

**WEEK 44 from Monday 31<sup>st</sup> to Sunday 6<sup>th</sup> of November**  
**Macrocycle IV, week 4 (Training week 22)**

- Mon. 31<sup>st</sup>: \* Act. Recovery - 50' recovery session in a fitness centre, including  
 Tr. 82
- 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

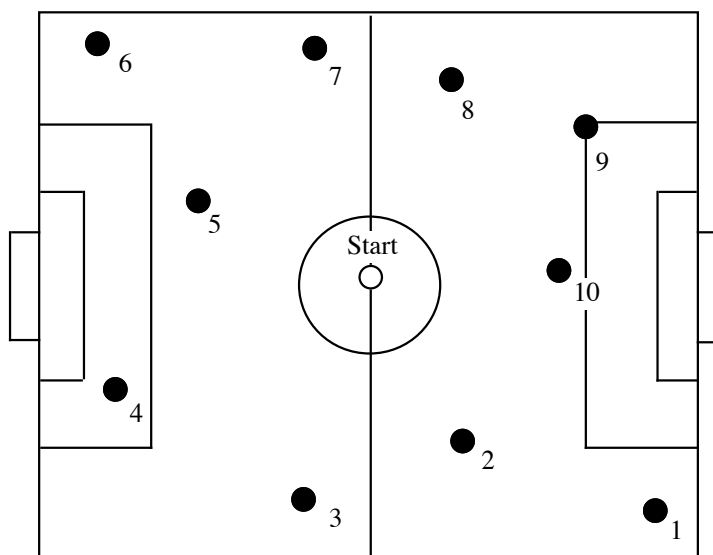
Total duration: 50'

- Tue. 1<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
 Tr. 83
- \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
  - \* High Int. - This exercise is similar to, but also different from the ones presented the previous weeks. As you will notice, the recovery time is progressively decreased in relation to the exercise time.

As for most of the exercises on Tuesday, it can be performed on every surface. As shown below, it can easily be done on a regular field of play using changes in direction. Alternatively, the exercise can also be done on an athletic track or in the forest. Indoor, it can also be done on a treadmill (using a speed that elicits 88-92% HR<sub>max</sub>).

- Set 1 takes 12' (8' HI running & 4' recovery jogging)
- 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 1' active recovery (jogging)
- 2' at 90% HR<sub>max</sub>, followed by 1' 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)
- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)

- Set 2 takes again 12' (8' HI running & 4' recovery jogging)
  - 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 1' active recovery (jogging)
  - 2' at 90% HR<sub>max</sub>, followed by 1' 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' + 3' recovery + 12' = 27'



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

Total duration: 77'

Wed. 2<sup>nd</sup>:

REST or PASSIVE RECOVERY

Thu. 3<sup>rd</sup>:  
Tr. 84

- \* 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 - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
  - \* Speed End. - This SE-run can easily be performed on every surface. To prevent injuries, however, I want to stress it is better to practice on a soft ground than on any surface that is too demanding for articulations and tendons.
- Each run is performed at 90-95% of maximum speed

- Between each set, there is a 2' active recovery

Set 1: (from goal line to goal line)

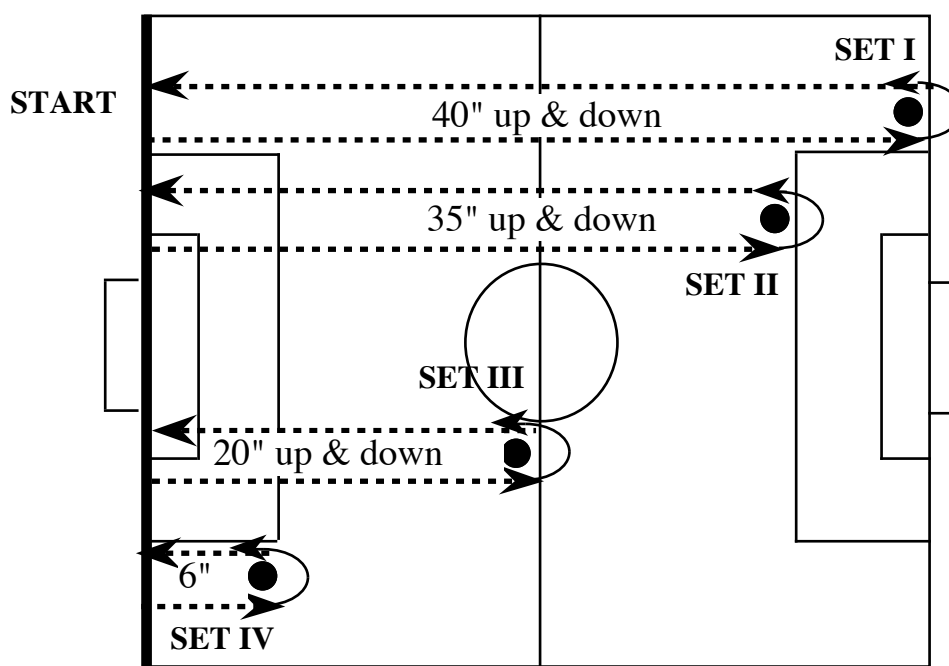
- 200 m run in 40", 1' recovery, 5 x

- Total duration is 8'30" (incl. recovery time)

Set 2: (from goal line to opposite penalty box)

- 170 m run in 35", 1' recovery, 5 x

- Total duration is 8' (incl. recovery time)



- Set 3: (from goal line to mid line)

- 100 m run in 20", 30" recovery, 5 x

- Total duration is 4'15" (incl. recovery time)

- Set 4: (from goal line to penalty box)

- 32 m run in 6", 10" recovery, 5 x

- Total duration is 1'30" (incl. recovery time)

- All together, this exercise consists of 20 runs that will take  $\pm 28'30''$  including 3 x 2' active recovery between sets.

\*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: 88'

Fri. 4<sup>th</sup>: REST or PASSIVE RECOVERY

Sat. 5<sup>th</sup>: \* Warm up - 20' extensive warming up, mobilisation and stretching

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

Total duration: 50'

Sun. 6<sup>th</sup>: Next match day of the football competition. For those referees who don't have a game to referee in the weekend, it is a good idea to do some intermittent activities such as playing tennis, badminton, squash, or 5-a-side football,....

WEEK 22 Macrocycle IV, week 4 Training Objective	Session 1 Monday AR	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	26.4%
High Int.	0	24	0	0	24	9.1%
Low Int.	0	5	5	0	10	3.8%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	22	0	22	8.3%
Speed/Agility	0	0	0	10	10	3.8%
Match practice	0	0	10	0	10	3.8%
Act. Recovery	30	0	0	0	30	11.3%
Strength	0	10	10	0	20	7.5%
Pass. Recovery	0	3	6	5	14	5.3%
Cool down & Str.	10	15	15	15	55	20.8%
<b>TOTAL</b>	50	77	88	50	265	100.0%

P.S. The training sessions are all based upon percentages of the maximal heart rate (% HR<sub>max</sub>). Those referees who do not possess a heart rate monitor, should use the next exercise intensity classifications.

% HR <sub>max</sub>	Type of training	Perceived exertion
< 65% HR <sub>max</sub>	Passive Recovery (PR)	Very easy
65-75% HR <sub>max</sub>	Low Intensity (LI)	Easy to comfortable
76-85% HR <sub>max</sub>	Medium Intensity (MI)	Uncomfortable to stressful
86-95% HR <sub>max</sub>	High Intensity (HI)	Hard to very hard
> 95% HR <sub>max</sub>	Maximal Effort (ME)	Maximal

Just mail me if something is not clear...Enjoy the training sessions...Your 'remote' coach...Werner



# 2006 FIFA World Cup Fitness Programme



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