

# 2006-07 FIFA Top-Referees' Fitness Programme



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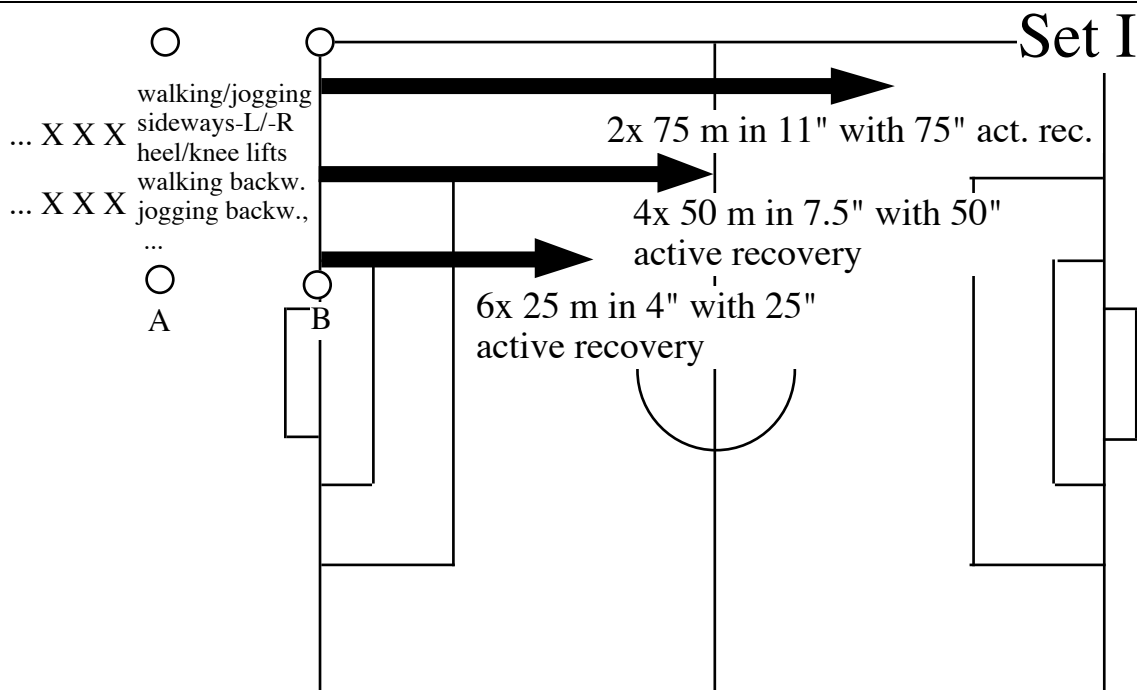
## WEEK 12 from Monday 19<sup>th</sup> to Sunday 25<sup>th</sup> of March Macrocycle VII, week 6 (Training week 42)

- Mon. 19<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
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- 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)
  - 30' non-weight bearing exercises (70% HR<sub>max</sub>), such as:
    - 10-12' cycling (80-90 cycles/min)
    - 8-12' rowing (25-30 cycles/min)
    - 10-12' gliding / stepping (60-70 cycles/min)
  - 10' stretching followed by sauna, jacuzzi, massage
- Total duration: 50'
- Tue. 20<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
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- \* Warm up - 20' extensive warm up, mobilisation and stretching
  - \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
  - \* Extended Sp. - This session is an extension of a previous extended speed session.
    - Set 1:
      - > 2 fast runs over 75 m ( $\pm$  11'')
      - with 75'' active recovery in between each sprint
      - > 4 fast runs over 50 m ( $\pm$  7.5'')
      - with 50'' active recovery in between each sprint
      - > 6 fast runs over 25 m ( $\pm$  4'')
      - with 25'' active recovery in between each sprint
      - > Jogging 1 lap of the pitch, drinking and stretching ( $\pm$  2'30'')
      - > Duration Set 1:  $\pm$  12'
    - Set 2:
      - > 6 fast runs over 25 m ( $\pm$  4'')
      - with 25'' active recovery in between each sprint
      - > 4 fast runs over 50 m ( $\pm$  7.5'')
      - with 50'' active recovery in between each sprint
      - > 2 fast runs over 75 m ( $\pm$  11'')
      - with 75'' active recovery in between each sprint
      - > Jogging 1 lap of the pitch, drinking and stretching ( $\pm$  2'30'')
      - > Duration Set 2:  $\pm$  12'
  - The total duration of this extended speed session is  $\pm$  24' including 5' active recovery.

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

Total duration: 74'

Wed. 21<sup>st</sup>:

REST or PASSIVE RECOVERY

Thu. 22<sup>nd</sup>:

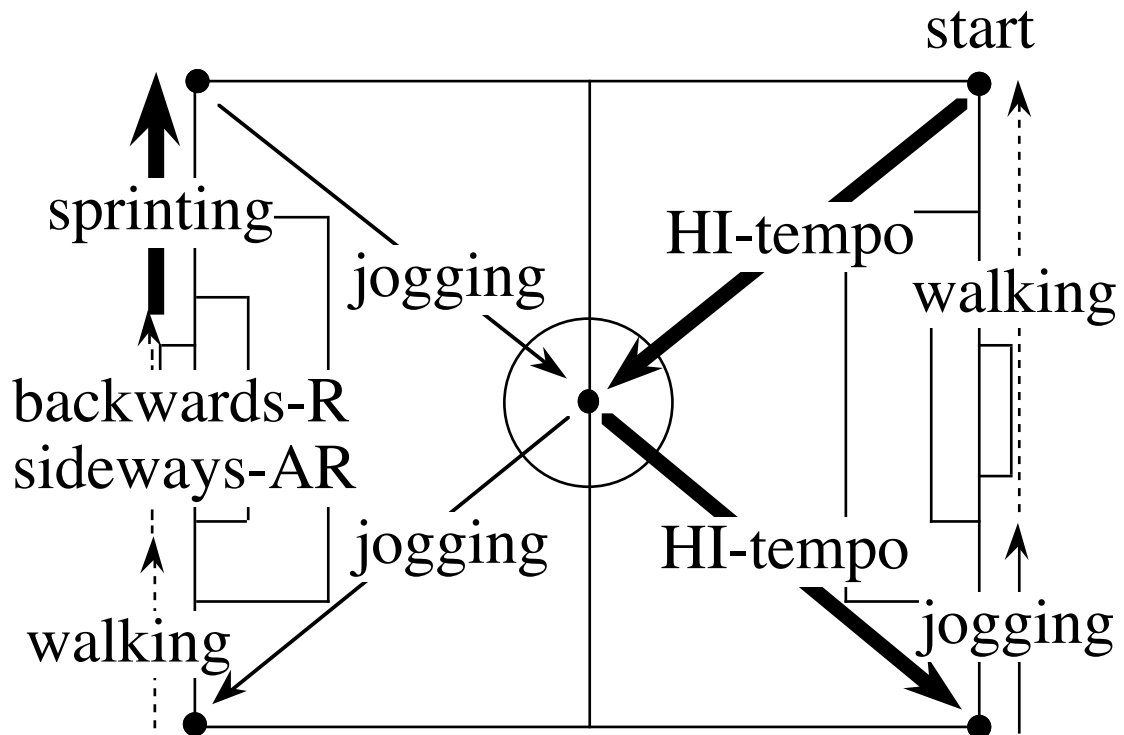
Tr. 159

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)
- \* Warm up - 20' extensive warm up, mobilisation and stretching
- \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
- \* Speed End. - Set 1: Field exercise, 5 laps of ± 2' each  
 - 4' passive recovery (until bpm < 65% HR<sub>max</sub>)  
 - Set 2: Field exercise, 5 laps of ± 2' each  
 - All together this exercise takes 24'  
 (10' Set 1 + 4' passive recovery + 10' Set 2).

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- \* Match play:
  - If referees have a group training session then a 10' regular match can be played with the restriction that the ball can only be touched twice ('control & pass').
  - Alternatively, if it is not possible to play a match, referees may perform a 10' MI jogging (80% HR<sub>max</sub>).
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

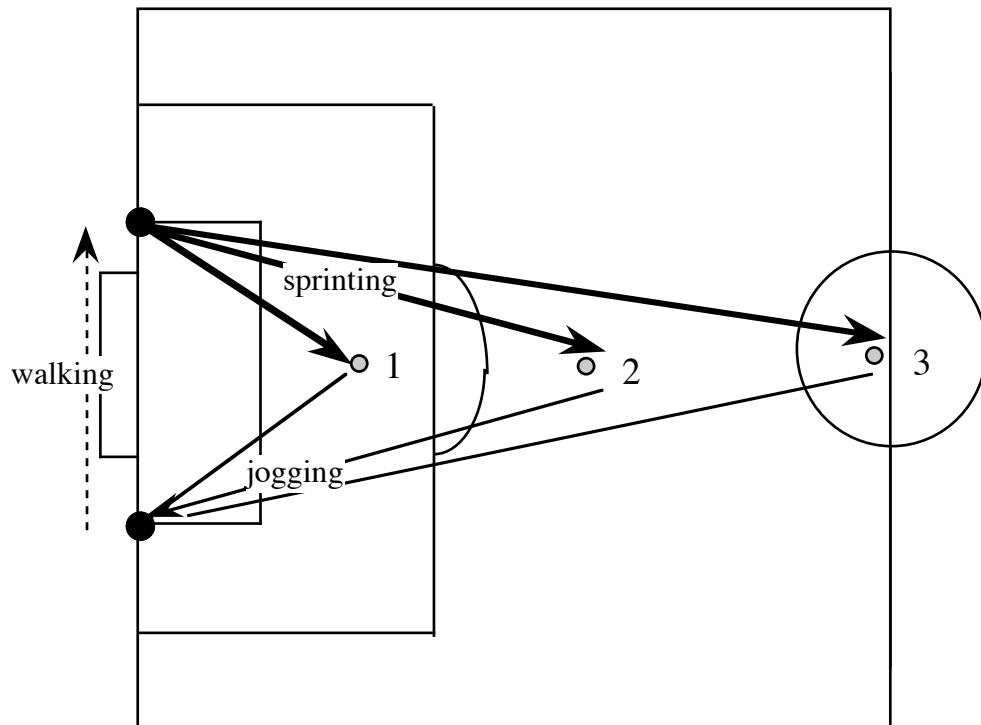
Fri. 23<sup>rd</sup>: REST or PASSIVE RECOVERY

- Sat. 24<sup>th</sup>:
- \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Speed
    - 1) 11 m sprint, 11 m jogging, walking to start, 4 reps
    - 2) 25 m sprint, 25 m jogging, walking to start, 2 reps
    - 3) 50 m sprint, 50 m jogging, walking to start, 1 rep

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These sprints always have to be done from a dynamic start position (walking, jogging, skipping, billing, sideways or backwards...).

- 5' passive recovery, followed by Set 2 of 7 sprints

- The total exercise time is 15'.

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

Total duration: 50'

Sun. 25<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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WEEK 42 Macrocycle VII, week 6 Training Objective	Session 1 Monday	Session 2 Tuesday Ext. SP	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	27.1%
High Int.	0	0	0	0	0	0.0%
Low Int.	0	5	5	0	10	3.9%
Med. Int. / Ext. Sp.	0	19	0	0	19	7.4%
Speed End.	0	0	20	0	20	7.8%
Speed	0	0	0	10	10	3.9%
Match practice	0	0	10	0	10	3.9%
Act. Recovery	30	0	0	0	30	11.6%
Strength	0	10	10	0	20	7.8%
Pass. Recovery	0	5	4	5	14	5.4%
Cool down & Str.	10	15	15	15	55	21.3%
<b>TOTAL</b>	<b>50</b>	<b>74</b>	<b>84</b>	<b>50</b>	<b>258</b>	<b>100.0%</b>