

# 2008-09 Top-Referees' Fitness Programme:

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## Macrocycle V, week 1 (Training week 25)

- Mon.: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 5.1
- Tue.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.2
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 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" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 40" at 90% HR<sub>max</sub>, followed by 40" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 90" at 90% HR<sub>max</sub>, followed by 90" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 40" at 90% HR<sub>max</sub>, followed by 40" active recovery (jogging)  
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
  
- All together, this first set takes 11'  
  
- 3' recovery  
  
- Set 2: again the same exercise is performed (11')  
  
- All together, this exercise takes 27' (11' + 5' recovery + 11')
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 75'

Wed.: REST DAY

- Thu.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.3
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 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: Referees perform 5 laps  
- From the start, run at the appropriate intensity around the pitch perimeter.

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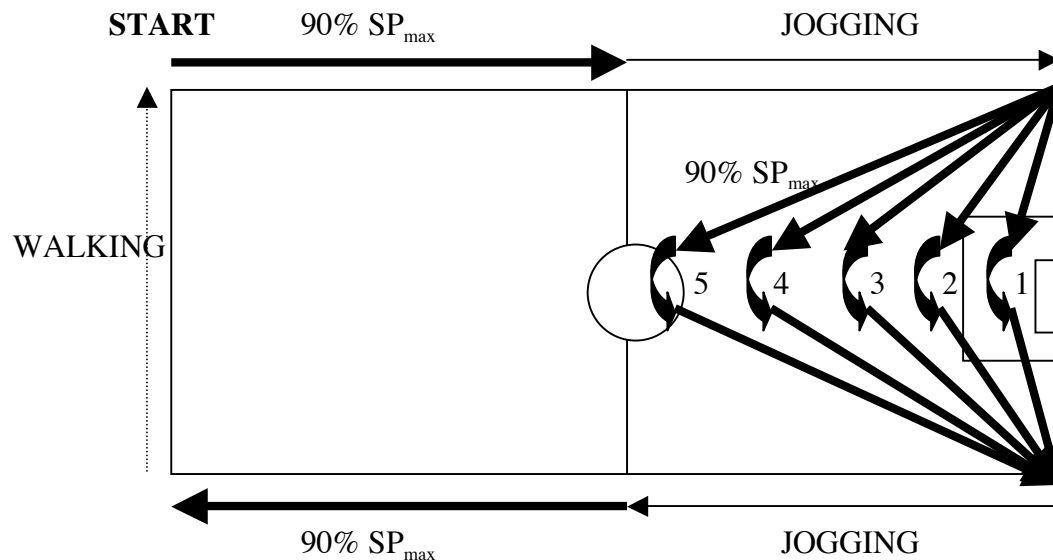
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- However, on LAP 1 run around cone 1, and so on up to cone 5 on LAP 5, thus increasing the run distance with each subsequent lap.
- The running should be  $\frac{3}{4}$  pace (the HR that it will elicit should be 85-95%HR<sub>max</sub>).



- 4' recovery

- Set 2:

- However, on LAP 1 run around cone 5, and so on up down to cone 1 on LAP 5, thus decreasing the run distance with each subsequent lap.

- All together this exercise takes  $\pm 24'$   
(10' Set 1 + 4' recovery + 10' Set 2)

\* Match - 10' match play

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

Total duration: 84'

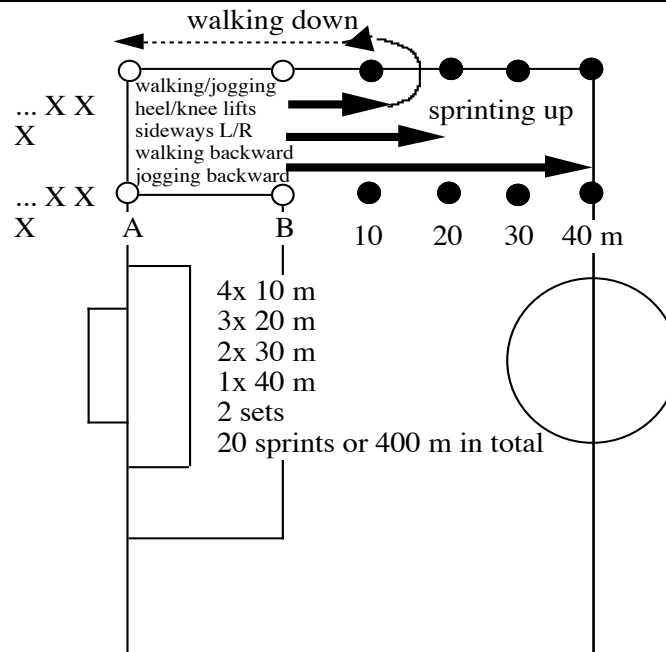
Fri.: REST DAY

Sat.: \* Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 5.4

\* Speed

- 10 m sprint up, 10 m walk down, 4 x
- 20 m sprint up, 20 m walk down, 3 x
- 30 m sprint up, 30 m walk down, 2 x
- 40 m sprint up, 40 m walk down, 1 x



- Once the 10 sprints (200 m total sprinting distance) have been completed take a 5' recovery, stretching and drinking break.

- Then perform a second set of sprints but now in reversed order, i.e. from 40m to 10m, for another total of 10 sprints.

- The total exercise time is 15', with the total sprint distance being 400 m.

\* 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.

# 2008-09 Top-Referees' Fitness Programme:

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## Macrocycle V, week 2 (Training week 26)

- Mon.: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 5.5
- Tue.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.6
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 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:  
- 30" at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
- 90" at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
- 120" at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 90" at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
- 30" at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
  
- All together, this first set takes 12'.  
  
- 4' recovery  
  
- Set 2: again, the same exercise is performed (12').  
  
- All together this HI exercise takes 28'
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 78'

Wed.: REST DAY

- Thu.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.7
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 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  
- 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

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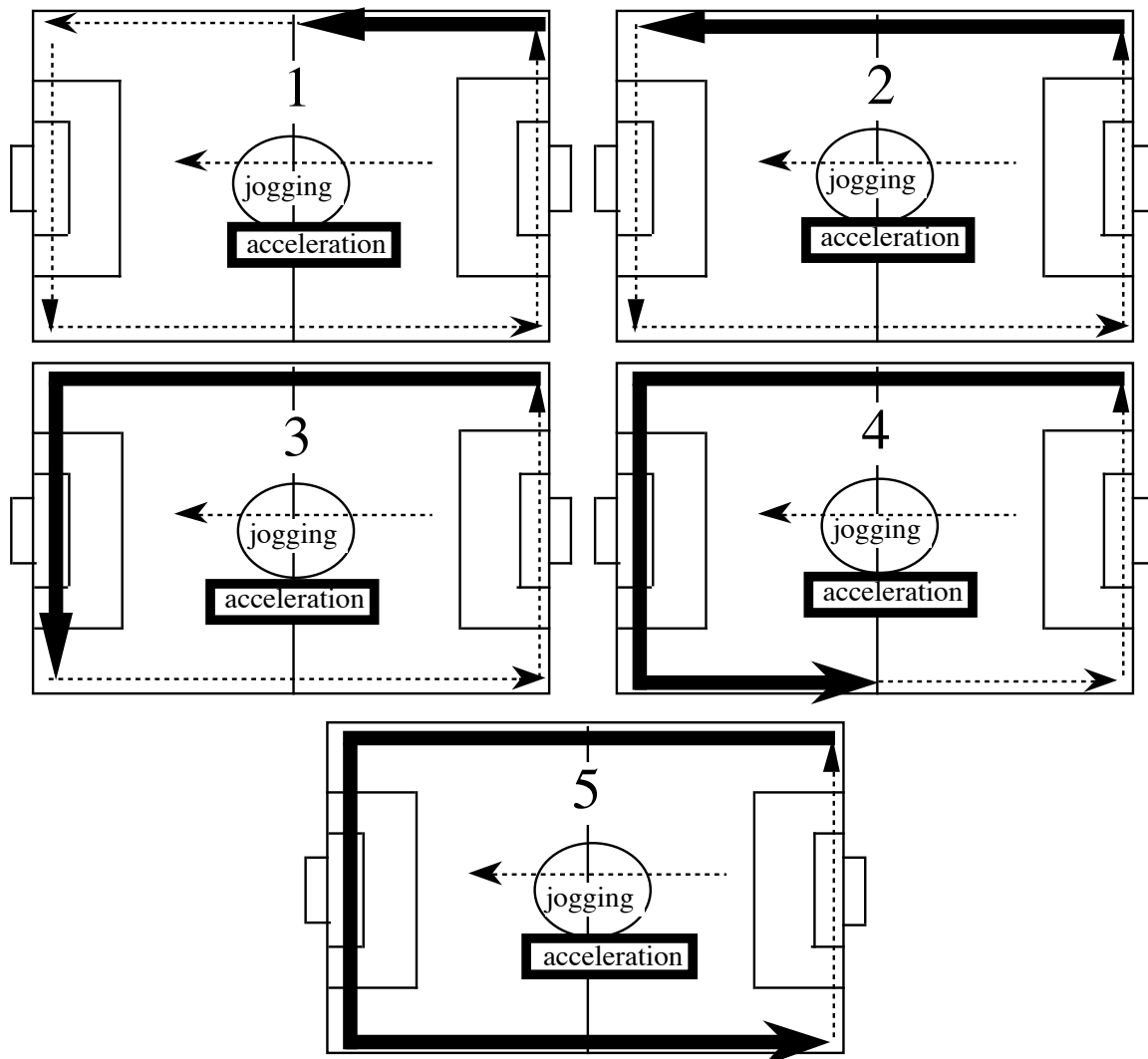
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- With no recovery breaks in-between each lap it takes  $\pm 13'$  to complete Set 1.
- 4' recovery



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

Total duration: 90'

Fri.:

REST DAY

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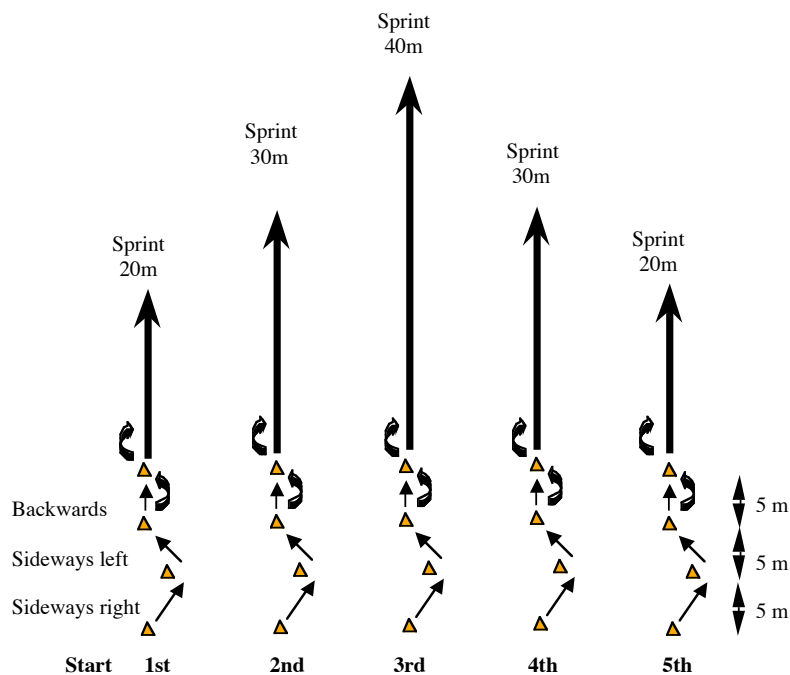
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- Sat.: \* Warm up - 20' extensive warming up, mobilisation and stretching  
Tr. 5.8
- \* Speed
- Set 1:
  - Straight line sprints from a dynamic starting position over 20, 30, 40, 30, and 20m respectively:
  - 5' recovery
  - Set 2:
  - Repeat Set 1



- The total exercise time is 15', with the total sprint distance being 280 m.

- \* 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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### Macrocycle V, week 3 (Training week 27)

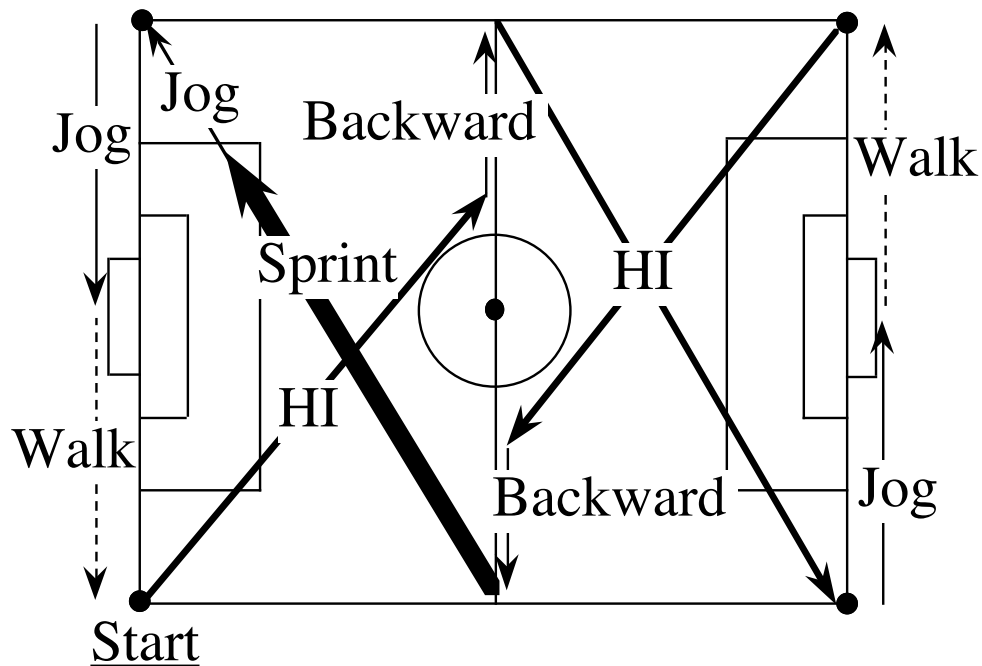
- Mon.: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 5.9
- Tue.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.10
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* 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 (± 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 (± 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
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 71'

Wed.: REST DAY

- Thu.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.11
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

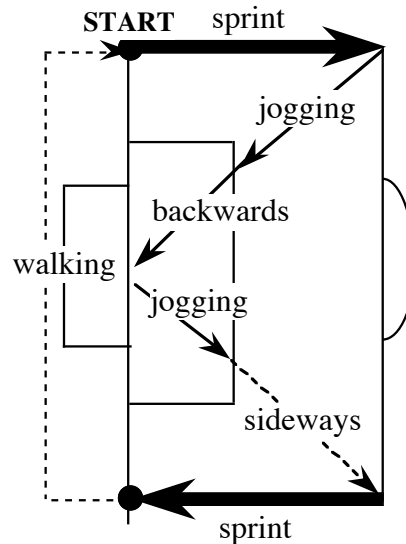
- \* Speed End.
  - Set 1 'Referee Run': 5 laps ( $\pm 2'30''$  per lap)
  - This first run will take  $\pm 12'30''$
  - 4' recovery
  - Set 2 'Referee Run': again 5 laps
  - Again, this second run will take  $\pm 12'30''$
  - All together, this exercise takes  $12'30'' + 4' \text{ rec} + 12'30'' = 29'$



- \* Match - 10' match play
  - \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 89'

Fri.: REST DAY

- Sat.: \* Warm up - 20' extensive warming up, mobilisation and stretching
- Tr. 5.12
- \* Speed/Agility - Set 1: Sprint exercise in the penalty box (below), 5 laps in total
  - 5' recovery
  - Perform a 2<sup>nd</sup> set of 5 sprints



- In total, this exercise takes 15'. The total sprint distance is  $\pm$  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 V, week 4 (Training week 28)

- Mon.: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 5.13
- Tue.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.14
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 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" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 2' at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 2' at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- 4' recovery
- Set 2  
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 2' at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 2' at 90% HR<sub>max</sub>, followed by 60" active recovery (jogging)  
- 60" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 40" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)  
- 20" at 90% HR<sub>max</sub>, followed by 20" active recovery (jogging)
- All together, this exercise takes 12' + 4' recovery + 12' = 28'
- From a coaching point of view, the easiest way to do this intermittent exercise, is to give a clear signal each time the referees have to change from activity. For Set 1 and 2, the time line is:  
0 (20" HI) - 20" (Jog) - 40" (HI) - 1'20" (Jog) - 1'40" (HI) - 2'40" (Jog) - 3' (HI) - 5' (Jog) - 6' (HI) - 8' (Jog) - 9' (HI) - 10' (Jog) - 10'20" (HI) - 11' (Jog) - 11'20" (HI) - 11'40" (Jog) - 12' (finish)
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 78'

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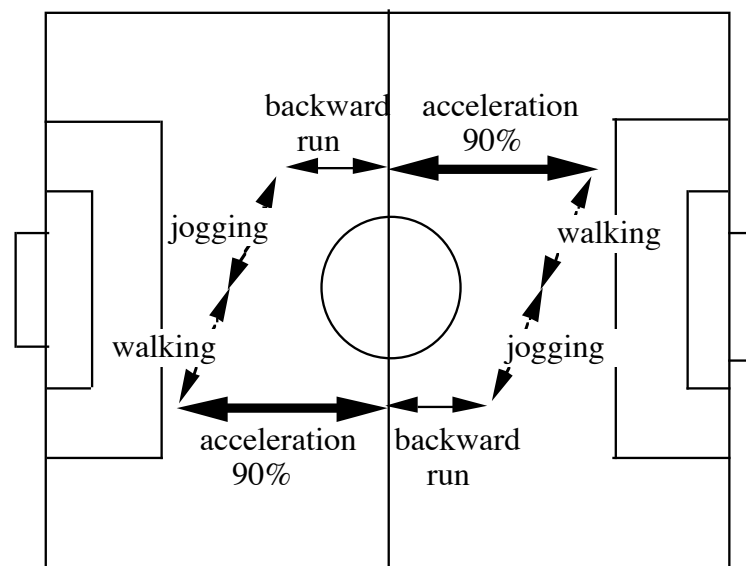


Wed.:

REST DAY

Thu. 11<sup>th</sup>:  
Tr. 5.15

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- \* Speed End. - 1 set of the following exercise that takes  $\pm$  8'.
  - 50 m sprint ( $\pm$  10"), walking back 30", 5x, 1' rest
  - 25 m sprint ( $\pm$  5"), walking back 15", 5x, 1' rest
  - 16 m sprint ( $\pm$  3"), walking back 9", 5x
- 3' recovery
- \* Speed End. - Field exercise (see below) 1 set (10')
  - All together these exercises take 24'
  - (8' exercise 1, 3' recovery, 10' exercise 2, 3' recovery).



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

Total duration: 84'

Fri.:

REST DAY

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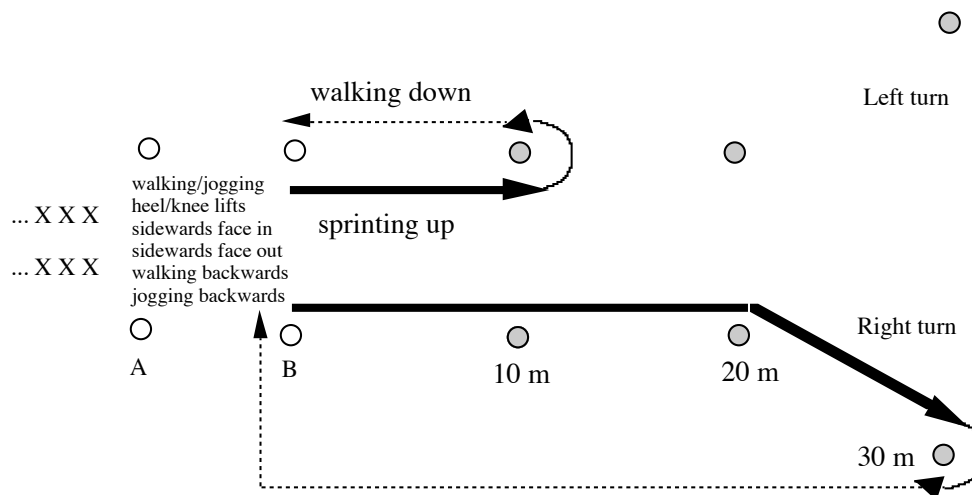
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Sat.: \* Warm up - 20' extensive warm up, gradually raising intensity, mobilisation and stretching  
Tr. 5.16

- \* Speed
- Set 1:
    - 10 m sprint up, 10 m walk down, 3x
    - 20 m sprint up, 20 m walk down, 3x
    - 30 m sprint up, 30 m walk down, 3x
    - 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:
    - The same exercise but in reversed order, i.e., from 30 m to 10 m, each distance 3x for another total of 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.

# 2008-09 Top-Referees' Fitness Programme:

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## Macrocycle V, week 5 (Training week 29)

- Mon.: \* Act. Rec. - 50' recovery session in a fitness centre  
Tr. 5.17
- Tue.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.18
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 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:  
- 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)  
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)  
- 3' at 90% HR<sub>max</sub>, followed by 1'30" active recovery (jogging)  
- 2' at 90% HR<sub>max</sub>, followed by 1' active recovery (jogging)  
- 1' at 90% HR<sub>max</sub>, followed by 30" active recovery (jogging)
- All together, this first set takes 13'30".
- 3' recovery
- Set 2: again, the same exercise is performed (13'30").
- All together this HI exercise takes ± 30',
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 80'

Wed.: REST DAY

- Thu.: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 5.19
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

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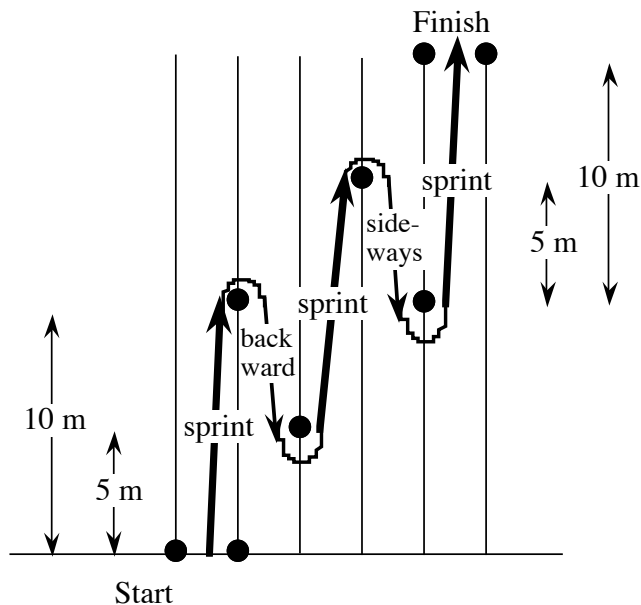
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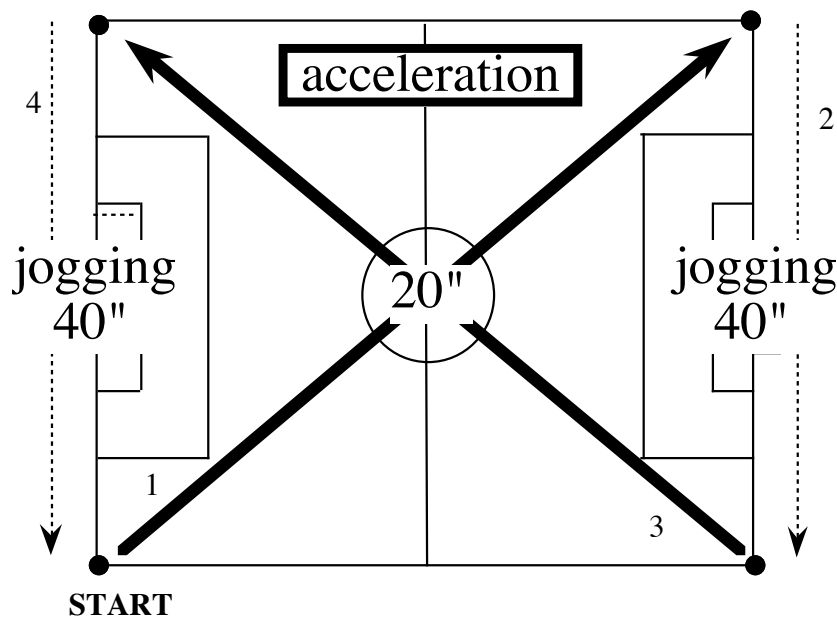
- \* Agility - 6 reps of the following exercise, which can be done on a track or on the field of play.

- Walk back to the start after each individual sprint.



- 3' recovery

- \* Speed End. - 'Diagonal Run' exercise, 5 laps of 2' or 10 accelerations each as follows: 90%  $SP_{max}$  along the diagonal line (1), walking along the goal line (2), 90%  $SP_{max}$  along the diagonal line (3), jogging along the goal line (2).



- 3' recovery

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- All together these exercises take 22' (6' exercise 1, 3' recovery, 10' exercise 2, 3' recovery).

\* Match - 10' match play

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

Total duration: 82'

Fri.: REST DAY

Sat.: REST DAY

Sun.: REST DAY

## WEEK 52 from Monday 22<sup>nd</sup> to Sunday 28<sup>th</sup> of December Macrocycle V, week 6 (Training week 30)

For the week between Christmas and New Year, there will be a winter break in most European countries. Therefore, I will not provide you with a training programme. Just listen to your own body. If you require a few days of rest, then take a break. If you are willing to practice, then the goal is to practice this last week of the year at 80%  $HR_{max}$ , i.e. on Monday (Tr. 5.20), and Friday  $\pm$  40 min (Tr. 5.22).

The medium intensity training session on Wednesday (Tr. 5.21). is more intermittent. For every 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 total 50' run, 20 accelerations have to be done, i.e. 10 of 50 m and 10 of 100 m.

From the first week of January on, the training sessions will be designed over the next 6 weeks in a progressive way in such a way that the referees will be top-fit for the second half of the competitive season.

**MERRY CHRISTMAS AND A HEALTHY, HAPPY AND PROSPEROUS NEW YEAR!**

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