

2006-07 FIFA Top-Referees' Fitness Programme



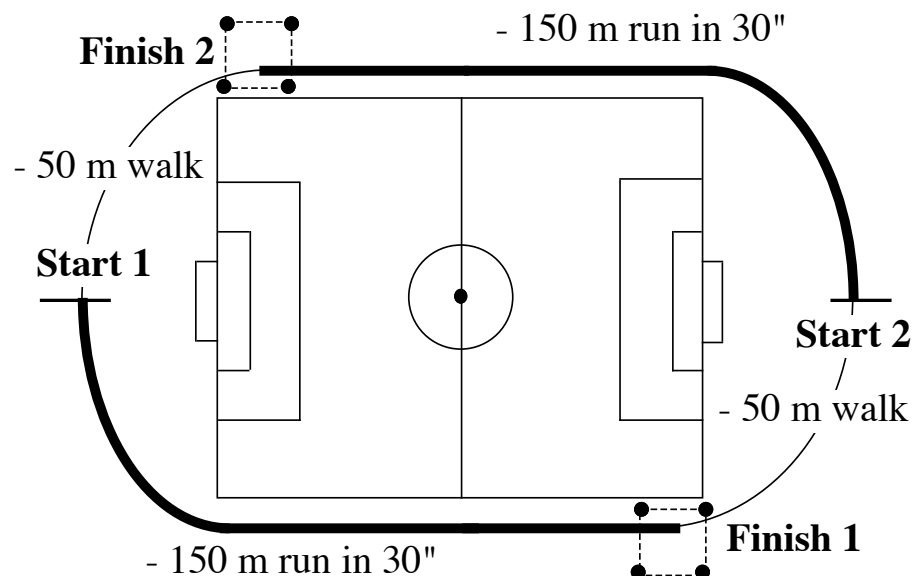
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WEEK 17 from Monday 23rd to Sunday 29th of April Macrocycle VIII, week 5 (Training week 47)

- Mon. 23rd: * 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_{max}), 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. 24th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 178
- * Warm up - 20' extensive warm up, mobilisation and stretching
 - * Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
 - * High Int. - As before, the next intermittent recovery run can be performed either indoor on a treadmill or outdoor on a track, in a forest, or on a field of play. To prevent injuries, however, it is better to practice on a soft ground rather than on any surface that is too demanding for articulations and tendons.



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- on the first whistle of the test leader, **referees** have to cover 150 m in 30'' from the start position on (1). Then they have 35'' 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 35'' (4). This equals 1 lap. All together, the exercise consists of 10 laps, resulting in 20 high intensity runs, each followed by a 35'' walk.

- 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 intermittent recovery run is 21'40''.

- for **assistant referees** the exercise is the same, except that the recovery time is 40'' in stead of 35''.

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

Total duration: 73'

Wed. 25th:

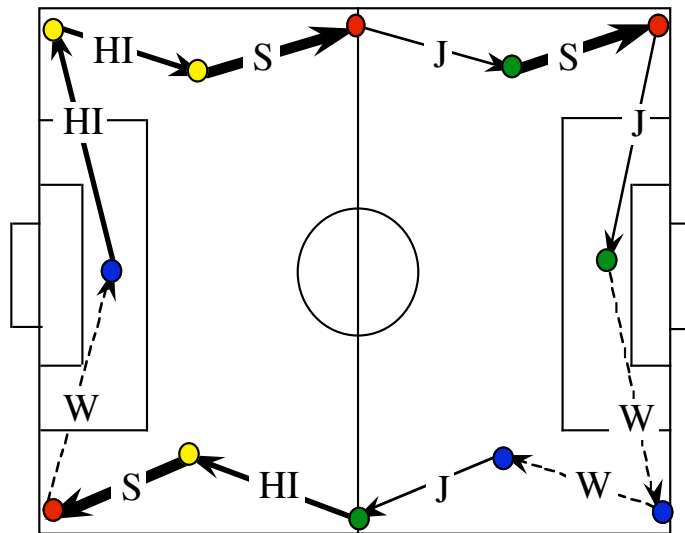
REST or PASSIVE RECOVERY

Thu. 26th:

Tr. 179

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 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:
 - During each lap, there are 12 different activities. The colour of the next cone gives the intensity of the next activity as follows:
 - walking to the blue cones
 - jogging to the green cones
 - high intensity run to the yellow cones
 - sprinting to the red cones
- 4' passive recovery (until bpm < 65% HR_{max})
- Set 2: Field exercise, again 5 laps of 2' each
- All together, this exercise takes 10' + 4' recovery + 10' = \pm 24'

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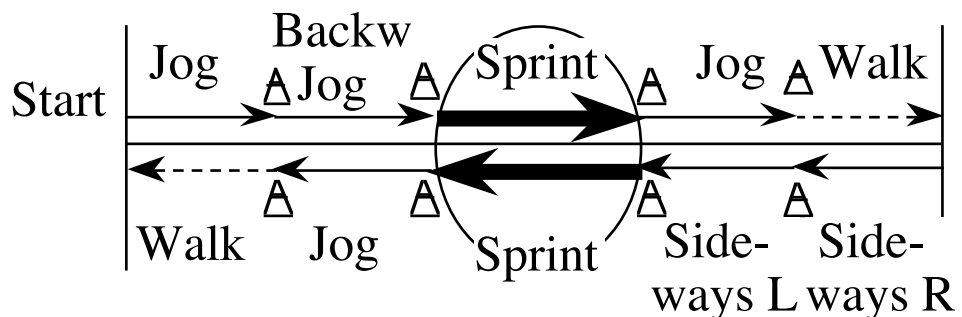


- * Match play
 - If referees have a group training session then a 10' regular match can be played with the restriction that the ball can only be touched twice ('control & pass'). If the game is not played fast enough, another restriction can be implemented, i.e. to score all members of a team have to be on the attacking part
 - Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max})
- * Cool down
 - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

Fri. 27th: REST or PASSIVE RECOVERY

- Sat. 28th:
- * Warm up - 20' extensive warming up, mobilisation and stretching
 - * Speed - Set 1: Variation on the centre circle sprint, 4 x or 8 sprints



- 5' passive recovery (until bpm < 65% HR_{max})

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- Set 2: Variation on the centre circle sprint, 4 x or 8 sprints

- The total exercise time is 15', the total sprint distance is 293 m.

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

Total duration: 50'

Sun. 29th: 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.

| WEEK 47 Macrocycle VIII, week 5 Training Objective | Session 1 Monday | Session 2 Tuesday HI | Session 3 Thursday SE | Session 4 Fri/Sat SP | Weekly Total (mins) | % Activity Breakdown |
|--|---------------------|----------------------------|-----------------------------|----------------------------|---------------------------|-------------------------|
| Warm up | 10 | 20 | 20 | 20 | 70 | 27.2% |
| High Int. | 0 | 23 | 0 | 0 | 23 | 8.9% |
| Low Int. | 0 | 5 | 5 | 0 | 10 | 3.9% |
| Med. Int. / Ext. Sp. | 0 | 0 | 0 | 0 | 0 | 0.0% |
| Speed End. | 0 | 0 | 20 | 0 | 20 | 7.8% |
| Speed/Agility | 0 | 0 | 0 | 10 | 10 | 3.9% |
| Match practice | 0 | 0 | 10 | 0 | 10 | 3.9% |
| Act. Recovery | 30 | 0 | 0 | 0 | 30 | 11.7% |
| Strength | 0 | 10 | 10 | 0 | 20 | 7.8% |
| Pass. Recovery | 0 | 0 | 4 | 5 | 9 | 3.5% |
| Cool down & Str. | 10 | 15 | 15 | 15 | 55 | 21.4% |
| TOTAL | 50 | 73 | 84 | 50 | 257 | 100.0% |