

WEEK 1 from Monday 2nd to Sunday 8th of January
Macrocycle VI, week 1 (Training week 31)

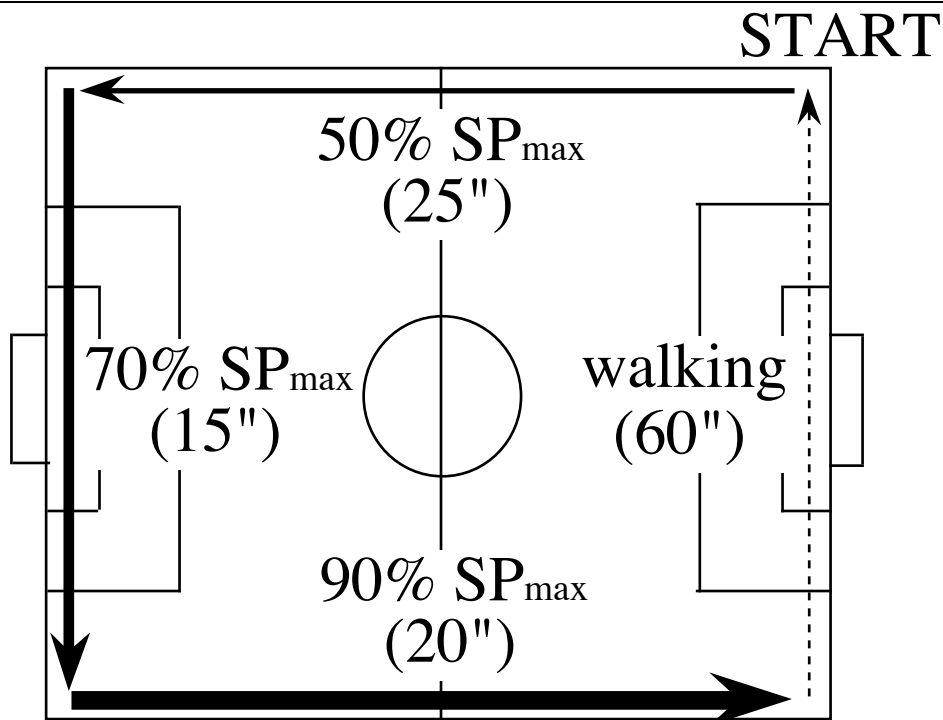
Because of the winter break in many national leagues, there was a modified training programme for the last week that was mainly covering aerobic endurance. For the next macro-cycle, the main focus will be on high intensity training objectives.

The training sessions are designed over the next 6 weeks in such a way that there will be a clear peak in fitness performance from mid-February on. The reason for this is that there will be quite a few decisive games in February 1) for the national championships, and 2) for the various international competitions. As is the case for the players, referees too will have to be top-fit to control these decisive games to the very end.

- Mon. 2nd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 116
- * 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. - 8' run at 90% HR_{max}, 4' jogging, 2 sets
- This training can be performed on a regular field of play around the perimeter or along the wide diagonal. Alternatively, the exercise can also be done on an athletic track, in the forest or any other surface.
- All together this exercise takes ± 24'
(8' Set 1 + 4' jogging + 8' Set 2 + 4' jogging).
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 74'

Tue. 3rd: REST or PASSIVE RECOVERY

- Wed. 4th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 117
- * 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. - Set 1: Field exercise, 6 x, almost max



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

- Set 2: Field exercise, 6 x

- All together, this exercise takes 12' + 4' recovery + 12' = ± 28'

* Cool down - 5' jogging at 80% HR_{max}, followed by 10' extensive stretching

Total duration: 78'

Thu. 5th: REST or PASSIVE RECOVERY

Fri. 6th: * Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 117

* Speed - Variations on the 80 m distance (see below)

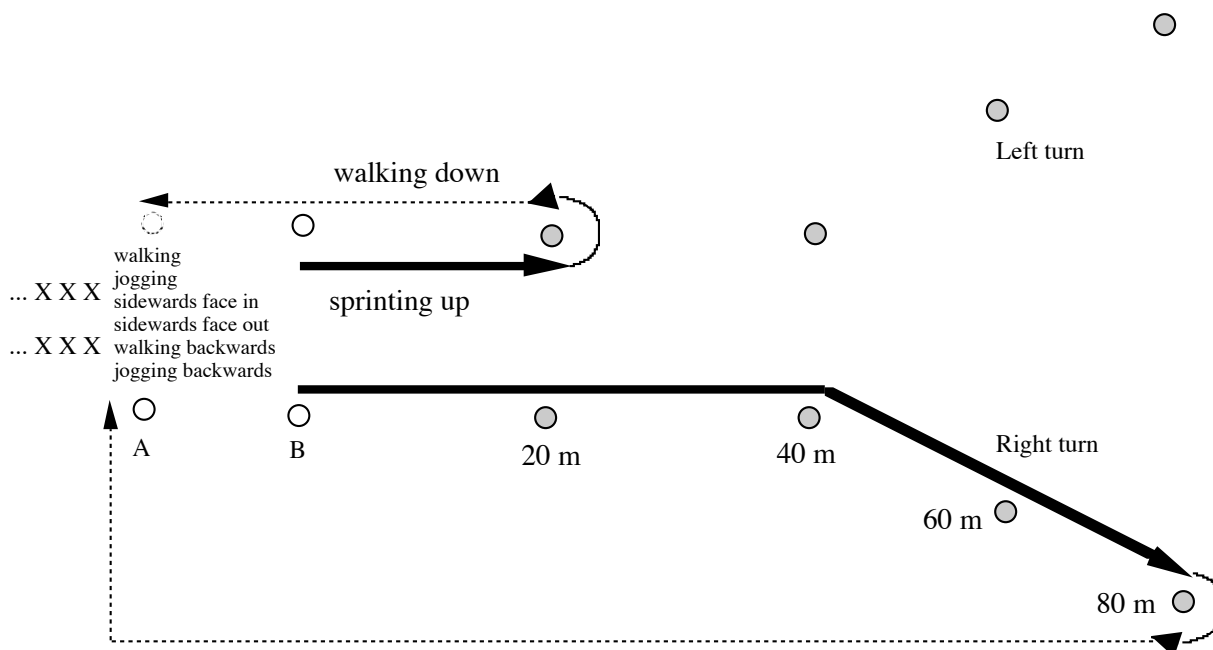
- 20 m sprint up, 20 m walk down, 2 x
- 1' recovery and stretching

- 40 m sprint up, 40 m walk down, 2 x
- 1' recovery and stretching

- 60 m sprint up, 60 m walk down, 2 x
(1 x with a change in direction to the left, 1 x to the right)

- 2' recovery and stretching

- 80 m sprint up, 80 m walk down, 2 x
(1 x with a change in direction to the left, 1 x to the right)



* TIPS

- 1) These sprints always have to be done from a dynamic position(heel-lifts, knee-lifts,...) and upon a visual signal as in the game. This can be given by the coach 1) who bounces a ball on the ground, or 2) who drops his whistle. Alternatively, it is also possible that referees work 2 x 2. The coach takes position at the finish and brings both his arms at shoulder height. Whenever he drops his left arm before his right arm, the referee who started on the left side, has to start first. The other referee tries to 'catch' him before he reaches the finish. If, however, the coach first drops his right arm, then the referee who started on the right side has to try to finish first and definitely before the other referee could 'catch' him.
- 2) Decelerate rather smoothly after completing each sprint
- 3) Use the polar watch to determine the recovery time in between repetitions: it should be less than 60-65% of HR_{max} before you start the next repetition (± 120 bpm).

- The total exercise time is 15'.

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

Total duration: 50'

Sat. 7th: REST or PASSIVE RECOVERY

Sun. 8th: REST or PASSIVE RECOVERY

Depending on the weather conditions, intermittent and non-specific weekend activities such as alpine skiing or cross-country skiing may not only serve to better develop the general fitness level of referees but, evenly important, to mentally distract the referee from his 'addiction' to running and refereeing, especially during the mid-season break.

WEEK 31 Macrocycle VI, week 1 Training Objective	Session 1 Monday HI	Session 2 Wednesday SE	Session 3 Friday SP	Weekly Total (mins)	% Activity Breakdown
Warm up	20	20	20	60	29.7%
High Int.	24	0	0	24	11.9%
Low Int.	5	5	0	10	5.0%
Med. Int. / Ext. Sp.	0	0	0	0	0.0%
Speed End.	0	24	0	24	11.9%
Speed	0	0	10	10	5.0%
Match practice	0	0	0	0	0.0%
Act. Recovery	0	0	0	0	0.0%
Strength	10	10	0	20	9.9%
Pass. Recovery	0	4	5	9	4.5%
Cool down & Str.	15	15	15	45	22.3%
TOTAL	74	78	50	202	100.0%

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

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

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