

**WEEK 2 from Monday 9<sup>th</sup> to Sunday 15<sup>th</sup> of January**  
**Macrocycle VI, week 2 (Training week 32)**

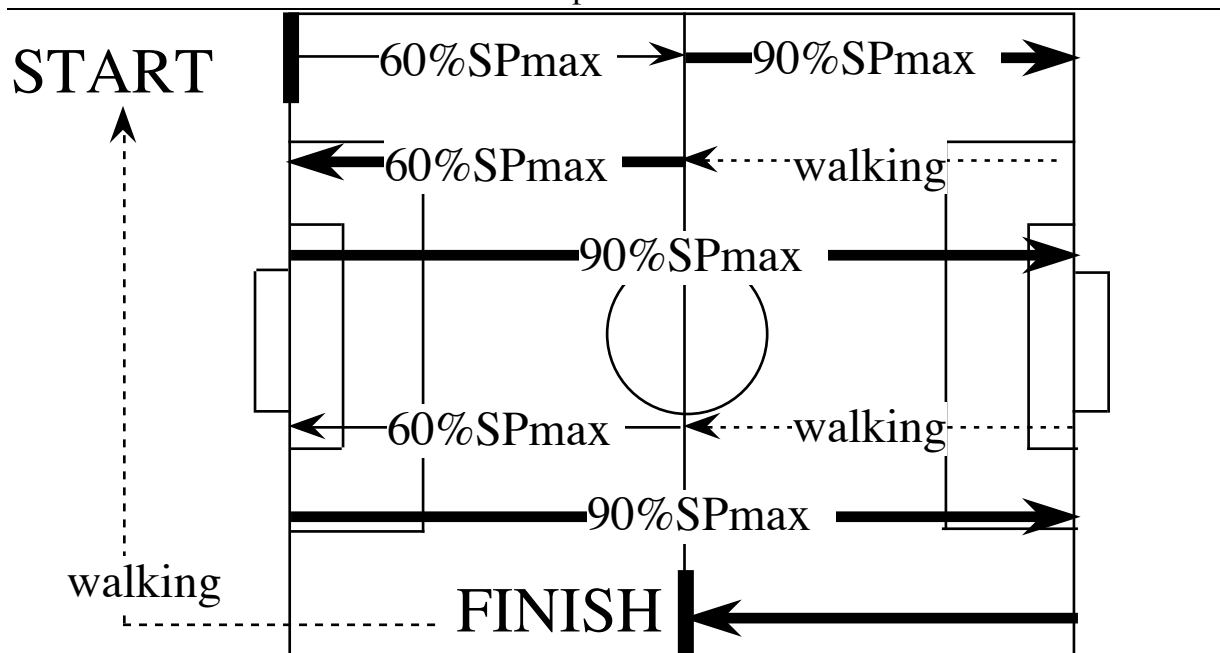
As you will notice, the training distances covering the training objectives of High Intensity (on Monday) and Speed Endurance (on Wednesday), will decrease progressively over the next macro-cycle and become more intermittent as the preparation becomes more match-specific.

- Mon. 9<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 119
- \* 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. - 4' run at 90% HR<sub>max</sub>, 2' jogging, 4 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  $(4' + 2') \times 4 = \pm 24'$ , approximately the same duration as last week, but quite a bit more intermittent. Next week, you will see this ratio changes again!
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 74'

Tue. 10<sup>th</sup>: REST or PASSIVE RECOVERY

- Wed. 11<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 120
- \* 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, 4 laps

One full lap takes  $\pm 4'$  before re-starting. The intensities or percentages are based on a % of maximal speed (SP<sub>max</sub>), not % HR<sub>max</sub>. Therefore, 60% SP<sub>max</sub> should be a jog and 90% SP<sub>max</sub> should constitute a fast tempo run.



- 5' passive recovery (until bpm < 65% HR<sub>max</sub>)

- Set 2: Field exercise, again 4 full laps

- All together this exercise takes 37'  
(16' Set 1 + 5' recovery + 16' Set 2).

\* Cool down - 5' jogging at 80% HR<sub>max</sub>, followed by 10' extensive stretching

Total duration: 87'

Thu. 12<sup>th</sup>:

REST or PASSIVE RECOVERY

Fri. 13<sup>th</sup>: \* Warm up

- 20' extensive warming up, mobilisation and stretching

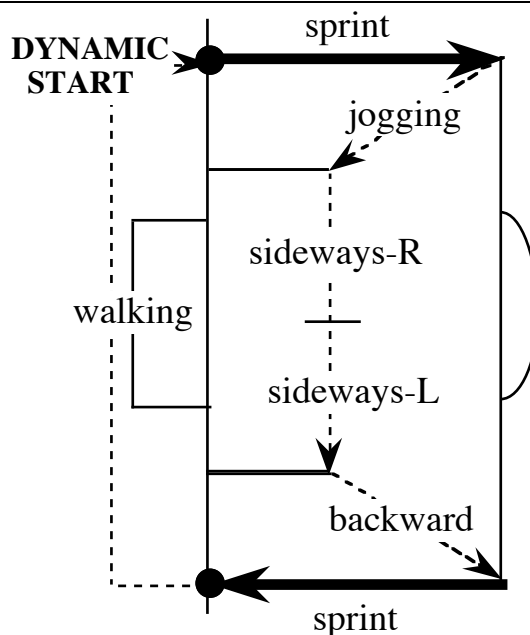
Tr. 121

\* Speed

- Set 1: Sprint exercise in the penalty box, 5 laps in total

- 5' passive recovery (until bpm < 65% HR<sub>max</sub>)

- Set 2: Sprint exercise in the penalty box, again 5 laps in total



- The total exercise time is 15'.

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

Total duration: 50'

Sat. 14<sup>th</sup>: REST or PASSIVE RECOVERY

Sun. 15<sup>th</sup>: REST or ACTIVE LEISURE

Depending on the match schedule and 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 a potential 'addiction' to running and refereeing, especially during the mid-season break.

WEEK 32 Macrocycle VI, week 2 Training Objective	Session 1 Monday HI	Session 2 Wednesday SE	Session 3 Friday SP	Weekly Total (min)	% Activity Breakdown
Warm up	20	20	20	60	28,4%
High Int.	24	0	0	24	11,4%
Low Int.	5	5	0	10	4,7%
Med. Int. / Ext. Sp.	0	0	0	0	0,0%
Speed End.	0	32	0	32	15,2%
Speed	0	0	10	10	4,7%
Match practice	0	0	0	0	0,0%
Act. Recovery	0	0	0	0	0,0%
Strength	10	10	0	20	9,5%
Pass. Recovery	0	5	5	10	4,7%
Cool down & Str.	15	15	15	45	21,3%
<b>TOTAL</b>	<b>74</b>	<b>87</b>	<b>50</b>	<b>211</b>	<b>100,0%</b>

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.

<b>% <math>HR_{max}</math></b>	<b>Type of training</b>	<b>Perceived exertion</b>
< 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