

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

Total duration: 78'

Wed. 22nd.

REST or PASSIVE RECOVERY

Thu. 23rd.

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* Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)

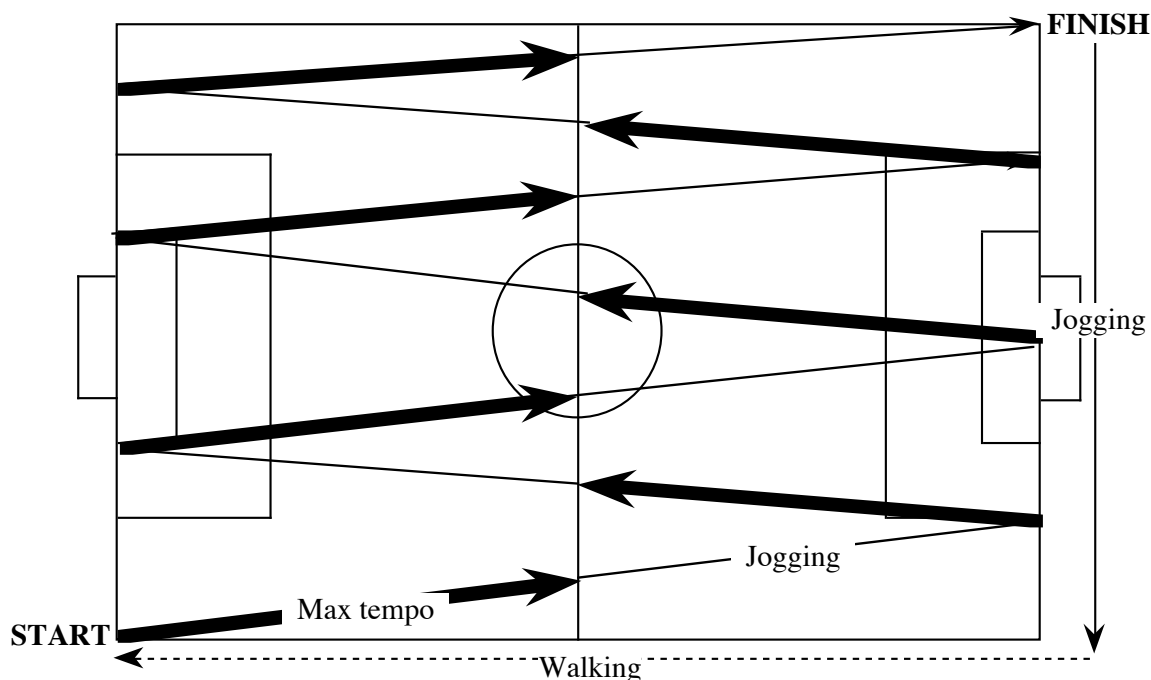
* Warm up - 20' extensive warm up, mobilisation and stretching

* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')

* Speed End. - Set 1: Field exercise, 2 laps
One lap consists of 7 max. tempo runs followed by 7 recovery joggings. The maximum tempo should consist of 95% of maximal speed. The jogging should take ± 3 x longer than the duration of the tempo run. After reaching the finish, referees jog all along the goal line until the next corner and then walk back to the start position. It takes $\pm 13'$ to do 2 full laps.

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

- Set 2: Field exercise, again 2 laps of 7 max. tempo runs each



- All together this exercise takes $\pm 30'$
(13' Set 1 + 4' rec. + 13' Set 2).-

- * 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: 90'

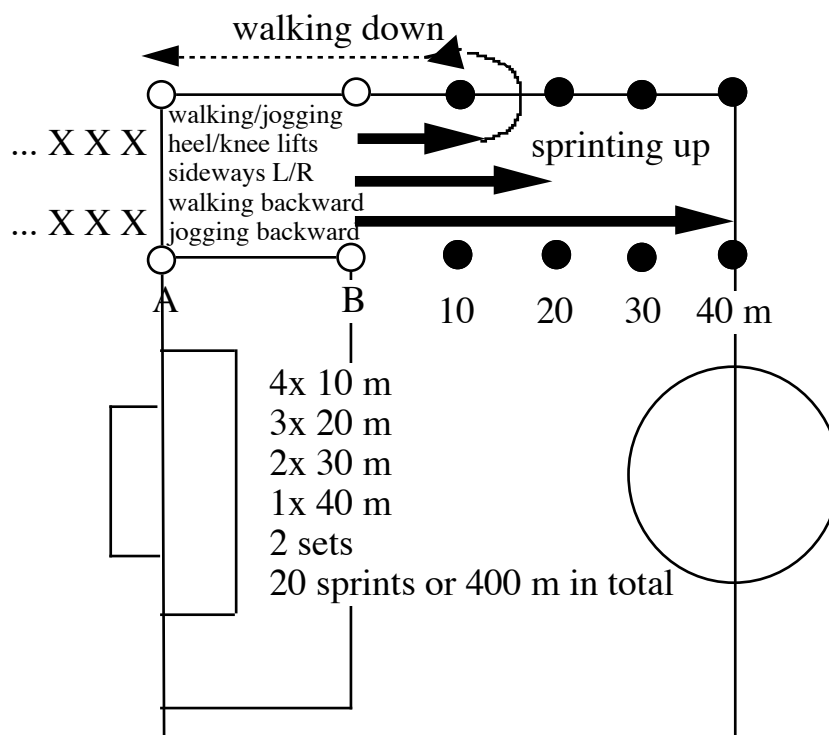
Fri. 24th: REST or PASSIVE RECOVERY

Sat. 25th: * Warm up - 20' extensive warming up, mobilisation and stretching

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- * Speed
 - 10 m sprint up, 10 m walk down, 4 x
 - 20 m sprint up, 20 m walk down, 3 x
 - 30 m sprint up, 30 m walk down, 2 x
 - 40 m sprint up, 40 m walk down, 1 x

- Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you start each sprint. Once the 10 sprints (200 m total sprinting distance) have been completed take a 5' recovery, stretching and drinking break.



- Then perform a second set of sprints but now in reversed order, i.e. from 40 m to 10 m, for another total of 10 sprints.

The total exercise time is 15'.

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

Total duration: 50'

Sun. 26th: 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,....

WEEK 38 Macrocycle VII, week 2 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	26.1%
High Int.	0	24	0	0	24	9.0%
Low Int.	0	5	5	0	10	3.7%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	26	0	26	9.7%
Speed	0	0	0	10	10	3.7%
Match practice	0	0	10	0	10	3.7%
Act. Recovery	30	0	0	0	30	11.2%
Strength	0	10	10	0	20	7.5%
Pass. Recovery	0	4	4	5	13	4.9%
Cool down & Str.	10	15	15	15	55	20.5%
TOTAL	50	78	90	50	268	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