

Macrocycle III, week 1 (Training week 13)

- Mon.: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 3.1
- Tue.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.2
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1
- 20" run at 90% HR_{max} (approx. 100 m), followed by 10" recovery jogging
- 40" run at 90% HR_{max} (approx. 200 m), 20" jogging
- 60" run at 90% HR_{max} (approx. 300 m), 30" jogging
- 80" run at 90% HR_{max} (approx. 400 m), 40" jogging
- 20" run at 90% HR_{max} (approx. 100 m), 10" jogging
- 40" run at 90% HR_{max} (approx. 200 m), 20" jogging
- 60" run at 90% HR_{max} (approx. 300 m), 30" jogging
- 80" run at 90% HR_{max} (approx. 400 m), 40" jogging
- 5' recovery
- From a coaching point of view, the easiest way to run this intermittent exercise, is to whistle each time the referees have to change from activity. For Set 1 and 2, the time line is:
- 0 (20" HI tempo) - 20" (J) - 30" (HI) - 1'10" (J) - 1'30" (HI) - 2'30" (J) - 3' (HI) - 4'20" (J) - 5' (HI) - 5'20" (J) - 5'30" (HI) - 6'10" (J) - 6'30" (HI) - 7'30" (J) - 8' (HI) - 9'20" (J) - 10' (Stop)
- For the next set, the same time table can be used:
- Set 2
- 20" run at 90% HR_{max} (approx. 100 m), 10" jogging
- 40" run at 90% HR_{max} (approx. 200 m), 20" jogging
- 60" run at 90% HR_{max} (approx. 300 m), 30" jogging
- 80" run at 90% HR_{max} (approx. 400 m), 40" jogging
- 20" run at 90% HR_{max} (approx. 100 m), 10" jogging
- 40" run at 90% HR_{max} (approx. 200 m), 20" jogging
- 60" run at 90% HR_{max} (approx. 300 m), 30" jogging
- 80" run at 90% HR_{max} (approx. 400 m), 40" jogging
- All together, this HI exercise takes 10' for Set 1 and 10' for Set 2. Therefore, 20' in total with 5' recovery in between

- If it is not possible to perform this exercise on a field of play then the run can easily be performed on a track, in the forest or on a treadmill.

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

Total duration: 75'

Wed.: REST or RECOVERY

Thu.: * Low Int. - 5' jogging slowly building up to 80% HR_{max} (± 1 km)

Tr. 3.3

* Warm up - 20' of jogging, dynamic exercises and stretching

* Strength - 5x 25 sit-ups, separated by 5x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

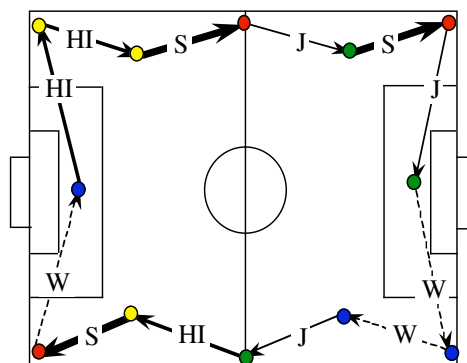
* Speed End. - Set 1: Field exercise, 5 laps of 2' each.
During each lap, there are 12 activities. The colour of the next cone determines the intensity of the next activity as follows:

- walking to the blue cones (W)
- jogging to the green cones (J)
- high intensity tempo run to the yellow cones (HI)
- sprinting to the red cones (S)

- 4' recovery

- Field exercise Set 2 (again 5 laps of 2' each)

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



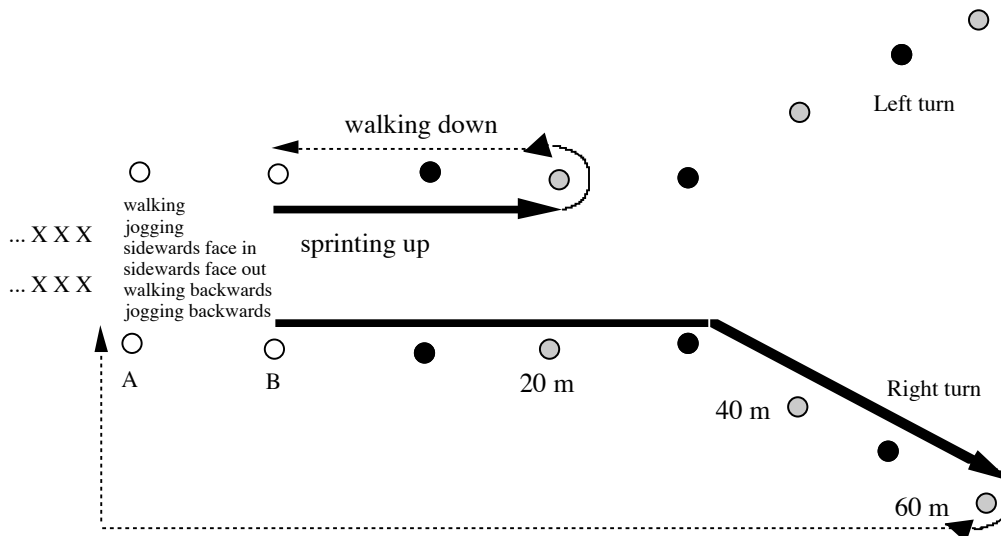
* Match - 10' of match play or 10' of medium intensity jogging (80% HR_{max})

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

Total duration: 84'

Fri.: REST or RECOVERY

- Sat.: * Warm up - 20' of jogging, dynamic exercises and stretching
Tr. 3.4
- * Speed
- Variations on the 60 m distance as follows:
 - 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total
 - 2' recovery and stretching
 - 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total (2 x with a change in direction to the left, 2 x to the right)
 - 3' recovery and stretching
 - 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total (1 x with a change in direction to the left, 1 x to the right)



- The total exercise time is 15'.

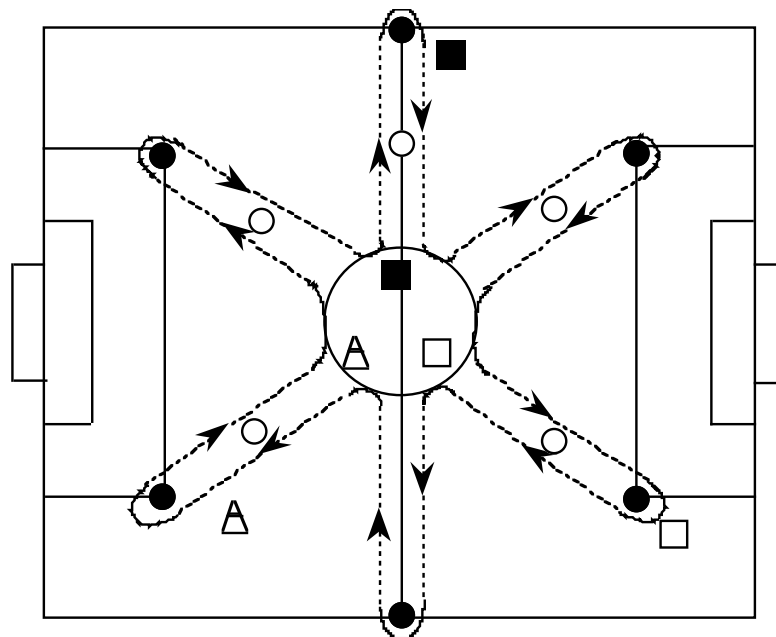
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun.: 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.

Macrocycle III, week 2 (Training week 14)

- Mon. 1st: * Act. Rec. - 50' recovery session in a fitness centre,
Tr. 3.5
- Tue.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.6
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1: For each pair of referees there is 1 bib (a coloured vest).
- On a given signal, three referees with a bib from each team start running from the edge of the centre-circle to different cones and back to the centre-circle. The bib is then given to the partner who performs the same course. On his way back to the centre-circle, he gives the bib back to the first referee who now runs clockwise to the next cone and back to the centre-circle. This continues until 3 full laps have been completed, or 18 runs in total. Set 1 takes ± 9'.



- 5' recovery

- Set 2: A second Set is now done counter-clockwise.

- All together, this HI exercise takes ± 23' with 5' passive recovery in-between.

* Tip Assistant referees can perform the same exercise but covering the second set the shorter distances marked by the 'white' cones in the middle of the distance of the first set.

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

Total duration: 73'

Wed.: REST or RECOVERY

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

Tr. 3.7

* Warm up - 20' of jogging, dynamic exercises and stretching

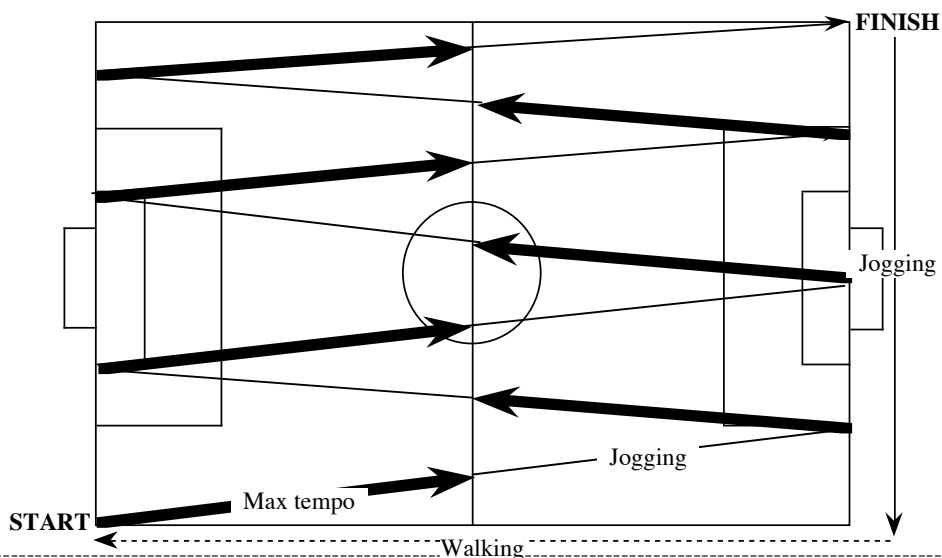
* Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

* Speed End. - Field exercise Set 1, 2 laps
One lap consists of 7 maximal sprints followed by 7 recovery jogs. The maximum sprint should consist of 95% of maximal speed. The jogging should take 3 x longer than the duration of the sprint. 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 ± 13' to do 2 full laps.

- 4' recovery

- Field exercise Set 2, again 2 laps of 7 maximal sprints each

- In total, the exercise takes ± 30'
(13' Set 1 + 4' recovery + 13' Set 2)



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

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

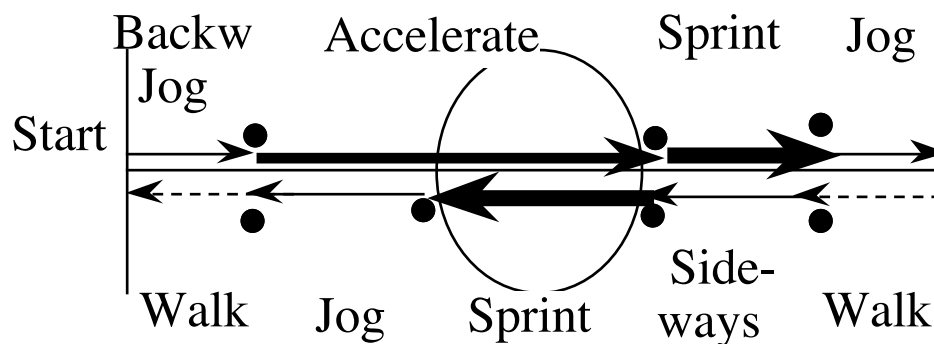
Total duration: 90'

Fri.: REST or RECOVERY

Sat.: * Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 3.8

* Speed - Set 1: 4 reps of the following centre-circle exercise:



- 5' recovery and stretching break after Set 1.

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

- The total exercise time is 15'.

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

Total duration: 50'

Sun.: 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.

Macrocycle III, week 3 (Training week 15)

Mon.: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 3.9

Tue.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 3.10

* Warm up - 20' of jogging, dynamic exercises and stretching

* Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

* High Int. - Each run is performed at 90% of HR_{max}

Set 1:

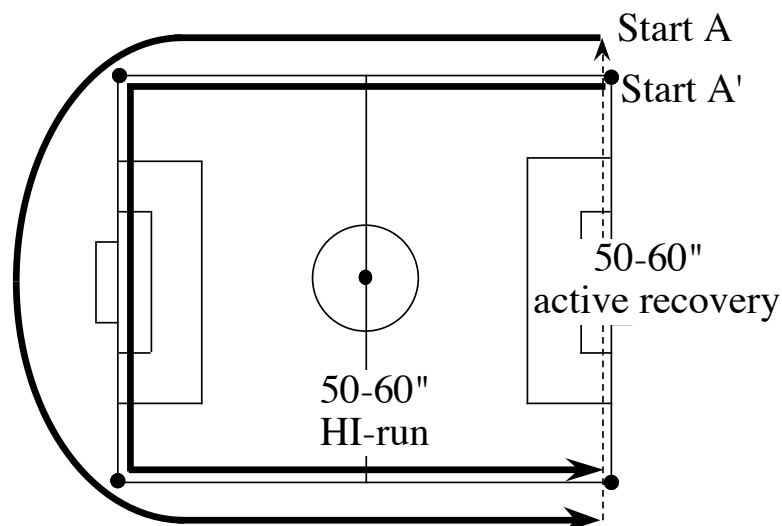
- 300 m run in 50-60", 50-60" recovery, 7 x

- 5' recovery

Set 2:

- Again 300 m run in 50-60", 50-60", recovery, 7 x

- If the exercise is performed on the field of play, then the start of Set 2 is on the opposite side so that referees have to turn on the other shoulder



- All together, this exercise consists of 14 HI runs that will take \pm 33' (14' Set 1 + 5' recovery + 14' Set 2).

- If it is not possible to perform this exercise on a field of play or a track then the run can easily be performed in the forest or on a treadmill.

2008-09 Top-Referees' Fitness Programme:

The road to excellence p. 8 / 22



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

Total duration: 83'

Wed.: REST or RECOVERY

- Thu.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.11
- * Warm up - 20' of jogging, dynamic exercises and stretching
 - * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

- * Ext. Speed - Set 1:
 - > 2 maximal 75 m sprints ($\pm 10''$) with 75'' recovery jogging / walking in between each sprint
 - > 4 maximal 50 m sprints ($\pm 7''$) with 50'' recovery jogging / walking in between each sprint
 - > 6 maximal 25 m sprints ($\pm 4''$) with 25'' recovery jogging / walking in between each sprint
 - > Jog 1 lap of the pitch ($\pm 2'30''$)
 - > Duration Set 1: $\pm 12'$

- Set 2:
 - > 6 maximal 25 m sprints ($\pm 4''$) with 25'' recovery jogging / walking in between each sprint
 - > 4 maximal 50 m sprints ($\pm 7''$) with 50'' recovery jogging / walking in between each sprint
 - > 2 maximal 75 m sprints ($\pm 10''$) with 75'' recovery jogging / walking in between each sprint
 - > Jog 1 lap of the pitch ($\pm 2'30''$)
 - > Duration Set 2: $\pm 12'$

- The total duration of this extended speed session is $\pm 24'$

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

Total duration: 89'

Fri.: REST or RECOVERY

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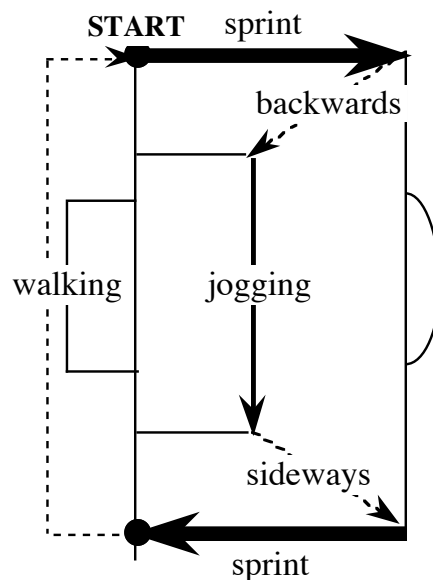
Sat.: * Warm up

- 20' of jogging, dynamic exercises and stretching

Tr. 3.12

* Speed

- Set 1: Perform 5 laps of the following exercise in the penalty box



- 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 320m.

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

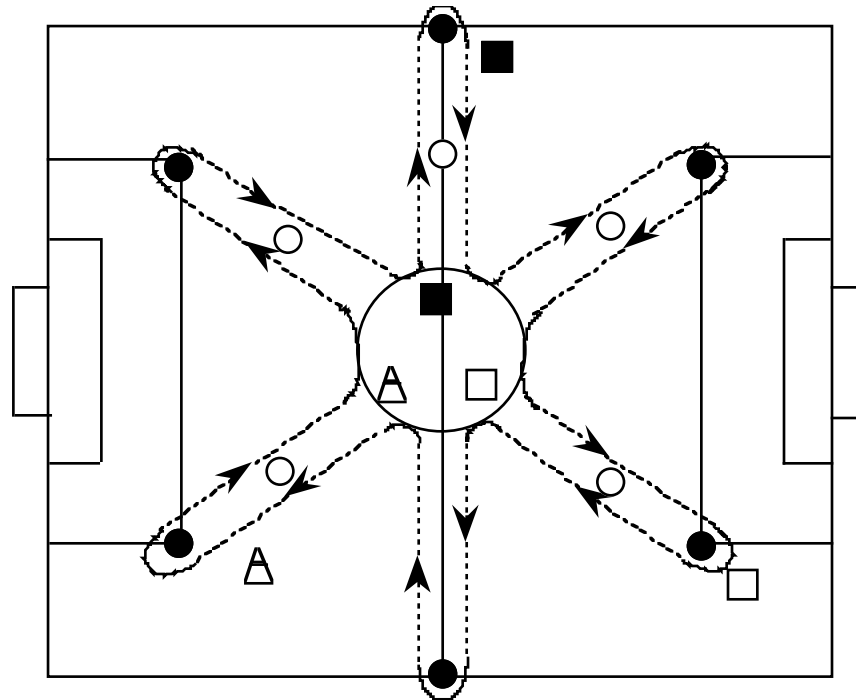
Total duration: 50'

Sun.:

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.

Macrocycle III, week 4 (Training week 16)

- Mon.: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 3.13
- Tue.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.14
- * Warm up - 20' of jogging, dynamic exercises and stretching
 - * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
 - * High Int. - This HI exercise is an extension of the 'star run' performed last week. Again, referees run 2 x 2. Each referee runs with a bib (a coloured vest). On a given signal, referee A runs from the edge of the centre-circle to a cone and back to the centre circle (up & down). The bib is then given to the partner (referee B) who covers the same trajectory. Once he is back in the centre circle, he gives the bib back to referee A, who now runs clockwise to the next cone, back to the centre-circle, and continues to the next cone in row (2 x up & down). When referee A again enters the centre circle, he now gives the bib to the partner (referee B) who performs on his turn the same course (2 x up & down). On his way back to the centre circle, he gives the bib back to the referee A, who now runs clockwise to the next cone, back to the centre circle, again to the next cone in row, back to the centre circle, and continues to the final cone in row of the first full lap (3 x up & down). When referee A again enters the centre circle, he gives the bib to the partner (referee B) who performs on his turn the same course turning around 3 cones. This particular exercise consists of 3 full laps of 6 cones (1-2-3-1-2-3-1-2-3 or 18 runs all together). Set 1 takes 10'.
- 5' recovery



- Set 2: The star run is now performed again over 3 full laps, but in reversed order, i.e. referee A turns around 3 cones before referee B comes into play, then referee A runs around 2 cones, before referee B comes into play, finally referee A runs around one cone before referee B performs the same. The HI running is now done counter-clockwise so that the referees turn over the L shoulder. Set 2 also consists of 3 full laps of 6 cones (3-2-1-3-2-1-3-2-1 or 18 turns all together). Set 2 also takes 10'.

- All together, this HI exercise takes $\pm 25'$
(10' Set 1 + 5' recovery + 10' Set 2).

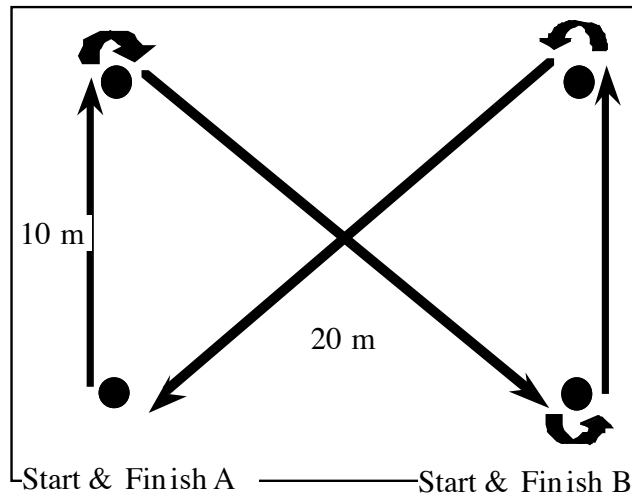
* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 75'

Wed.:

REST or RECOVERY

- Thu.:** * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.15
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5x 25 sit-ups, separated by 5x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed/Agility - Set 1: Agility exercise of 60 m, 1' rest, 5 reps
 The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before start sprinting the remaining 50 m.
- 2' recovery, stretching and drinking break
- Perform a 2nd set of this exercise (5 reps)

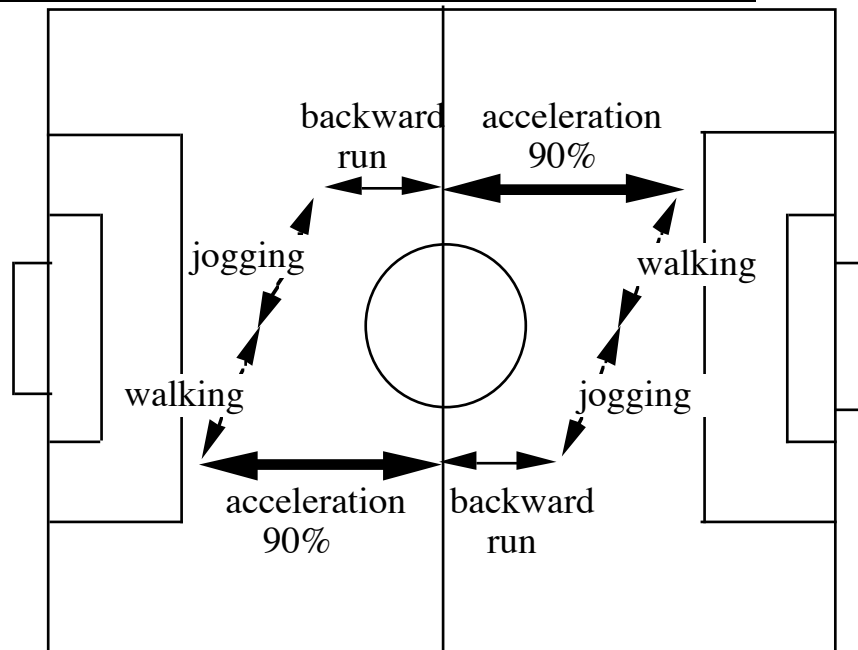


Start & Finish A ————— Start & Finish B

X	X
X	X
X	X
X	X
X	X

- 2' recovery, stretching and drinking break

- * Speed End. - Field exercise 8', 1 set (see below)
- 2' recovery
- All together these exercises take 26' (6' Set 1, 2' recovery, 6' Set 2, 2' recovery, 8' Field, 2' recovery).



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

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

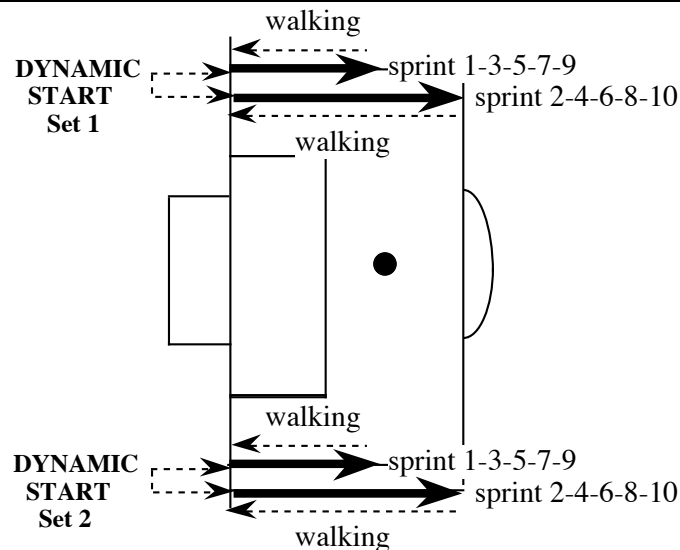
Total duration: 86'

Fri.: REST or RECOVERY

Sat.: * Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 3.16

* Speed - Set 1: 5 sprints to the penalty spot alternated with 5 sprints to the penalty box, with appropriate recovery in-between each sprint, i.e., a slow walk back to the start.



- Once the 10 sprints have been completed take a 5' recovery, stretching and drinking break.

- Set 2: again 5 sprints to the penalty spot and 5 to the penalty box

- The total sprint distance is 270 m. The total exercise time is 15'.

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

Total duration: 50'

Sun.:

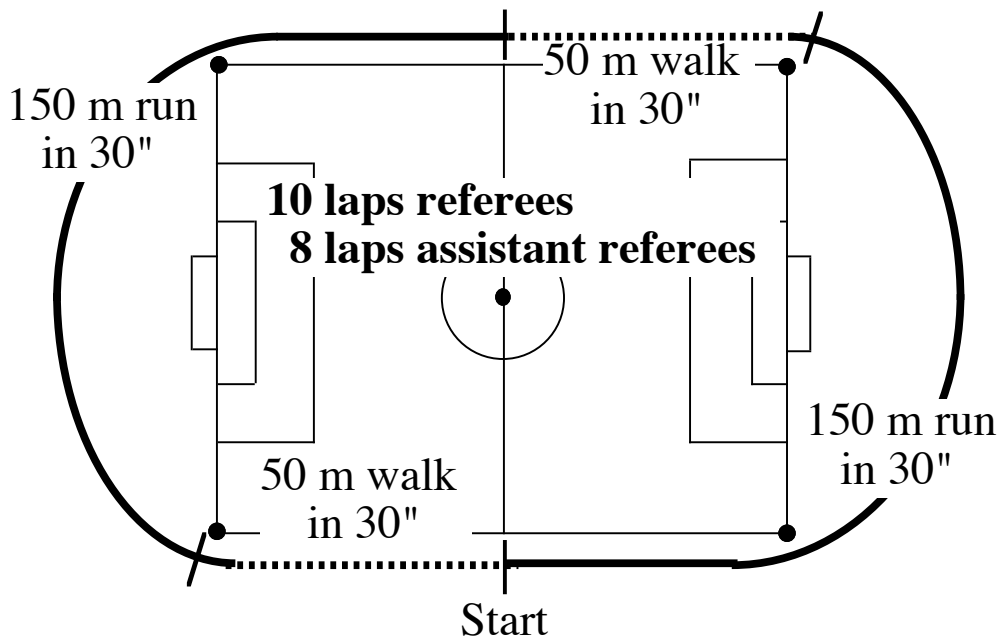
Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

Macrocycle III, week 5 (Training week 17)

Mon.: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 3.17

Tue.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.18

- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - See below exercise



- On the first whistle, referees have to cover 150 m in 30" from the start position on (1). Then they have 30 to 40" (in the case of assistant referees) to cover 50 m walking (2). On the next whistle, referees have to run again 150 m in 30" (3), followed by 50 m walking in 30 to 40" (4). This equals 1 lap.

- 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 equals 20' (with 30" recovery).

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

Total duration: 70'

2008-09 Top-Referees' Fitness Programme:

The road to excellence p. 16 / 22



Wed.:

REST or RECOVERY

Thu.:

Tr. 3.19

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End. - Set 1: Field exercise, 5 x
Referees start at 65% SP_{max} the first 1/3 of the field of play , then accelerate the second 1/3 up to 85% SP_{max}, and finally accelerate to 95% SP_{max} the final 1/3. In the width of the field, referees continue 'jogging'. On the other side, they continue the same way.
- So for each lap, there are 2 build up accelerations in the length of the field.

- 4' recovery

- Set 2: Field exercise, again 5x but now in a reversed way, i.e. accelerating in the width of the field, and jogging in the length of the field.

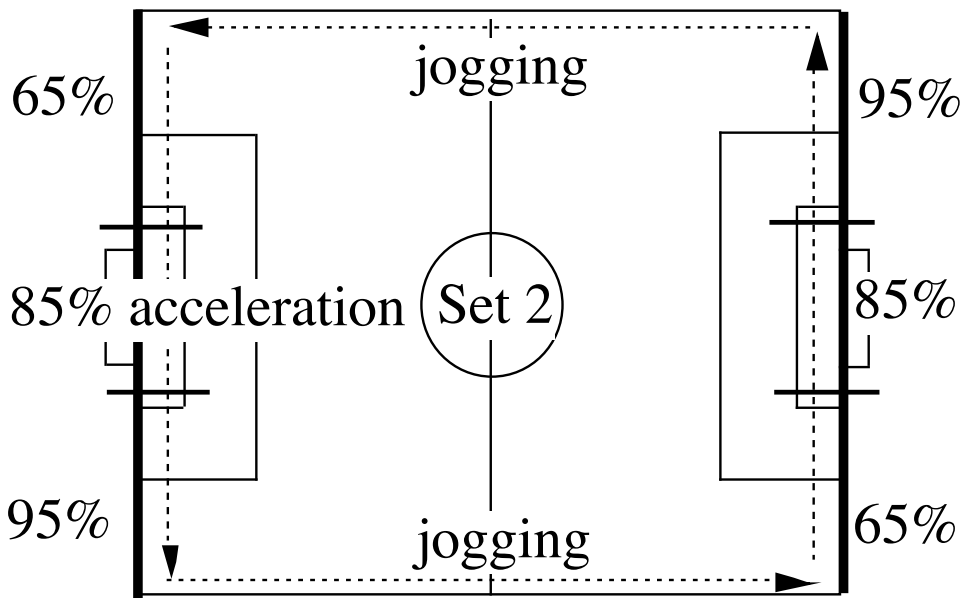
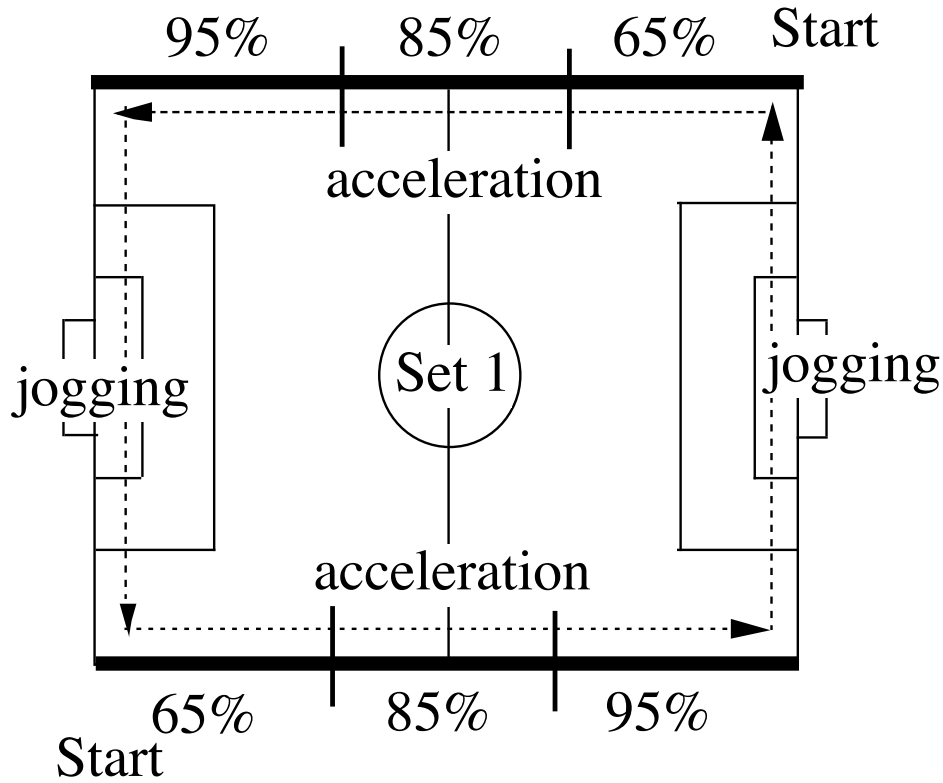
- All together, this SE exercise takes 26'
(10' Set 1 + 4' recovery + 12' Set 2)

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

Total duration: 86'

Fri.:

REST or RECOVERY

2008-09 Top-Referees' Fitness Programme:

The road to excellence p. 18 / 22



Sat.: * Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 3.20

* Speed

- Set 1:

- 10 m sprint up, 10 m walk down, 3 x

- 20 m sprint up, 20 m walk down, 3 x

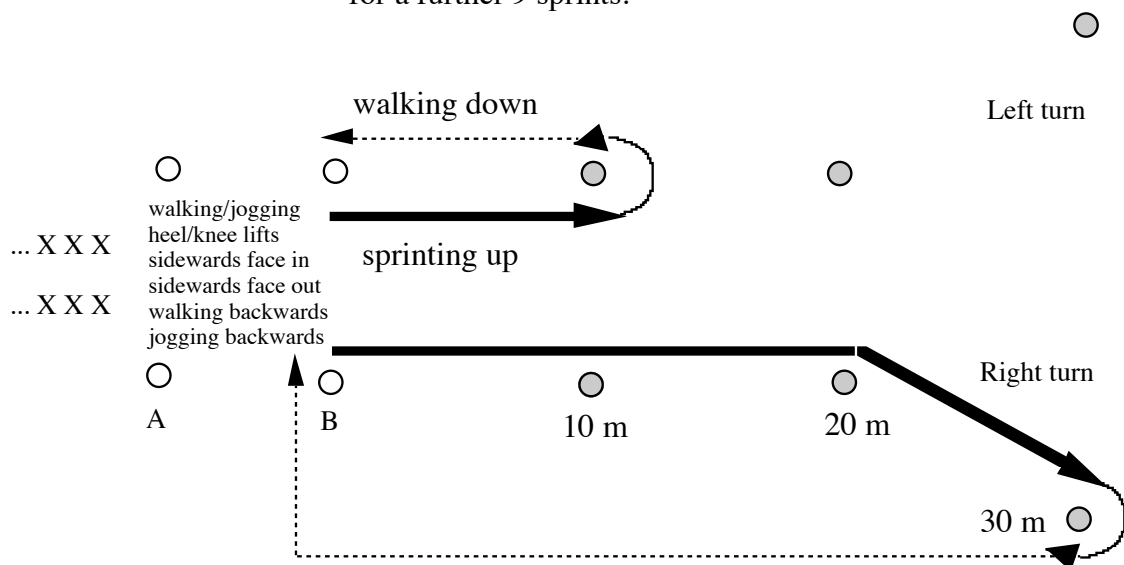
- 30 m sprint up, 30 m walk down, 3 x

(with a change in direction to the left or to the right)

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

- Set 2:

- In reversed order, i.e. from 30 m to 10 m, each distance 3x for a further 9 sprints.



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

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

Total duration: 50'

Sun.: 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.

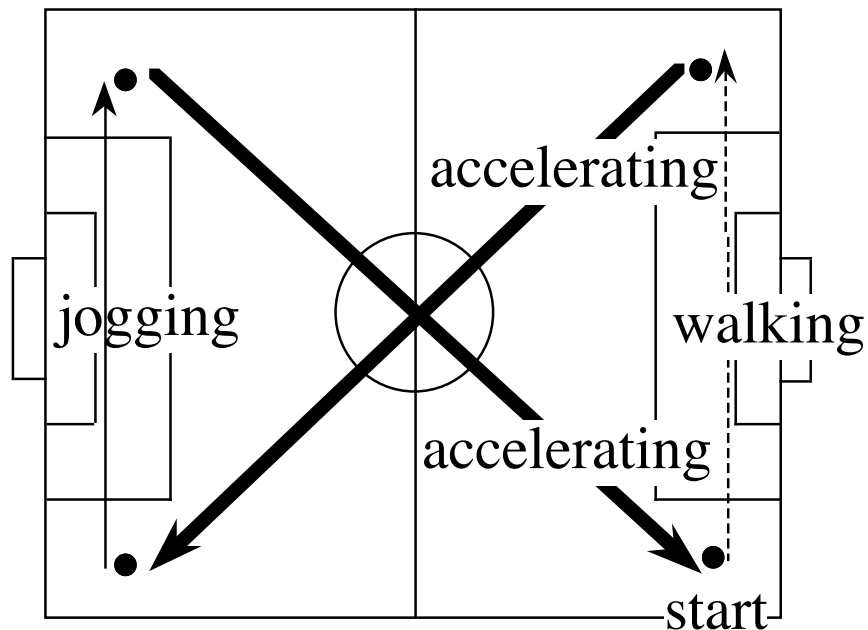
Macrocycle III, week 6 (Training week 18)

- Mon.: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 3.21
- Tue.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.22
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Ext. Speed - All sprints to start on the goal-line.
Set 1:
> 8 maximal sprints to the midline (± 7'')
with 50'' recovery jogging in between each and every sprint
> Jog 1 lap of the pitch (± 2'30'')
> Duration: ± 10'
- Set 2:
> 4 sprints to the opposite penalty box (± 11'')
with 70'' recovery jogging in between each and every sprint
> Jog 1 lap of the pitch (± 2'30'')
> Duration: ± 7.5'
- Set 3:
> 10 sprints to the penalty box (± 3'')
with 20'' recovery jogging in between each and every sprint
> Duration: ± 3.5'
- All together, this extended speed session takes ± 21'.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 71'

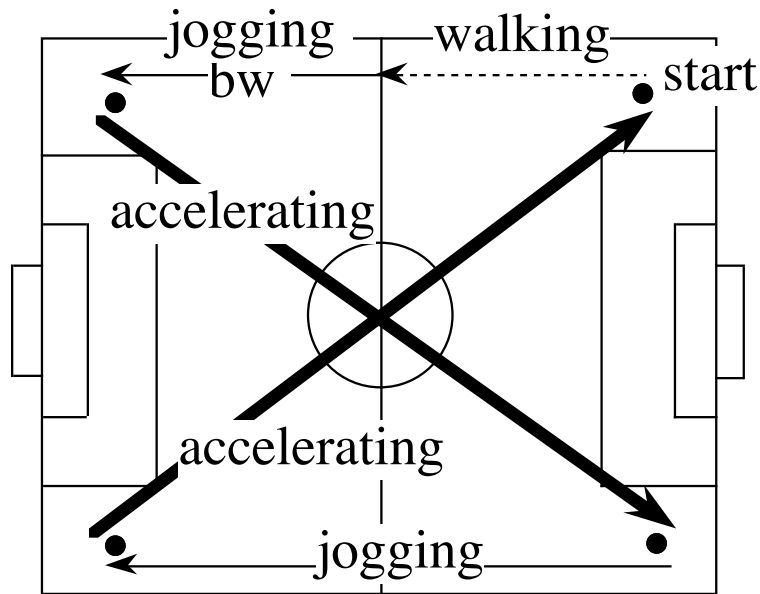
Wed.: REST or RECOVERY

- Thu.: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 3.23
- * Warm up - 20' of jogging, dynamic exercises and stretching
- * Strength - 5 x 25 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

- * Speed End.
- Referees start by walking to the other side of the penalty box, then sprint at 90% SP_{max} along the diagonal, jog to the other side of the penalty box, and finally sprint back at 90% SP_{max} to the starting position.
 - 6 laps of $\pm 90''$ each
 - 4' recovery



- Referees start the second set by walking to the midline, then jog backwards/sideways to the other end of the field, sprint at 90% SP_{max} along the diagonal, jog in the length of the pitch and finally sprint at 90% SP_{max} along the diagonal to the starting position.
- 6 laps of $\pm 2'$ each



- In total this exercise takes 25' (9' Set 1 + 4' recovery + 12' Set 2).

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

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

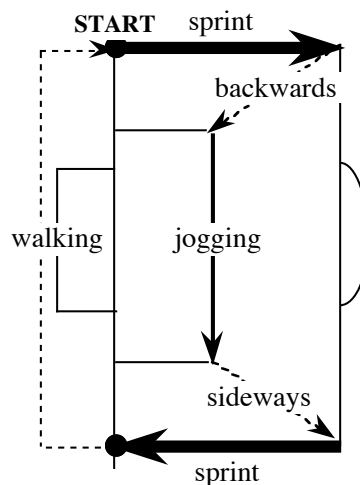
Total duration: 85'

Fri.: REST or RECOVERY

Sat.: * Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 3.24

* Speed - Set 1: short sprints in the penalty box, 5 laps



- 5' recovery and stretching

2008-09 Top-Referees' Fitness Programme:

The road to excellence *p. 22 / 22*



- Perform a 2nd Set of the above exercise (5 sprints)

- The total exercise time is $\pm 15'$.

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

Total duration: 50'

Sun.: 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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