

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

Total duration: 74'

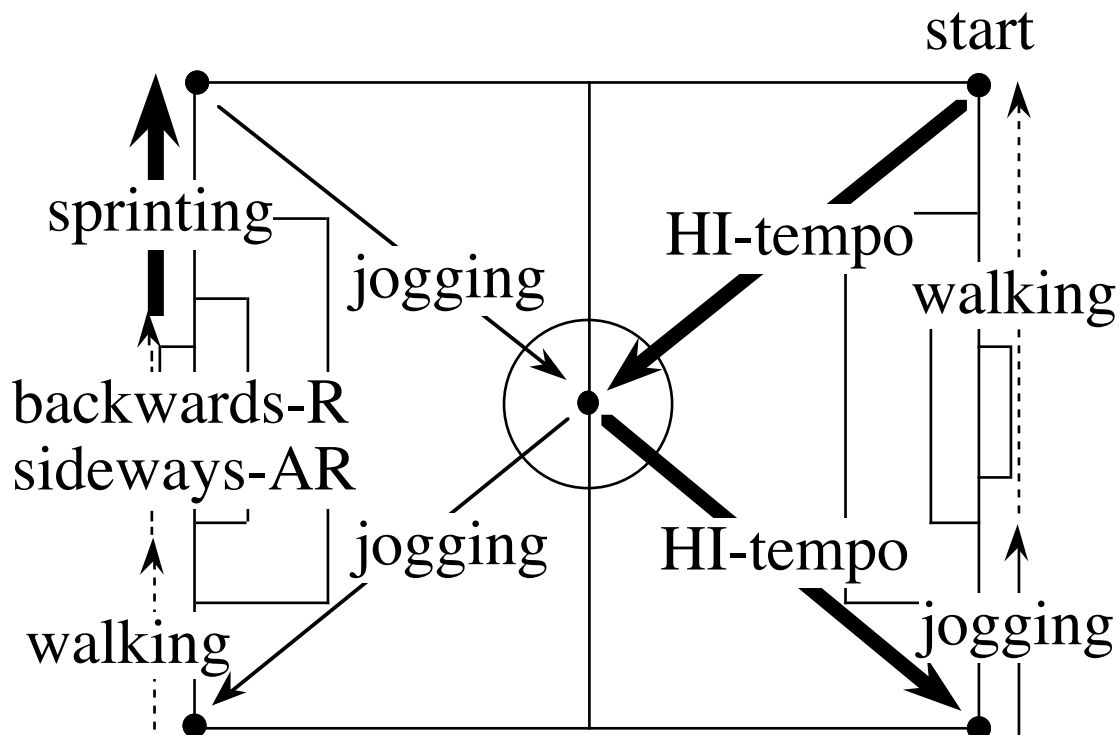
Wed. 22nd:

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, 5 laps of ± 2' each
- 4' passive recovery (until bpm < 65% HR_{max})
- Set 2: Field exercise, 5 laps of ± 2' each
- All together this exercise takes 24'
(10' Set 1 + 4' passive recovery + 10' 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

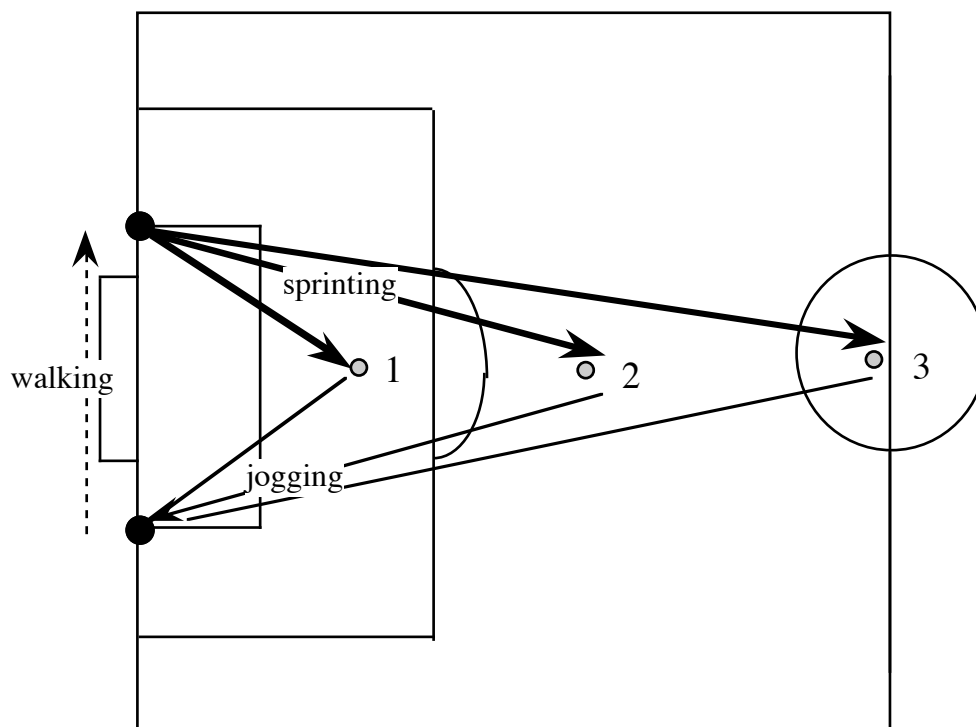
Total duration: 84'

Fri. 24th: REST or PASSIVE RECOVERY

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

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- * Speed
 - 1) 11 m sprint, 11 m jogging, walking to start, 4 reps
 - 2) 25 m sprint, 25 m jogging, walking to start, 2 reps
 - 3) 50 m sprint, 50 m jogging, walking to start, 1 rep



These sprints always have to be done from a dynamic start position (walking, jogging, skipping, billing, sideways or backwards...).

- 5' passive recovery, followed by Set 2 of 7 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 42 Macrocycle VII, week 6 Training Objective	Session 1 Monday	Session 2 Tuesday Ext. SP	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	27.1%
High Int.	0	0	0	0	0	0.0%
Low Int.	0	5	5	0	10	3.9%
Med. Int. / Ext. Sp.	0	19	0	0	19	7.4%
Speed End.	0	0	20	0	20	7.8%
Speed	0	0	0	10	10	3.9%
Match practice	0	0	10	0	10	3.9%
Act. Recovery	30	0	0	0	30	11.6%
Strength	0	10	10	0	20	7.8%
Pass. Recovery	0	5	4	5	14	5.4%
Cool down & Str.	10	15	15	15	55	21.3%
TOTAL	50	74	84	50	258	100.0%