

# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 1 / 21

---

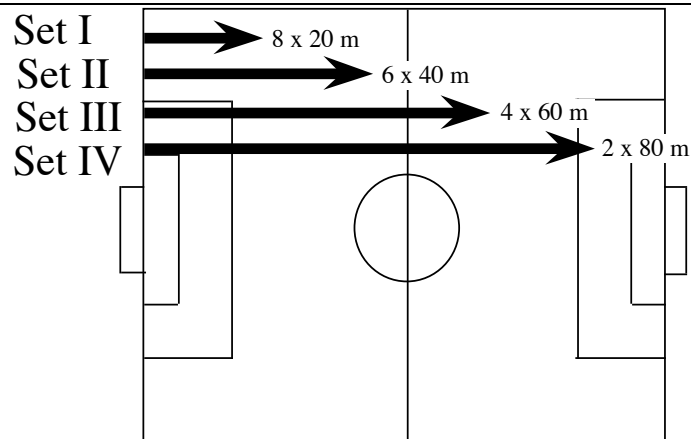
### **WEEK 29 from Monday 16<sup>th</sup> to Sunday 22<sup>nd</sup> of July** **Macrocycle II, week 1 (Training week 7)**

- Mon. 16<sup>th</sup>:** \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
**Tr. 22**
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Medium Int. - 30' run at 70% HR<sub>max</sub> (± 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' of jogging and walking, followed by 10' of extensive stretching
- Total duration: 70'

- Tue. 17<sup>th</sup>:** \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
**Tr. 23**
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 1)
- \* High Int. - 2' run at 90% HR<sub>max</sub>, 1' jogging, 8 x  
- In total, it takes 24' to complete this HI-exercise.
- \* Cool down - 5' of jogging and walking, followed by 10' of extensive stretching
- Total duration: 74'

**Wed. 18<sup>th</sup>:** REST or RECOVERY

- Thu. 19<sup>th</sup>:** \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
**Tr. 24**
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 1)
- \* 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).

HR<sub>max</sub>) \* Match - 10' of match play or 10' of medium intensity jogging (80%)

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

Total duration: 80'

Fri. 20<sup>th</sup>: REST or RECOVERY

Sat. 21<sup>st</sup>: \* Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 25

\* Speed - short sprints from a dynamic position (heel lifts, knee lifts,...)



# 2007-08 Top-Referees' Fitness Programme

The road to excellence



p. 4 / 21

## WEEK 30 from Monday 23<sup>rd</sup> to Sunday 29<sup>th</sup> of July Macrocycle II, week 2 (Training week 8)

- Mon. 23<sup>rd</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 26
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Speed End. - 45'' of jogging, followed by 15'' of acceleration building up to to 95% SP<sub>max</sub>, 8 reps, 3' recovery (walking)  
- 30'' of jogging, followed by 15'' of acceleration building up to to 95% SP<sub>max</sub>, 8 reps, 2' recovery (walking)  
- 15'' of jogging, followed by 15'' of acceleration building up to to 95% SP<sub>max</sub>, 8 reps, 1' recovery (walking)
- \* Cool down - 5' of jogging and walking, followed by 10' of extensive stretching
- Total duration: 64'

- Tue. 24<sup>th</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 27
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 2)
- \* High Int. - 20'' run at 90% HR<sub>max</sub> (appr. 100 m), 10'' jogging (Set 1)  
- 40'' run at 90% HR<sub>max</sub> (appr. 200 m), 20'' jogging  
- 60'' run at 90% HR<sub>max</sub> (appr. 300 m), 30'' jogging  
- 80'' run at 90% HR<sub>max</sub> (appr. 400 m), 40'' jogging
- 20'' run at 90% HR<sub>max</sub> (appr. 100 m), 10'' jogging (Set 2)  
- 40'' run at 90% HR<sub>max</sub> (appr. 200 m), 20'' jogging  
- 60'' run at 90% HR<sub>max</sub> (appr. 300 m), 30'' jogging  
- 80'' run at 90% HR<sub>max</sub> (appr. 400 m), 40'' jogging
- After a 4' recovery and a stretching break, the pulsations should be reduced below 120 bpm
- 80'' run at 90% HR<sub>max</sub> (appr. 400 m), 40'' jogging (set 3)  
- 60'' run at 90% HR<sub>max</sub> (appr. 300 m), 30'' jogging  
- 40'' run at 90% HR<sub>max</sub> (appr. 200 m), 20'' jogging  
- 20'' run at 90% HR<sub>max</sub> (appr. 100 m), 10'' jogging
- 80'' run at 90% HR<sub>max</sub> (appr. 400 m), 40'' jogging (set 4)  
- 60'' run at 90% HR<sub>max</sub> (appr. 300 m), 30'' jogging  
- 40'' run at 90% HR<sub>max</sub> (appr. 200 m), 20'' jogging  
- 20'' run at 90% HR<sub>max</sub> (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 time line 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 time line 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' of jogging and walking, followed by 10' of extensive stretching

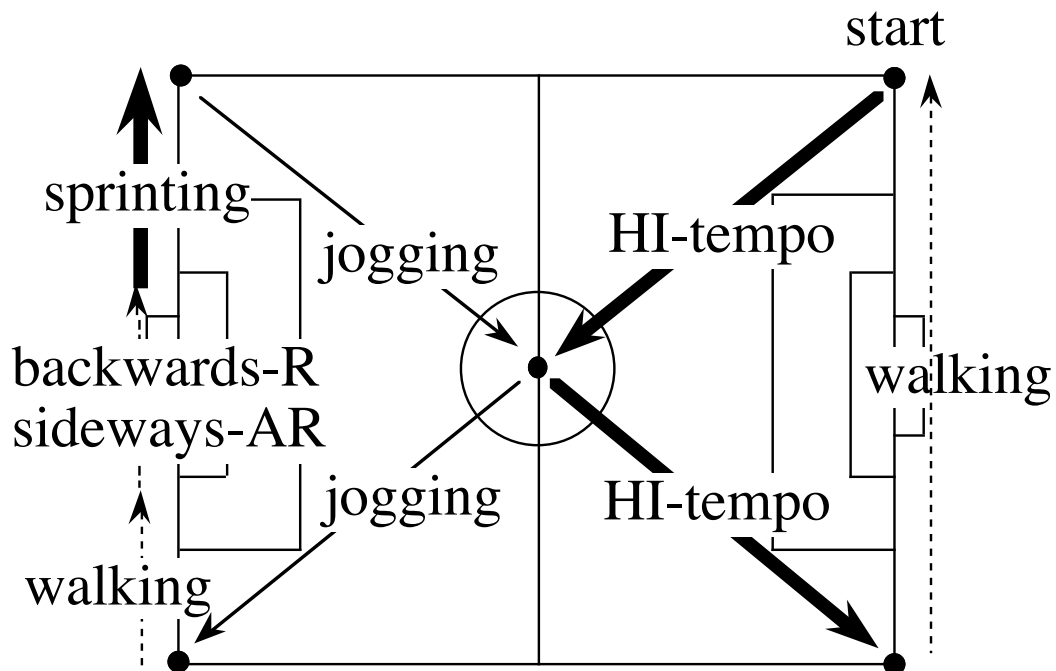
Total duration: 74'

Wed. 25<sup>th</sup>:

REST or RECOVERY

Thu. 26<sup>th</sup>:  
Tr. 28

- \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 2)
- \* Speed End. - Set 1: Field exercise, 5 laps of ± 2' each



- 4' recovery

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

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

HR<sub>max</sub>) \* Match - 10' of match play or 10' of medium intensity jogging (80%)

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

Total duration: 84'

Fri. 27<sup>th</sup>: REST or RECOVERY

Sat. 28<sup>th</sup>: \* Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 29

\* Speed - Straight line sprints from a dynamic starting position, such as heel lifts, knee lifts, walking, backwards or sideways running:

- Set 1: 5 x 10m, starting from 10m walking

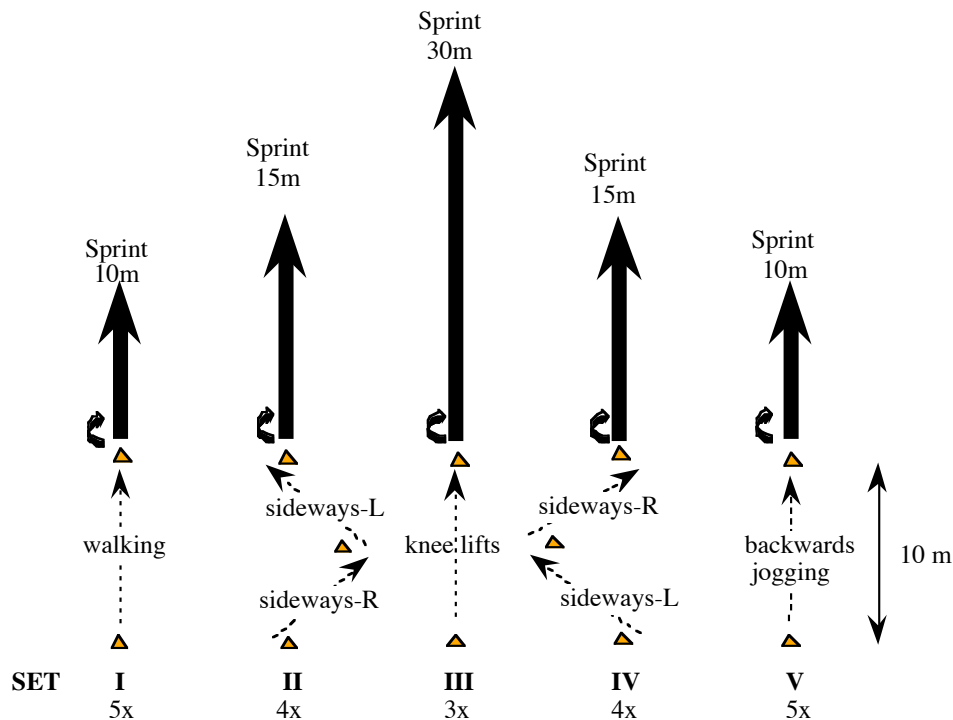
- Set 2: 4 x 15m, starting from 10m side-stepping

- Set 3: 3 x 30m, starting from 10m forwards jogging

- Set 4: 4 x 15m, starting from 10m side-stepping

- Set 5: 5 x 10m, starting from 10m backwards jogging

- After every sprint, a very slow walk back to the start position is a good way of determining 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 310m.

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

Total duration: 50'

Sun. 29<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA Intertoto Cup and the national championship. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.

# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 8 / 21

---

### WEEK 31 from Monday 30<sup>th</sup> of July to Sunday 5<sup>th</sup> of August Macrocycle II, week 3 (Training week 9)

- Mon. 30<sup>th</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 30
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Medium Int. - 30' run at 70% HR<sub>max</sub> (± 5 to 6 km)  
At the end of each 5' period, a 30" tempo run has to be performed (± 150 m), or 6 all together resulting in a total distance of 900 m.
- \* Cool down - 5' jogging and walking, followed by 10' of extensive stretching

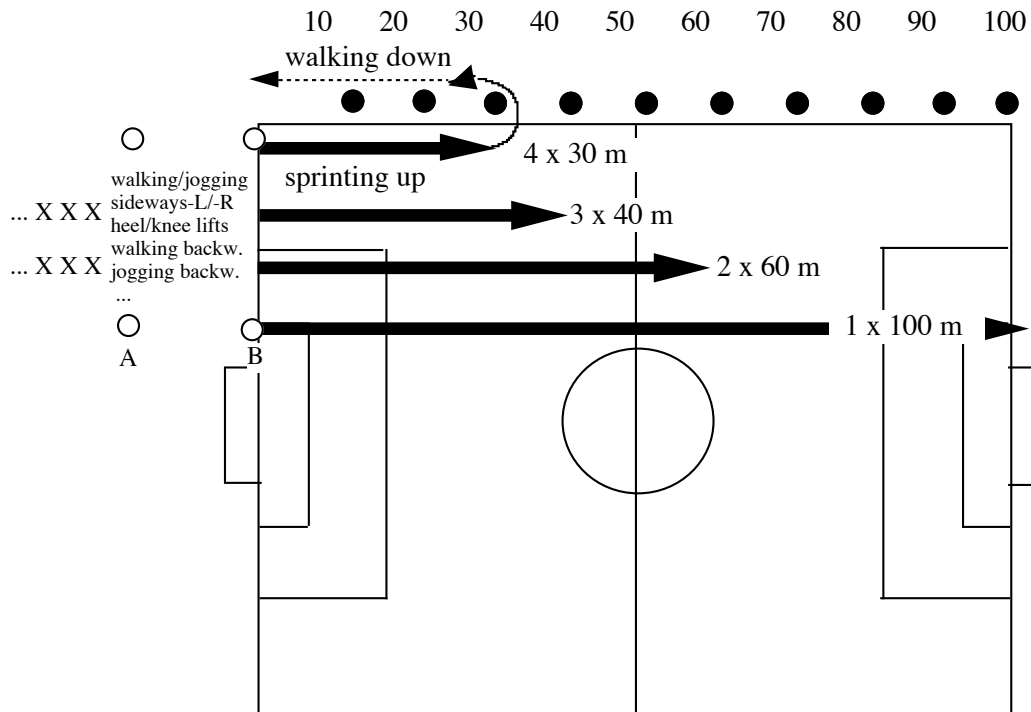
Total duration: 70'

- Tue. 31<sup>st</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 31
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 3)
- \* High Int. - 1' run at 90% HR<sub>max</sub>, 30" jogging, 16 x  
- In total, this exercise takes (1' + 30") x 16 = ± 24'
- \* Cool down - 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 74'

Wed. 1<sup>st</sup>: REST or RECOVERY

- Thu. 2<sup>nd</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 32
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 3)
- \* Ext. Speed - Perform 2 sets of the below exercise (10 sprints per set), with 5' of recovery in between both sets



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

- HR<sub>max</sub>)
- \* Match -  $10'$  of match play or  $10'$  of medium intensity jogging (80%)
  - \* Cool down -  $5'$  of jogging and walking, followed by  $10'$  of extensive stretching

Total duration: 83'

Fri. 3<sup>rd</sup>: REST or RECOVERY

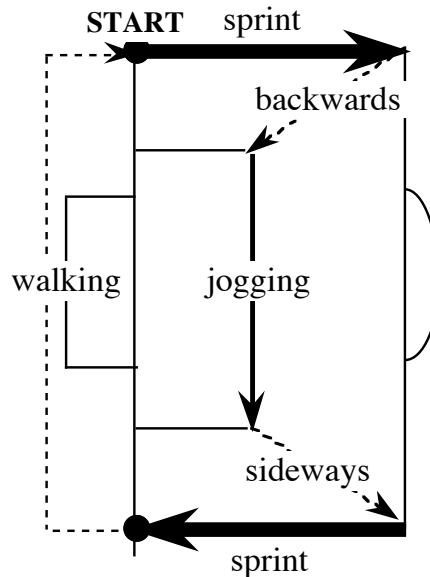
# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 10 / 21

- Sat. 4<sup>th</sup>: \* Warm up - 20' of jogging, dynamic exercises and stretching  
Tr. 33
- \* Speed - Set 1: Perform 5 laps of the below exercise in the penalty box



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

Total duration: 50'

- Sun. 5<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA matches and the national championship. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.

# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 11 / 21

---

### **WEEK 32 from Monday 6<sup>th</sup> of July to Sunday 12<sup>th</sup> of August** **Macrocycle II, week 4 (Training week 10)**

- Mon. 6<sup>th</sup>:** \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 34
- Tue. 7<sup>th</sup>:** \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 35
- \* Warm up - 20' of jogging, dynamic exercises and stretching
- \* Strength - Advanced set of strength and injury prevention exercises (week 4)
- \* High Int. - 30" HI-run, 30" jogging (Set 1),  
- 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<sub>max</sub>)  
  
- 75" HI-run, 30" jogging (Set 2),  
- 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 have to change from activity.  
  
- For Set 1, the time line 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 time line 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)

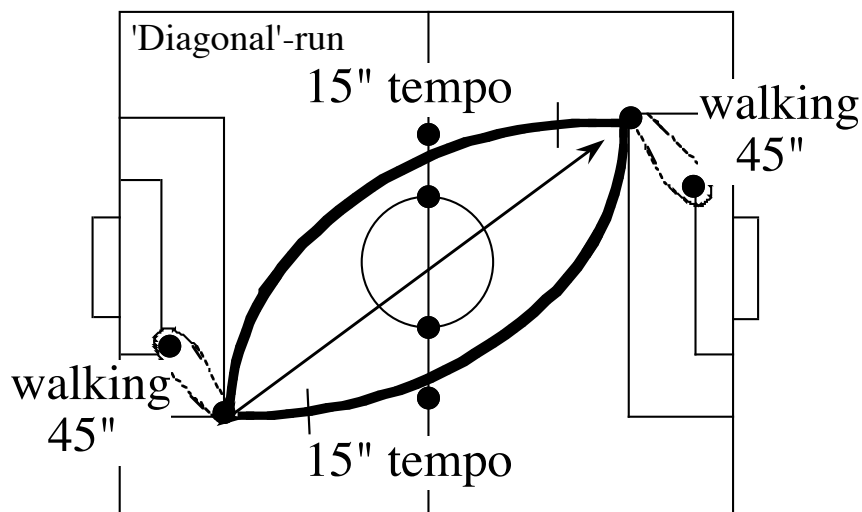
- \* Cool down - 5' jogging and walking, followed by 10' of extensive stretching

Total duration: 74'

Wed. 8<sup>th</sup>: REST or RECOVERY

- Thu. 9<sup>th</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
 Tr. 36
- \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* Strength - Advanced set of strength and injury prevention exercises (week 4)
  - \* Speed End. - Set 1 of the diagonal run, 10 reps of 1' each

Starting at the edge of the penalty box, referees progressively accelerate to 90-95% SP<sub>max</sub> (15") along the diagonal line as indicated below. As from the mark near the opposite penalty box on (marked by the vertical bar), they decelerate while keeping the attentional focus inside the penalty box. Between runs, there is a 45" recovery period (walking).



- 4' of recovery

# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 13 / 21

- Set 2 of the diagonal run, again 10 reps of 1' each

- The total duration of this speed endurance session is  $\pm 24'$  including 4' active recovery.

\* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>)

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

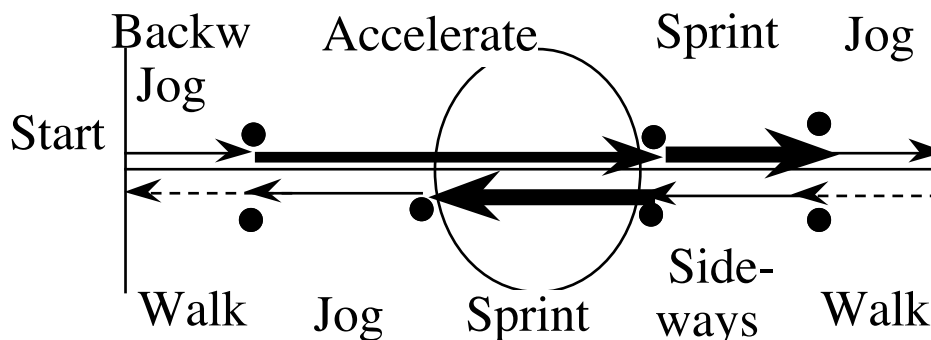
Total duration: 84'

Fri. 10<sup>th</sup>: REST or RECOVERY

Sat. 11<sup>th</sup>: \* Warm up - 20' of jogging, dynamic exercises and stretching

Tr. 37

\* Speed - Set 1: speed exercise around the midline, 5 x across the pitch and back to the starting position.



- 5' recovery

- Set 2: same exercise, again 5 x up and down

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

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

Total duration: 50'

Sun. 12<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA matches and the national championship. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.

# 2007-08 Top-Referees' Fitness Programme

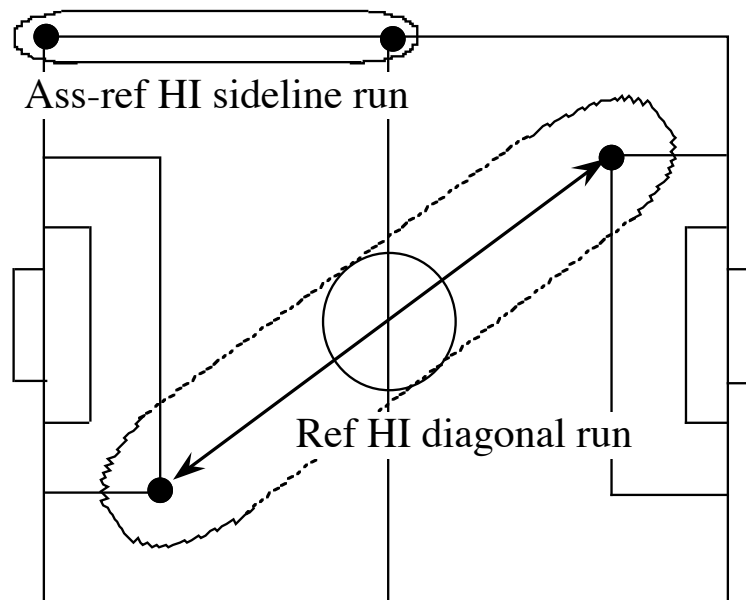
## The road to excellence



p. 14 / 21

### WEEK 33 from Monday 13<sup>th</sup> to Sunday 19<sup>th</sup> of August Macrocycle II, week 5 (Training week 11)

- Mon. 13<sup>rd</sup>: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 38
- Tue. 14<sup>th</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 39
- \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* Strength - Advanced set of strength and injury prevention exercises (week 5)
  - \* High Int. - Set 1: 30'' run at 90% HR<sub>max</sub>, 15'' jogging, 12 repetitions
  - 4' recovery
  - Set 2: 30'' run at 90% HR<sub>max</sub>, 15'' jogging, again 12 repetitions
- All together, this exercise takes 9' + 4' recovery + 9' = 22'
  - In the example below, it is shown how this exercise can be done by assistant referees (i.e. along the sideline)



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

Total duration: 72'

Wed. 15<sup>th</sup>: REST or RECOVERY

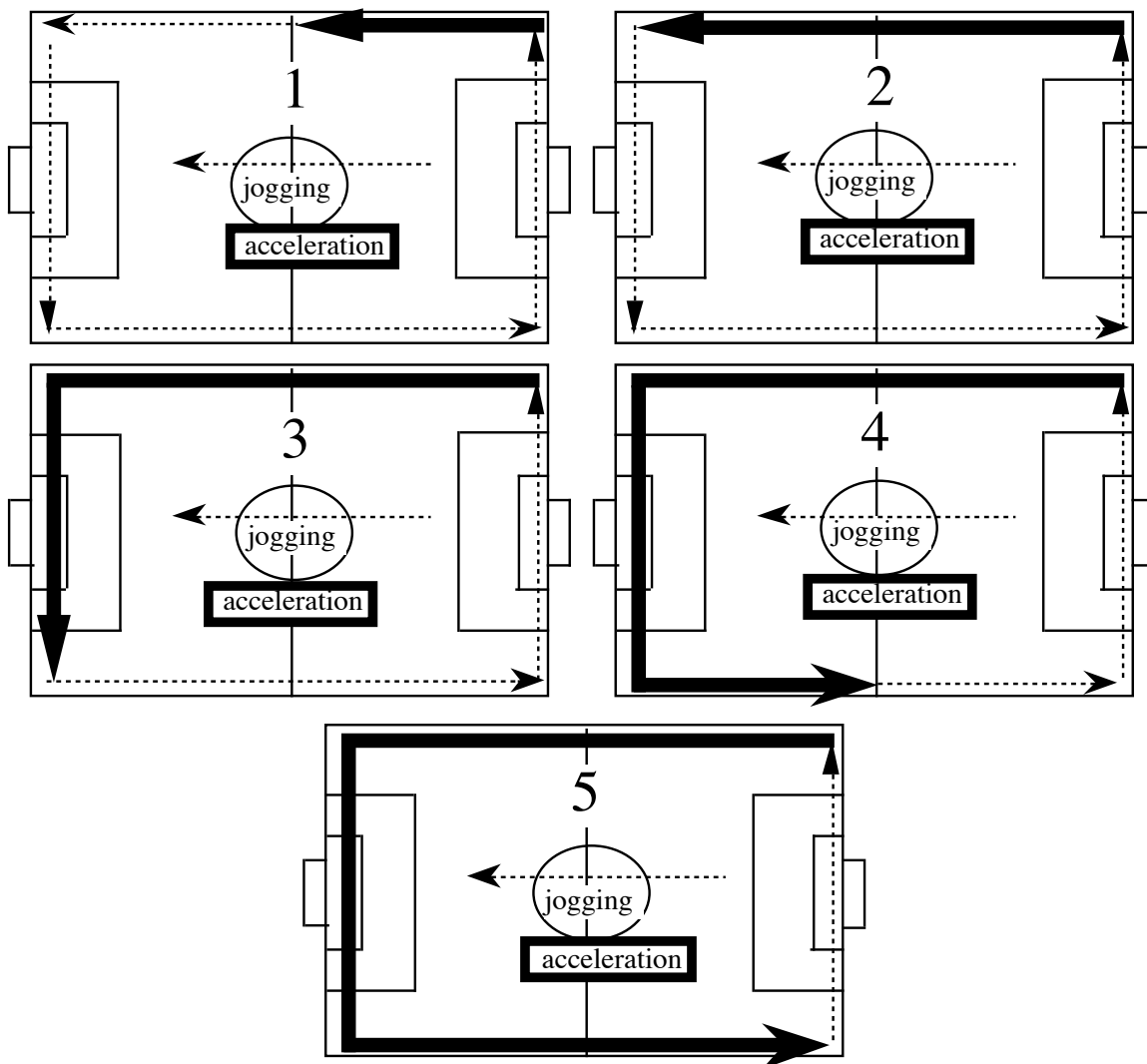
# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 15 / 21

- Thu. 16<sup>th</sup>:** \* Low Int. - 5' of jogging slowly building up to 80% HR<sub>max</sub> (± 1 km)  
**Tr. 40**
- \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* Strength - Advanced set of strength and injury prevention exercises (week 5)
  - \* Speed End. - Set 1
    - Perform the pitch laps below in the following order:
    - Lap1, Lap 2, Lap 3, Lap 4, Lap 5, Lap 5, Lap 4, Lap 3, Lap 2 and finishing off with Lap 1
    - With no recovery breaks in-between each lap it takes ± 13' to run Set 1.



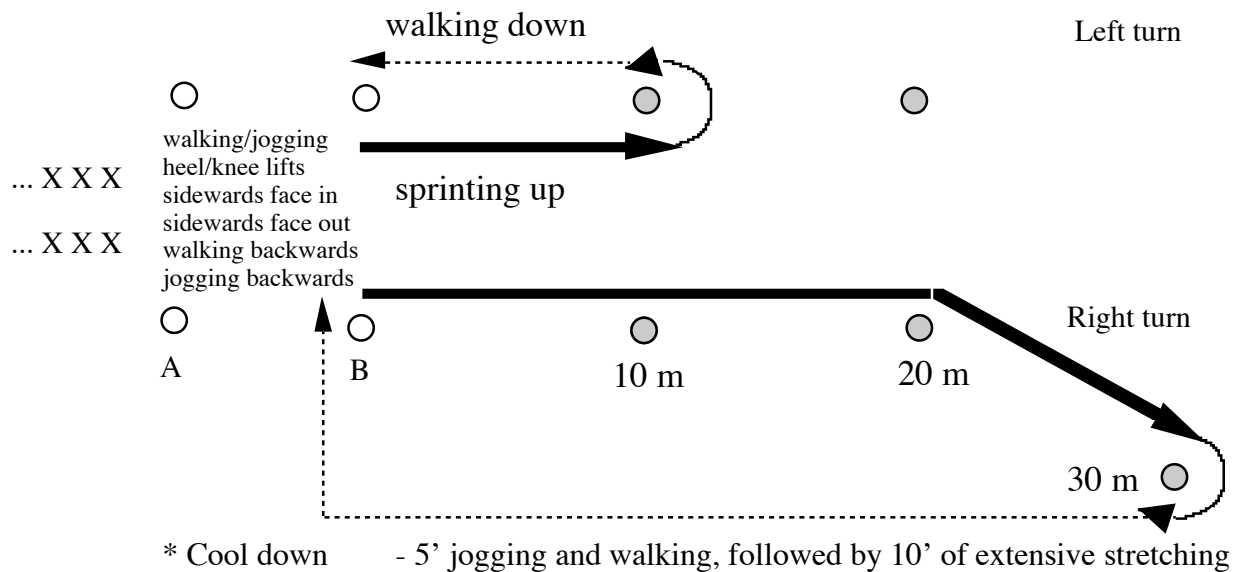
- 4' recovery

- \* Speed End.
  - Set 2
  - Perform the pitch laps below in the following order:
    - Lap 5, Lap 4, Lap 3, Lap 2, Lap 1, Lap 1, Lap 2, Lap 3, Lap 4 and finishing off with Lap 5.
  - All together this exercise takes  $\pm 30'$   
(13' Set 1 , 4' recovery, 13' set 2)
- \* Match
  - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>)
- \* Cool down
  - 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 90'

Fri. 17<sup>th</sup>: REST or RECOVERY

- Sat. 18<sup>th</sup>:  
Tr. 41
- \* Warm up
    - 20' of jogging, dynamic exercises and stretching
  - \* Speed
    - Perform 2 sets of the exercise below, with a 5' recovery break in between sets.
    - 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)
    - 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 commence each sprint.
    - Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.
    - Set 2:
      - but now in reversed order, i.e. from 30 m to 10 m, each distance 3 x for another total of 9 sprints.
    - The total sprint distance is 360 m. The total exercise time is 15'.



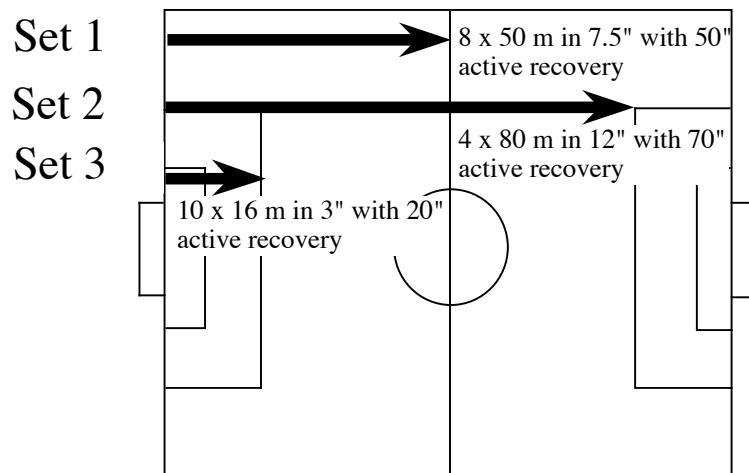
Total duration: 50'

Sun. 19<sup>th</sup>:

Officiating exhibition games to get match experience in order to prepare for the UEFA matches and the national championship. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.

**WEEK 34 from Monday 20<sup>th</sup> to Sunday 26<sup>th</sup> of August**  
**Macrocycle II, week 6 (Training week 12)**

- Mon. 20<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre  
 Tr. 42
- Tue. 21<sup>st</sup>: \* Low Int. - 5' of jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
 Tr. 43
- \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* Strength - Advanced set of strength and injury prevention exercises (week 6)
  - \* Ext. Speed - Start each sprint on the goal-line:
    - Set 1:
      - > 8 maximal sprints to the midline (± 7.5'') with 50'' active recovery in between each sprint
      - > Jog 1 lap of the pitch, drinking & stretching (± 2'30'')
      - > Duration: ± 10'
    - Set 2:
      - > 4 sprints to the opposite penalty box (± 12'') with 70'' active recovery in between each sprint
      - > Jog 1 lap of the pitch, drinking & stretching (± 2'30'')
      - > Duration: ± 7.5'
    - Set 3:
      - > 10 sprints to the penalty box (± 3'') with 20'' active recovery in between each sprint
      - > Duration: ± 3.5'



- All together, this extended speed session takes ± 21' including 5' active recovery

# 2007-08 Top-Referees' Fitness Programme

## The road to excellence



p. 19 / 21

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

Total duration: 76'

Wed. 22<sup>nd</sup>: REST or RECOVERY

Thu. 23<sup>rd</sup>: \* Low Int. - 5' jogging slowly building up to 80% HR<sub>max</sub> ( $\pm 1$  km)

Tr. 44

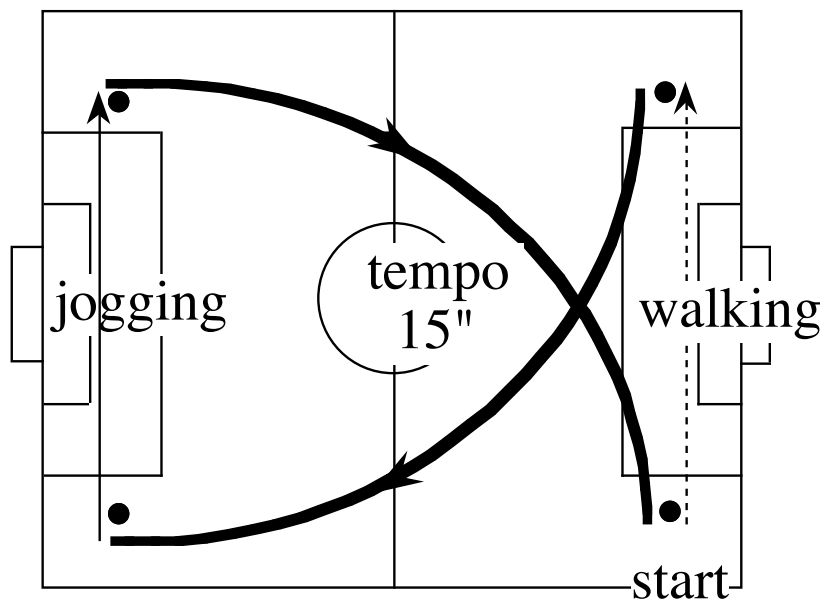
\* Warm up - 20' of jogging, dynamic exercises and stretching

\* Strength - Advanced set of strength and injury prevention exercises (week 6)

\* Speed End. - Referees start by walking to the other side of the penalty box, then they accelerate along the diagonal, jog to the other side of the penalty box, and finally accelerate to the starting position.

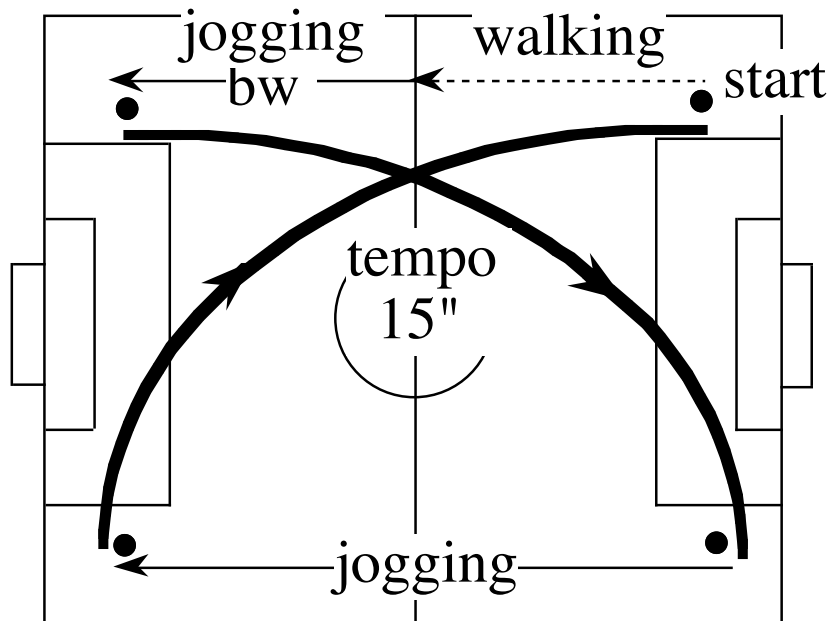
- 6 laps of  $\pm 90''$  each

- 4' recovery



- Referees start the second set by walking to the midline, then jog backwards to the other end of the field, accelerate along the diagonal, jog in the length of the pitch and finally accelerate along the diagonal to the starting position.

- 6 laps of  $\pm 2'$  each



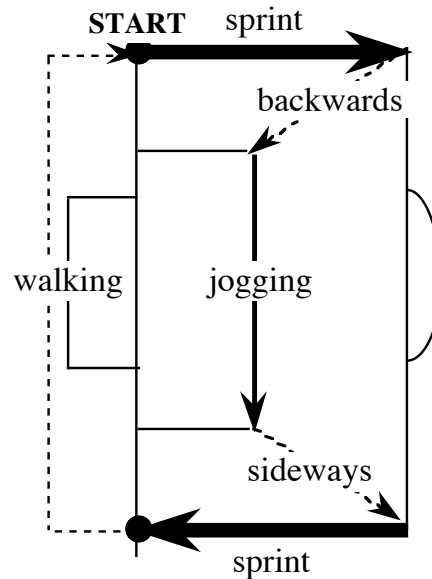
- In total this exercise takes 25'  
(9' Set 1 + 4' recovery + 12' Set 2)

- \* Match - 10' of match play or 10' of medium intensity jogging (80% HR<sub>max</sub>)
- \* Cool down - 5' of jogging and walking, followed by 10' of extensive stretching

Total duration: 90'

Fri. 24<sup>th</sup>: REST or RECOVERY

- Sat. 25<sup>th</sup>:
- \* Warm up - 20' of jogging, dynamic exercises and stretching
  - \* 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' of jogging and walking, followed by 10' of extensive stretching

Sun. 26<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA matches and the national championship. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.