

**WEEK 10 from Monday 6<sup>th</sup> to Sunday 12<sup>th</sup> of March**  
**Macrocycle VII, week 4 (Training week 40)**

- Mon. 6<sup>th</sup>: \* Act. Rec. - 50' recovery session in a fitness centre, including  
Tr. 149
- 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. 7<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)  
Tr. 150
- \* Warm up - 20' extensive warm up, mobilisation and stretching
  - \* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')
  - \* High Int.
    - 30" HI-run, 30" jogging (Set 1),
    - 45" HI-run, 30" jogging,
    - 60" HI-run, 30" jogging,
    - 75" HI-run, 30" jogging,
    - 30" HI-run, 30" jogging,
    - 45" HI-run, 30" jogging,
    - 60" HI-run, 30" jogging,
    - 75" HI-run, 30" jogging,
    - 2' passive recovery (until bpm < 65% HR<sub>max</sub>)
    - 75" HI-run, 30" jogging (Set 2),
    - 60" HI-run, 30" jogging,
    - 45" HI-run, 30" jogging,
    - 30" HI-run, 30" jogging,
    - 75" HI-run, 30" jogging,
    - 60" HI-run, 30" jogging,
    - 45" HI-run, 30" jogging,
    - 30" HI-run, 30" jogging,
    - All together, this exercise takes 11' + 2' recovery + 11' = 24'
    - From a coaching point of view, the easiest way to do this intermittent exercise, is to give a clear signal each time the referees have to change from activity.

- For Set 1, the time line for the use of the whistle is as follows:  
0 (30" HI tempo) - 30" (J) - 1' (T) - 1'45" (J) - 2'15" (T) -  
3'15" (J) - 3'45" (T) - 5' (J) - 5'30" (T) - 6' (J) - 6'30" (T) -  
7'15" (J) - 7'45" (T) - 8'45" (J) - 9'15" (T) - 10'30" (J) - 11'  
(Stop)

- For Set 2, the time line is:  
0 (75" HI tempo) - 1'15" (J) - 1'45" (T) - 2'45" (J) - 3'15"  
(T) - 4' (J) - 4'30" (T) - 5' (J) - 5'30" (T) - 6'45" (J) -  
7'15" (T) - 8'15" (J) - 8'45" (T) - 9'30" (J) - 10' (T) -  
10'30" (J) - 11' (Stop)

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

Total duration: 74'

Wed. 8<sup>th</sup>:

REST or PASSIVE RECOVERY

Thu. 9<sup>th</sup>:

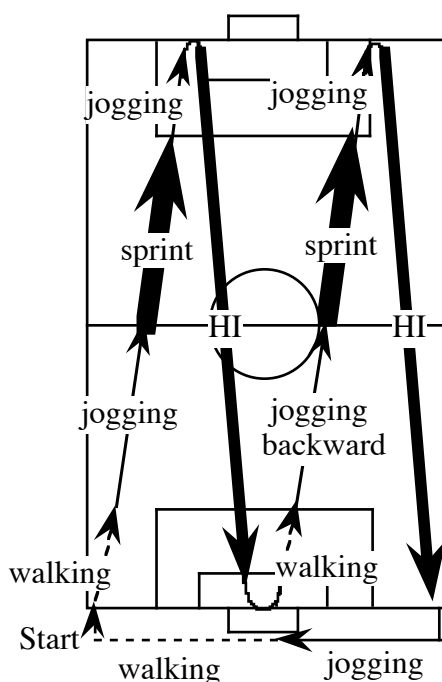
\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)

Tr. 151

\* 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: 4 laps of approx. 3' each  
- 4' passive recovery (until bpm < 65% HR<sub>max</sub>)



- Set 2: 5 laps of approx. 3' each
- All together this exercise takes  $\pm 28'$   
(12' Set 1 + 4' recovery + 12' 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<sub>max</sub>).
- \* Cool down
  - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 88'

Fri. 10<sup>th</sup>:

REST or PASSIVE RECOVERY

Sat. 11<sup>th</sup>:

\* Warm up

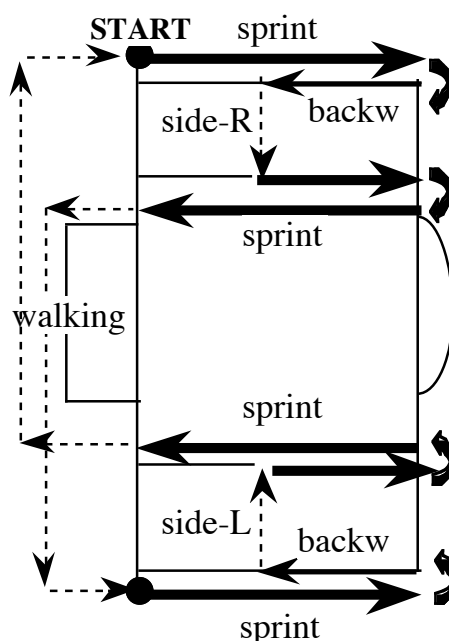
- 20' extensive warming up, mobilisation and stretching

Tr. 152

\* Speed

- Speed and agility in the penalty box, with straight line sprinting over varying distances and always starting from a dynamic position, as shown below

- Set 1 consists of running 3 x the penalty box as indicated  
- Use heart rate watch to determine your own individual recovery; it should approx. 60 – 65% before starting Set 2.



- Set 2 also consists of running 3 x the penalty box as indicated
  - If referees have a training session in group (i.e. with other referees), then this exercise can also be done as a relay race.
  - The total exercise time is 15'.
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 12<sup>th</sup>: 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 40 Macrocycle VII, week 4 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	26.7%
High Int.	0	22	0	0	22	8.4%
Low Int.	0	5	5	0	10	3.8%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	24	0	24	9.2%
Speed	0	0	0	10	10	3.8%
Match practice	0	0	10	0	10	3.8%
Act. Recovery	30	0	0	0	30	11.5%
Strength	0	10	10	0	20	7.6%
Pass. Recovery	0	2	4	5	11	4.2%
Cool down & Str.	10	15	15	15	55	21.0%
<b>TOTAL</b>	50	74	88	50	262	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