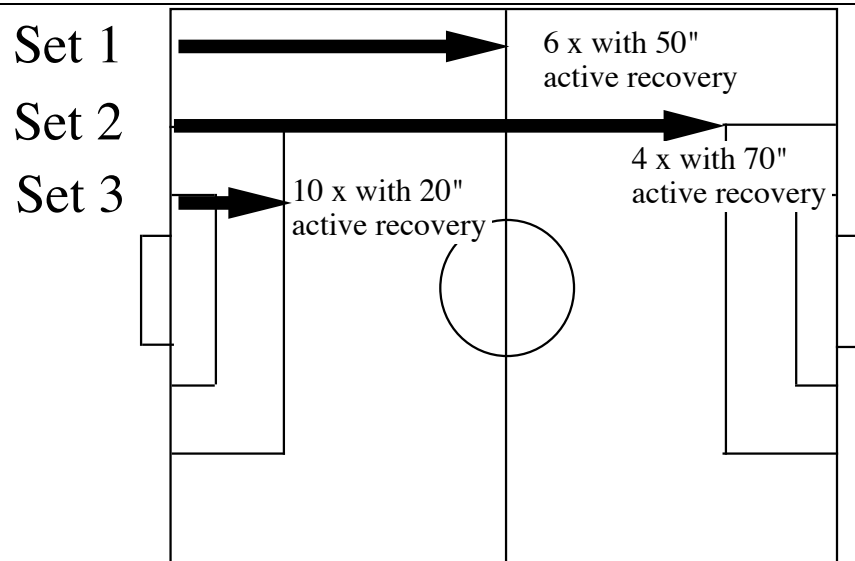
- Wed. 16<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 123
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Extended Sp. - Set 1:  
> 6 sprints to the midline ( $\pm$  7") with 50" active recovery jogging in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 1:  $\pm$  8'
- Set 2:  
> 4 sprints to the opposite penalty box ( $\pm$  11") with 70" active recovery jogging in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 2:  $\pm$  7.5'
- Set 3:  
> 10 sprints to the penalty box ( $\pm$  3") with 20" active recovery jogging in between each sprint  
> Jog 1 lap of the pitch ( $\pm$  2'30")  
> Duration Set 3:  $\pm$  6'

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- The total duration of this extended speed session is  $\pm 20'$

\* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

Total duration: 70'

Thu. 17<sup>th</sup>:

REST DAY

Fri. 18<sup>th</sup>:

\* Warm up

- 20' of jogging, dynamic exercises and stretching

Tr. 124

\* 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  
- 1 to 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)  
- 1 to 2' 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)

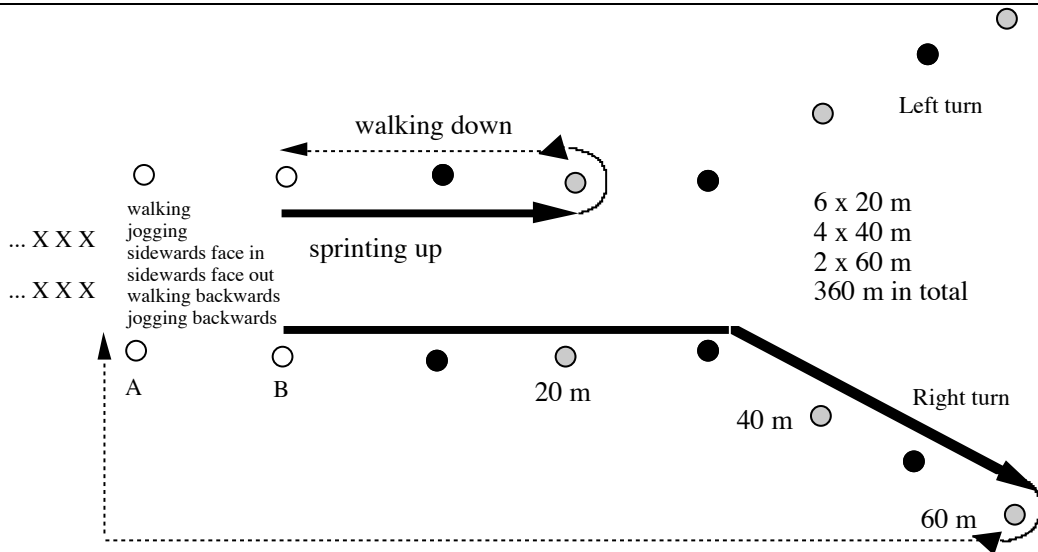
- The total exercise time is 15'.

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

Total duration: 50'

Sat. 19<sup>th</sup>: REST or ACTIVE LEISURE

Sun. 20<sup>th</sup>: REST or ACTIVE LEISURE

Depending on the match schedule and the weather conditions, intermittent and non-specific weekend activities such as alpine skiing, cross-country skiing, playing badminton, football, squash, or tennis may provide extra mental and physical stimulation.

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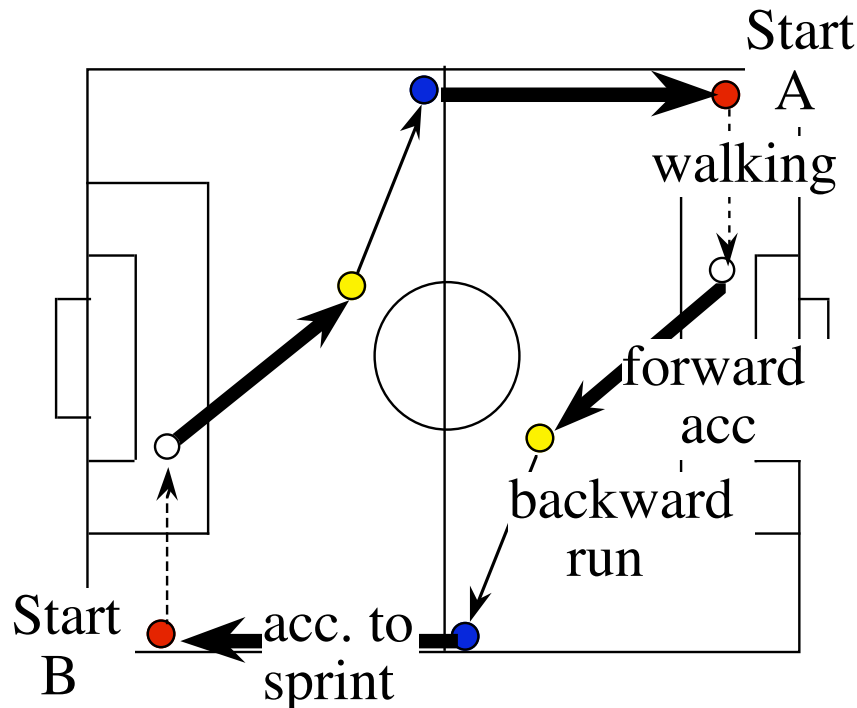
### WEEK 4 from Monday 21<sup>st</sup> to Sunday 27<sup>th</sup> of January Macrocycle VI, week 4 (Training week 34)

- Mon. 21<sup>st</sup>: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 125
- Tue. 22<sup>nd</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 126
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and 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' extensive stretching

Total duration: 74'

Wed. 23<sup>rd</sup>: REST DAY

- Thu. 24<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 127
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - 1 Set of the below exercise takes  $\pm$  8'  
- 50 m sprint ( $\pm$  10"), walking back 30", 5 x, 1' rest  
- 25 m sprint ( $\pm$  5"), walking back 15", 5 x, 1' rest  
- 16 m sprint ( $\pm$  3"), walking back 9", 5 x  
- 4' recovery
- \* Speed End. Field exercise (below) for a total of 8'



- All together, this exercise takes 8' + 4' recovery + 8' = ± 20'

- \* Match - 10' match play
- \* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

Total duration: 80'

Fri. 25<sup>th</sup>: REST DAY

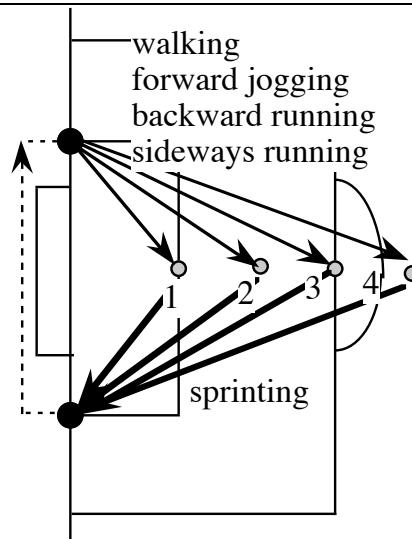
- Sat. 26<sup>th</sup>: \* Warm up - 20' of jogging, dynamic exercises and stretching  
Tr. 128 \* Speed
- Sprint exercise using the dimensions of the penalty box (see below)
  - 4 Sets of 4 sprints with a 2' recovery break in-between
  - Using the following dynamic starting movements:
    - Sprint 1 - walking
    - Sprint 2 - jogging
    - Sprint 3 - backwards jogging
    - Sprint 4 - side-stepping

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- The total exercise time is 15'.

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

Total duration: 50'

Sun. 27<sup>th</sup>: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

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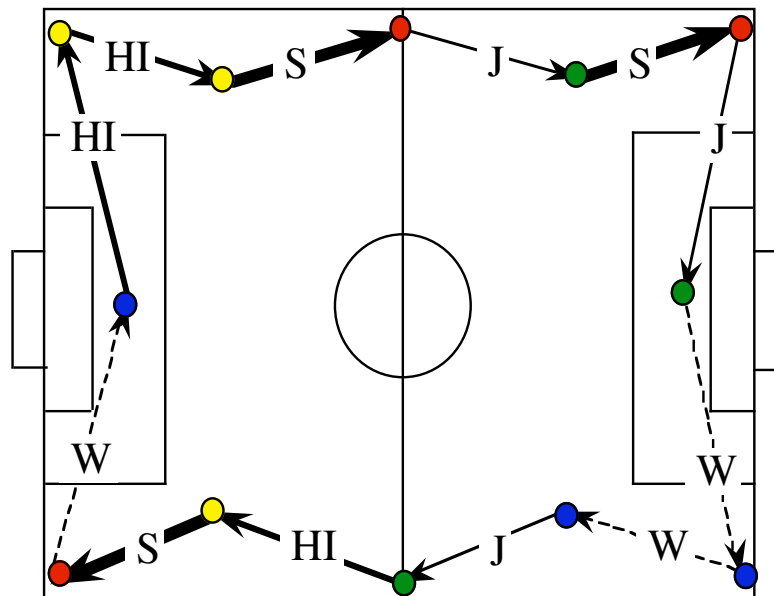
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### WEEK 5 from Monday 28<sup>th</sup> of January to Sunday 3<sup>rd</sup> of February Macrocycle VI, week 5 (Training week 35)

- Mon. 28<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 129
- Tue. 29<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 130
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6x 30 sit-ups, separated by 6x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* High Int. - Set 1:  
- 30" run at 90% HR<sub>max</sub>, 15" jogging, 14 x
- 4' 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'
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 75'

Wed. 30<sup>th</sup>: REST DAY

- Thu. 31<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 131
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - Set 1: Field exercise, 6 laps of 2' each  
- During each lap, there are 12 different activities. The colour of the next cone determines the intensity of the next activity as follows:
- walking to the blue cones (W)
  - jogging to the green cones (J)
  - high intensity run to the yellow cones (HI)
  - sprinting to the red cones (S)
- 4' recovery
- Set 2: Field exercise, another 6 laps of 2' each



- All together, this exercise takes 12' + 4' recovery + 12' = ± 28'

- \* Match - 10' match play
- \* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

Total duration: 88'

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

REST DAY

Sat. 2<sup>nd</sup>.  
Tr. 132

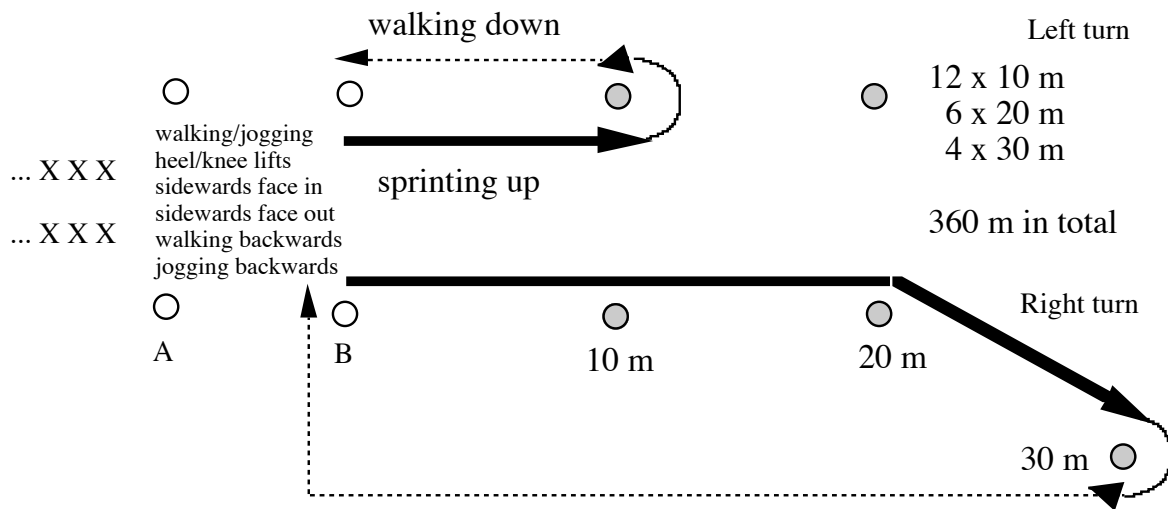
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Speed
  - Variations on the 30 m distance:
    - 10 m sprint up, 10 m walk down, 12 x or 120 m in total
    - 2' recovery and stretching
    - 20 m sprint up, 20 m walk down, 6 x or 120 m in total
    - 2' recovery and stretching
    - 30 m sprint up, 30 m walk down, 4 x or 120 m in total
    - (2 x with a change in direction to the left, 2 x to the right)

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- The total exercise time is 15'.

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

Total duration: 50'

Sun. 3<sup>rd</sup>: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

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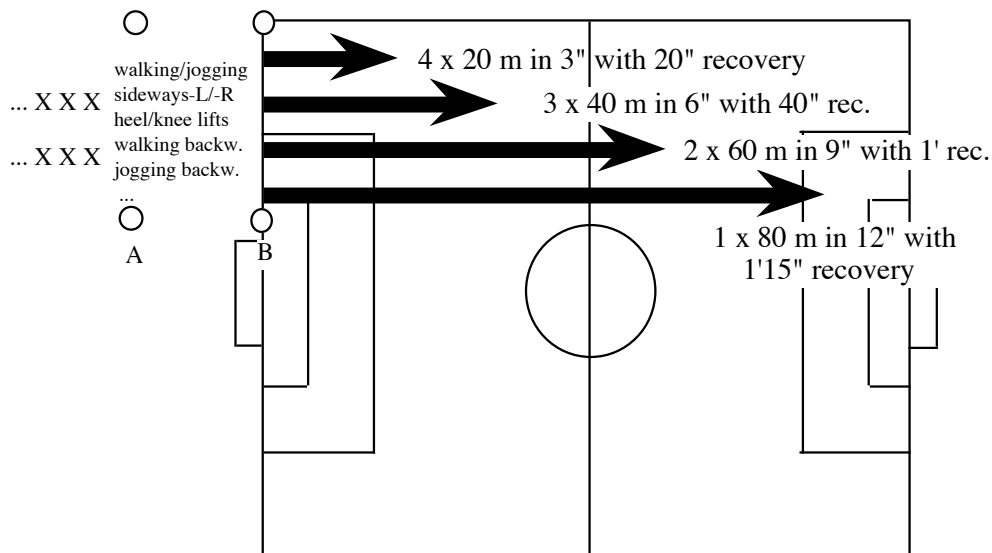


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### WEEK 6 from Monday 4<sup>th</sup> to Sunday 10<sup>th</sup> of February

#### Macrocycle VI, week 6 (Training week 36)

- Mon. 4<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 133
- Tue. 5<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 134
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Ext. Speed - Set 1 (using a dynamic start):  
 > 4 maximal 20m sprints ( $\pm$  3")  
 with 20" recovery (walking back)  
 > 3 maximal 40m sprints ( $\pm$  6")  
 with 40" recovery (walking back)  
 > 2 maximal 60m sprints ( $\pm$  9")  
 with 1' recovery (walking back)  
 > 1 maximal 80m sprint over 80 m ( $\pm$  12")  
 with 1'20" recovery (walking back)  
 > Jog 1 lap of the pitch ( $\pm$  2'30")
- > Duration Set 1:  $\pm$  11'30"



- Set 2:

- > 1 maximal 80m sprint over 80 m ( $\pm 12''$ )  
with 1'20" active recovery (walking back)
- > 2 maximal 60m sprints ( $\pm 9''$ )  
with 1' active recovery (walking back)
- > 3 maximal 40m sprints ( $\pm 6''$ )  
with 40" active recovery (walking back)
- > 4 maximal 20m 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  $\pm 23'$ .

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

Total duration: 73'

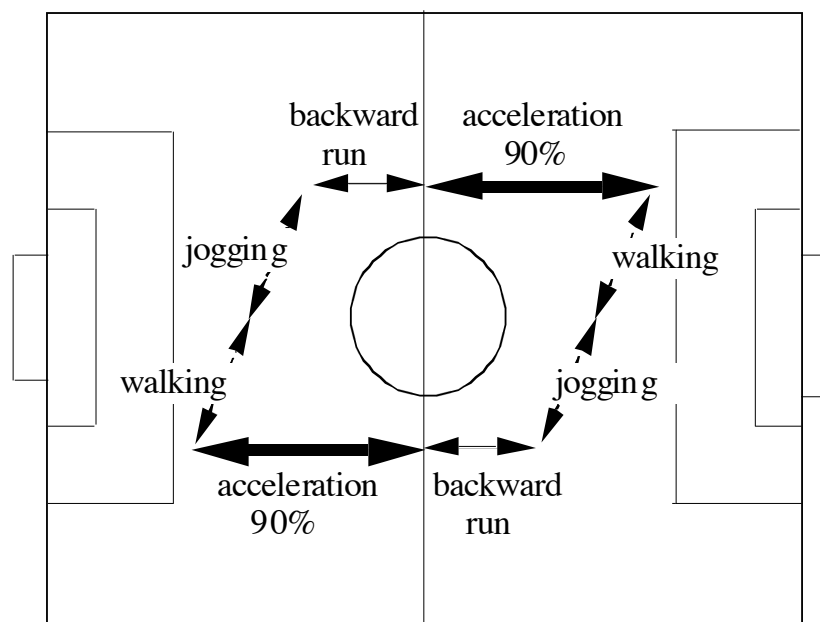
Wed. 6<sup>th</sup>:

REST DAY

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

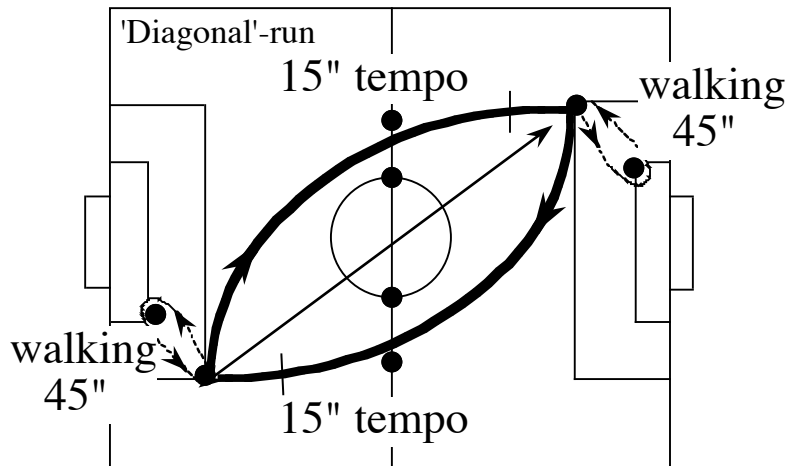
Tr. 135

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - Field exercise (below) for a total of 8'



- 4' recovery

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



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

\* Match

- 10' match play

\* Cool down

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

Total duration: 82'

Fri. 8<sup>th</sup>:

REST DAY

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

\* Warm up

- 20' of jogging, dynamic exercises and stretching

Tr. 136

\* Speed

- Set 1: Sprint exercise in the penalty box, 5 laps in total

- 5' recovery

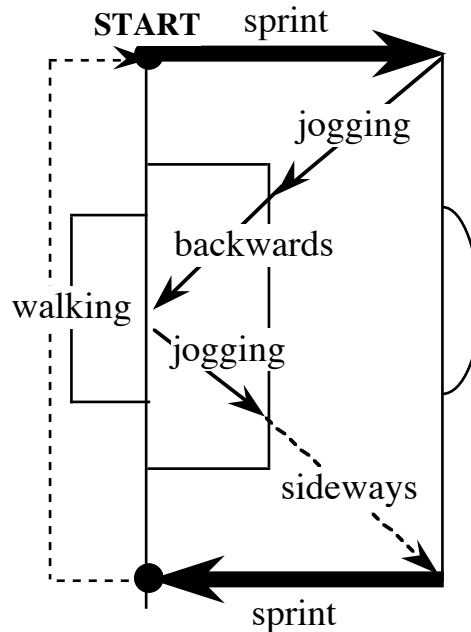
- Set 2: Sprint exercise in the penalty box, again 5 laps in total

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- The total exercise time is 15'.

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

Total duration: 50'

Sun. 10<sup>th</sup>: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.