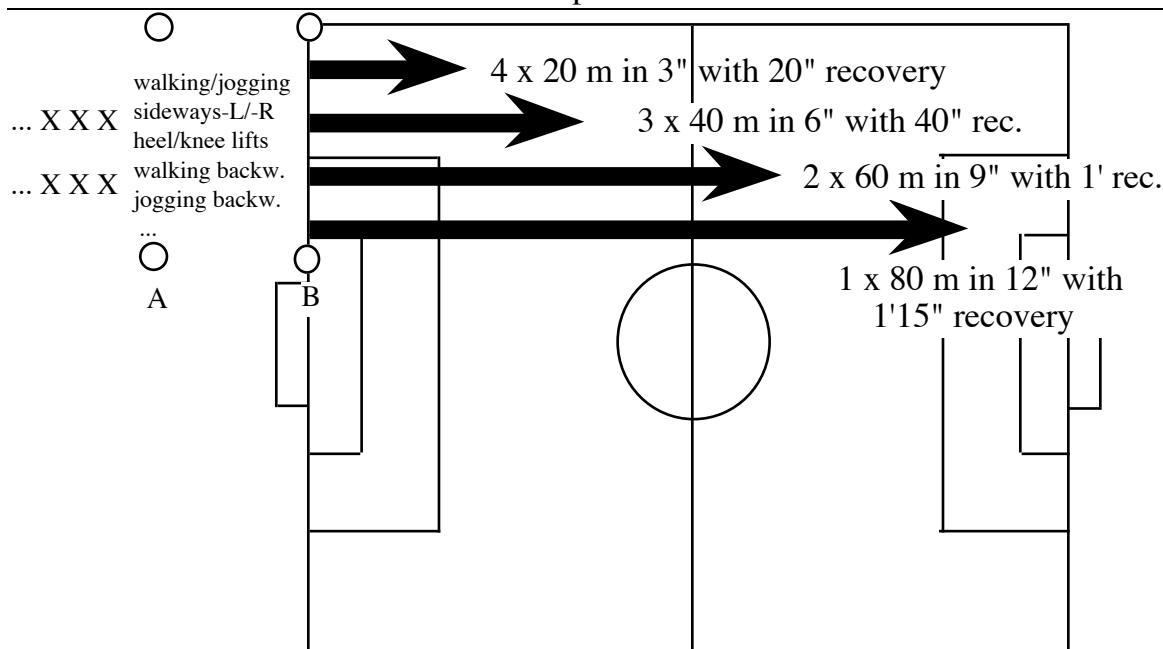


WEEK 6 from Monday 6th to Sunday 12th of February
Macrocycle VI, week 6 (Training week 36)

- Mon. 6th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 133
- 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. 7th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 134
- * Warm up - 20' extensive warm up, mobilisation and stretching
 - * Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
 - * Ext. Speed - Set 1 (always use a dynamic start):
 - > 4 maximal sprints over 20 m (± 3'')
 - with 20'' active recovery (walking back)
 - > 3 maximal sprints over 40 m (± 6'')
 - with 40'' active recovery (walking back)
 - > 2 maximal sprints over 60 m (± 9'')
 - with 1' active recovery (walking back)
 - > 1 maximal sprint over 80 m (± 12'')
 - with 1'20'' active recovery (walking back)
 - > Jogging 1 lap, drinking & stretching (± 2'30'')
 - > Duration Set 1: ± 11'30''
 - Set 2: (always use a dynamic start):
 - > 1 maximal sprint over 80 m (± 12'')
 - with 1'20'' active recovery (walking back)
 - > 2 maximal sprints over 60 m (± 9'')
 - with 1' active recovery (walking back)
 - > 3 maximal sprints over 40 m (± 6'')
 - with 40'' active recovery (walking back)
 - > 4 maximal sprints over 20 m (± 3'')
 - with 20'' active recovery (walking back)
 - > Jogging 1 lap, drinking & stretching (± 2'30'')
 - > Duration Set 2: ± 11'30''



- The total duration of this extended speed session is $\pm 23'$ including 5' active recovery.

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

Total duration: 73'

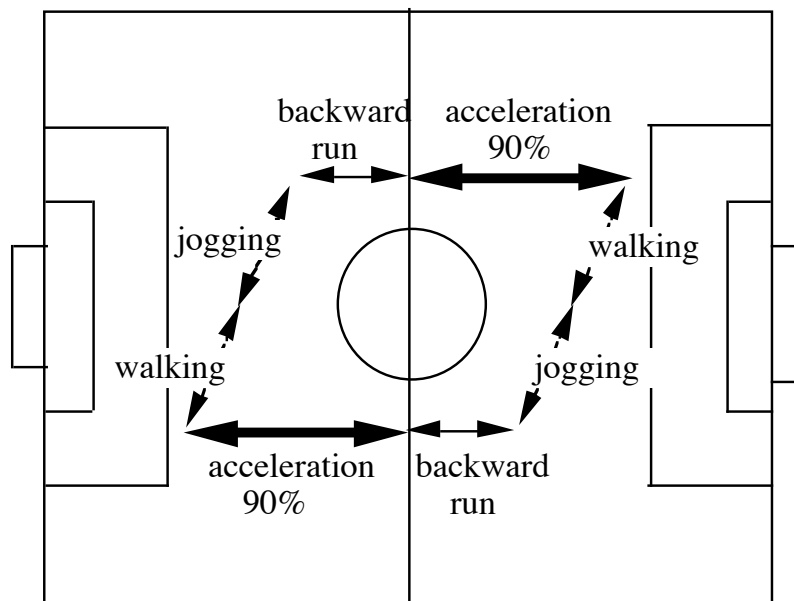
Wed. 8th:

REST or PASSIVE RECOVERY

Thu. 9th:

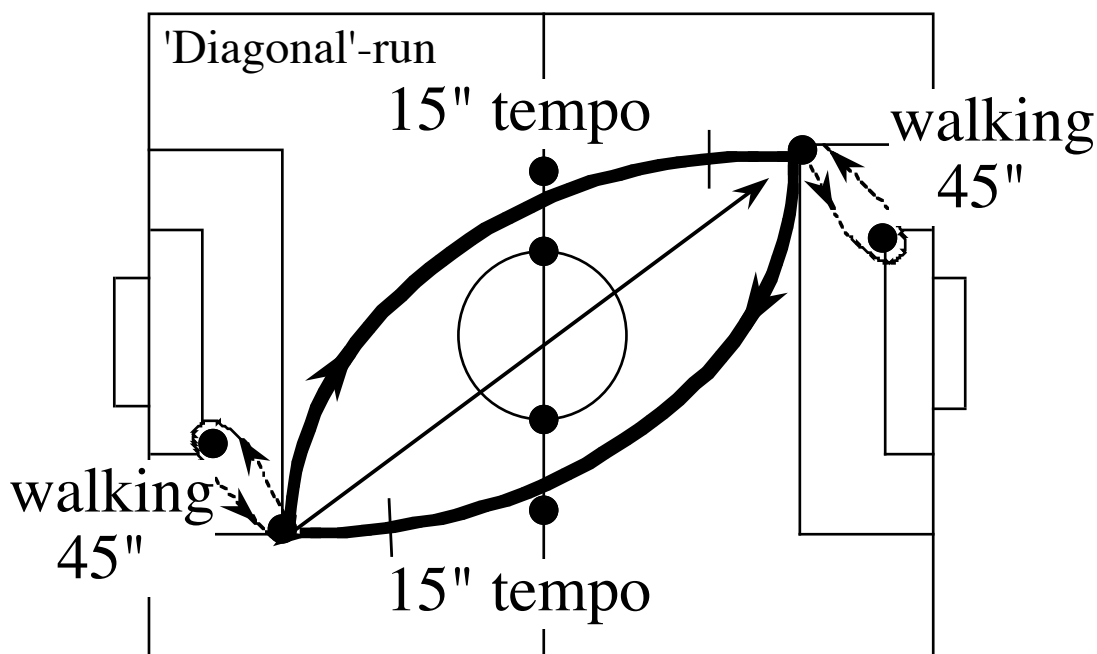
Tr. 135

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 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. - Field exercise 1 along the wide diagonal line, 8'



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

- Set 2: - Field exercise 2 along the wide diagonal line, 10' or 10 accelerations in total.



- All together, these exercises take 8' + 4' recovery + 10' = ± 22'

* 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_{max}).

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

Total duration: 82'

Fri. 10th: REST or PASSIVE RECOVERY

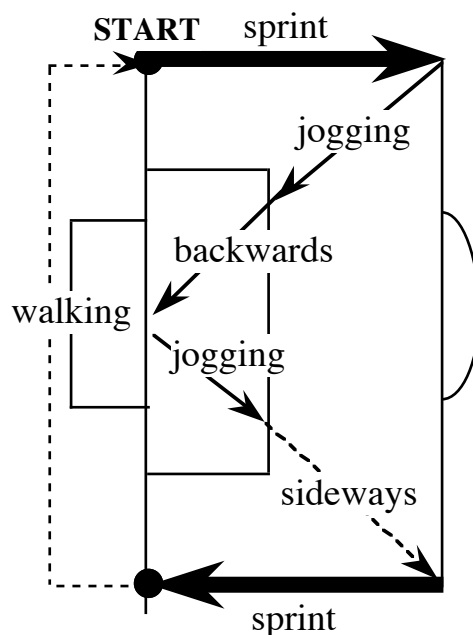
Sat. 11th: * Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 136

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

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

- 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'

Sun. 12th: Next match day of the football competition. For those referees who don't have a competitive game in the weekend, it is a good idea to do some intermittent activities such as playing tennis, badminton, squash, or 5-a-side football,....

Training Objective	Session 1 Monday	Session 2 Tuesday	Session 3 Thursday	Session 4 Fri/Sat	Weekly Total (mins)	% Activity Breakdown
Macrocycle VI, week 6	AR	HI	SE	SP		
Warm up	10	20	20	20	70	27.5%
High Int.	0	0	0	0	0	0.0%
Low Int.	0	5	5	0	10	3.9%
Med. Int. / Ext. Sp.	0	18	0	0	18	7.1%
Speed End.	0	0	18	0	18	7.1%
Speed	0	0	0	10	10	3.9%
Match practice	0	0	10	0	10	3.9%
Act. Recovery	30	5	0	0	35	13.7%
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	21.6%
TOTAL	50	73	82	50	255	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