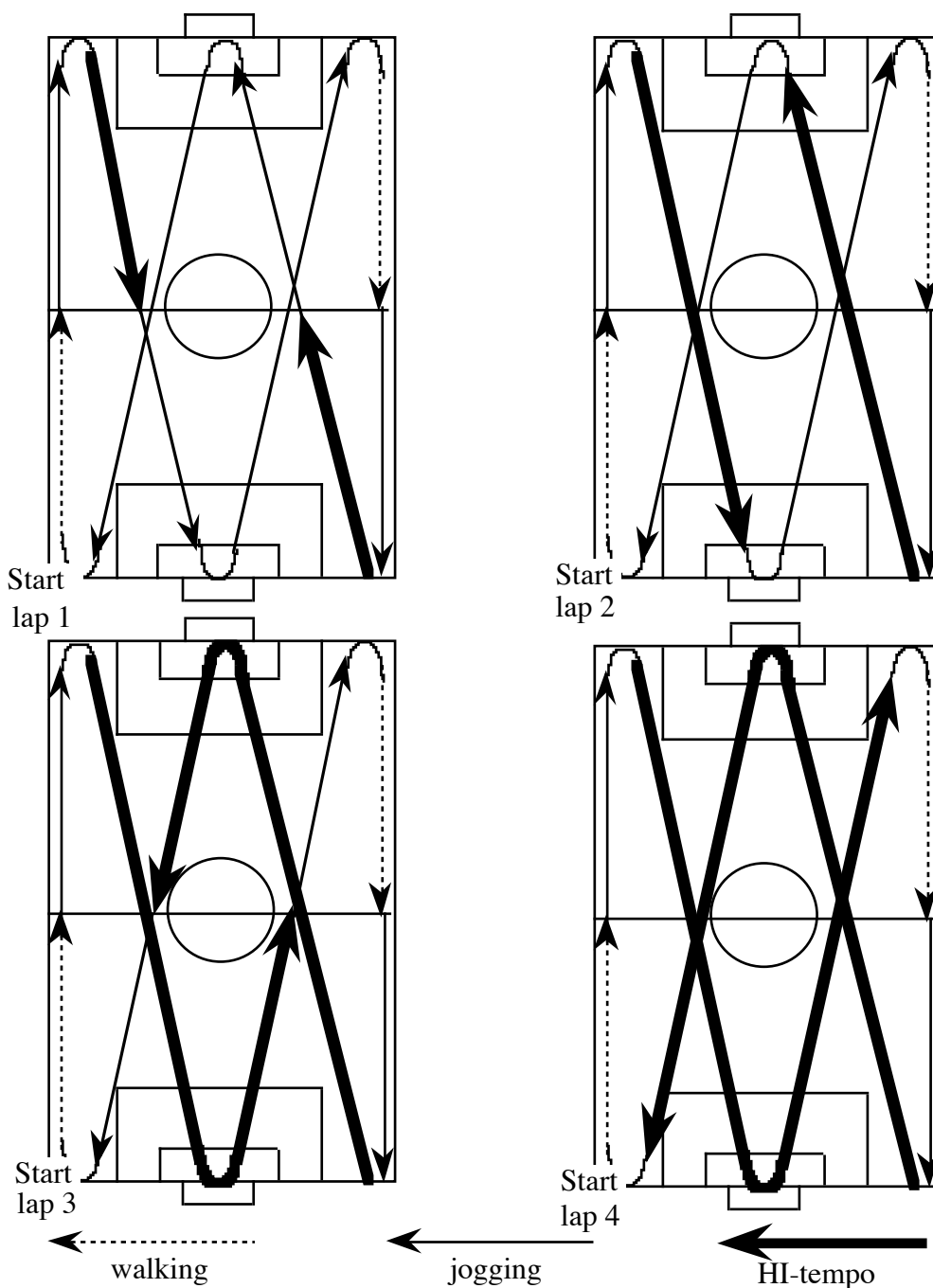


WEEK 15 from Monday 10th to Sunday 16th of April
Macrocycle VIII, week 3 (Training week 45)

- Mon. 10th: * Act. Rec. - 50' recovery session in a fitness centre, including:
- Tr. 169
- 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. 11th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- Tr. 170
- * 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. - Set 1:
 - LAP 1
 - 50 m walking, followed by 50 m jogging along the side line
 - 60 m HI run along the diagonal line up to the midline,
 - 60 m jogging to the goal, then 120 m jogging to the opposite corner
 - 50 m walking, followed by 50 m jogging along the side line
 - 60 m HI run along the diagonal line up to the midline,
 - 60 m jogging to the goal, then 120 m jogging to the opposite corner
 - LAP 2
 - 50 m walking, followed by 50 m jogging along the side line
 - 120 m HI run along the diagonal line up to the opposite goal,
 - 120 m jogging to the opposite corner
 - 50 m walking, followed by 50 m jogging along the side line
 - 120 m HI run along the diagonal line up to the opposite goal,
 - 120 m jogging to the opposite corner
 - LAP 3
 - 50 m walking, followed by 50 m jogging along the side line
 - 180 m HI run along the diagonal line up to the opposite goal, and back to the midline
 - 60 m jogging to the opposite corner
 - 50 m walking, followed by 50 m jogging along the side line
 - 180 m HI run along the diagonal line up to the opposite goal, and back to the midline
 - 60 m jogging to the opposite corner



- LAP 4
- 50 m walking, followed by 50 m jogging along the side line
- 240 m HI run along the diagonal line up to the opposite goal, and back to the opposite corner
- 50 m walking, followed by 50 m jogging along the side line
- 240 m HI run along the diagonal line up to the opposite goal, and back to the opposite corner

- As referees progress from cone 1 to cone 5, they progressively increase the amount of HI running (distance per lap = 680 m). (18% lap 1; 35% lap 2; 53% lap 3; 70% lap 4)
- All together, this first run takes $\pm 12.5'$
- 2' passive recovery (until bpm $< 65\% HR_{max}$)
- * High Int. - Set 2: same number of laps, but referees now they start in reversed order: first lap 4, then lap 3, lap 2, and finally lap 1
- In total, this exercise takes $12.5' + 2' \text{ recovery} + 12.5' = \pm 27'$
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 77'

Wed. 12th:

REST or PASSIVE RECOVERY

Thu. 13th:

* Low Int.

- 5' jogging slowly building up to $70\% HR_{max}$ (± 1 km)

Tr. 171

* 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: 4 laps of the next exercise in the length of the pitch:

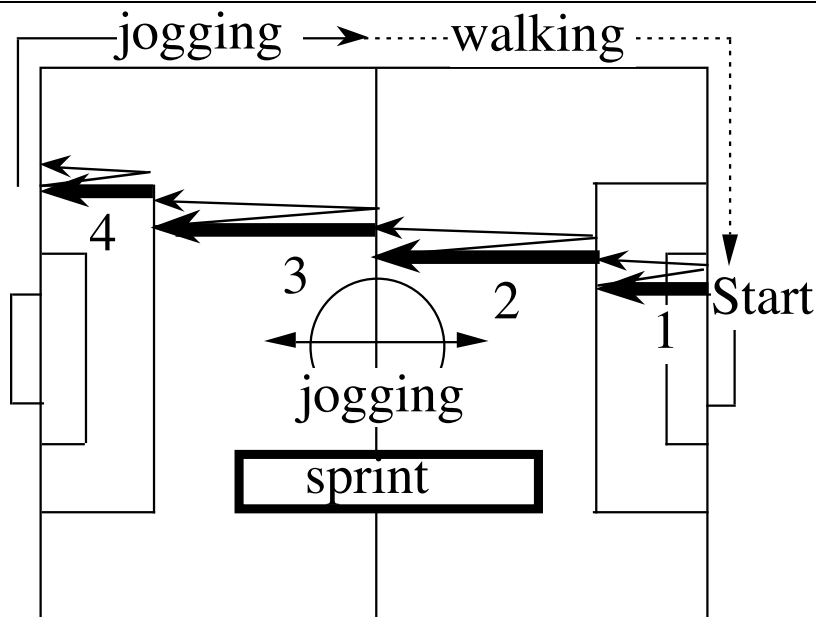
- Referees start on the goal line from a dynamic position (e.g., knee lifts). Then they sprint to the 16 m box, return to the goal line jogging backward and then they continue jogging forward to the 16 m box (1)

- From the 16 m box, referees sprint to the midline, then they return jogging to the 16 m box and continue jogging to the midline (2)

- From the midline, referees sprint to the opposite penalty box, then they return jogging to the midline and continue jogging to the penalty box (3)

- From the 16 m box, referees sprint to the goal line, then they return jogging backward to the 16 m box and continue jogging forward to the goal line (4)

- They continue jogging to the midline and then walk back to the start position. This constitutes 1 lap. For each lap of 320 m, referees accelerate to sprint approximately 110 m (duration 1 lap $\pm 2'30''$)



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

- Set 2: again 4 laps of 2'30" each

- All together, this exercise takes 10' + 4' rec + 10' = 24'

* 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'). If the game is not played fast enough, another restriction can be implemented, i.e. to score all members of a team have to be on the attacking part.

- Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max}).

* Cool down

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

Total duration: 84'

Fri. 14th:

REST or PASSIVE RECOVERY

Sat. 15th:

* Warm up

- 20' extensive warming up, mobilisation and stretching

Tr. 172

* Speed

- Straight forward sprints from dynamic starting position:

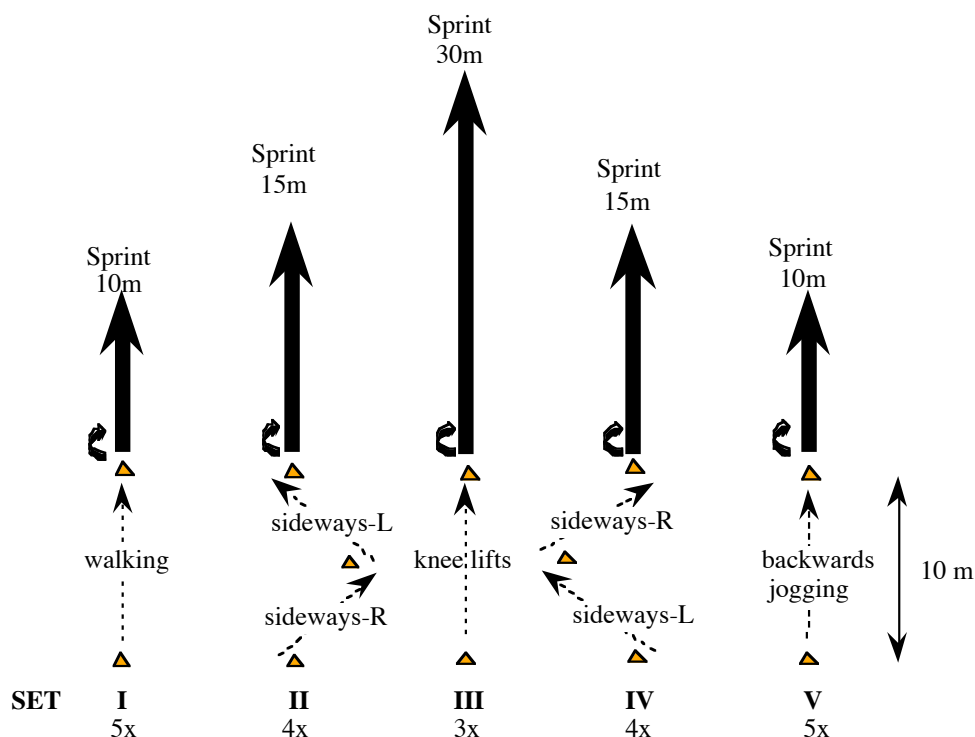
- Set 1: 5 x 10 m, starting from 10 m walking

- Set 2: 4 x 15 m, starting from 10 m sideways running

- Set 3: 3 x 30 m, starting from 10 m knee lifts

- Set 4: 4 x 15 m, starting from 10 m sideways running

- Set 5: 5 x 10 m, starting from 10 m backwards running



* Tips

- Decelerate smoothly after completing each sprint

- In between the same sprints, a slow walk back to the start position is a good way of determining the recovery time (e.g., 20" for 10 m, 30" for 15 m, 40" for 30 m). The % HR_{max} is also a good indication of full recovery before next sprint, 60-65% being perfect.

- Between sets, there is 1' passive recovery. The total time is 15'.

* Cool down

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

Total duration: 50'

Sun. 17th:

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 45 Macrocycle VIII, week 3 Training Objective	Session 1 Monday	Session 2 Tuesday HI	Session 3 Thursday Ext. SP	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	26.8%
High Int.	0	25	0	0	25	9.6%
Low Int.	0	5	5	0	10	3.8%
Med. Int. / Ext. Sp.	0	0	24	0	24	9.2%
Speed End.	0	0	0	0	0	0.0%
Speed/Agility	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	7.7%
Pass. Recovery	0	2	0	5	7	2.7%
Cool down & Str.	10	15	15	15	55	21.1%
TOTAL	50	77	84	50	261	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