

2007-08 Top-Referees' Fitness Programme

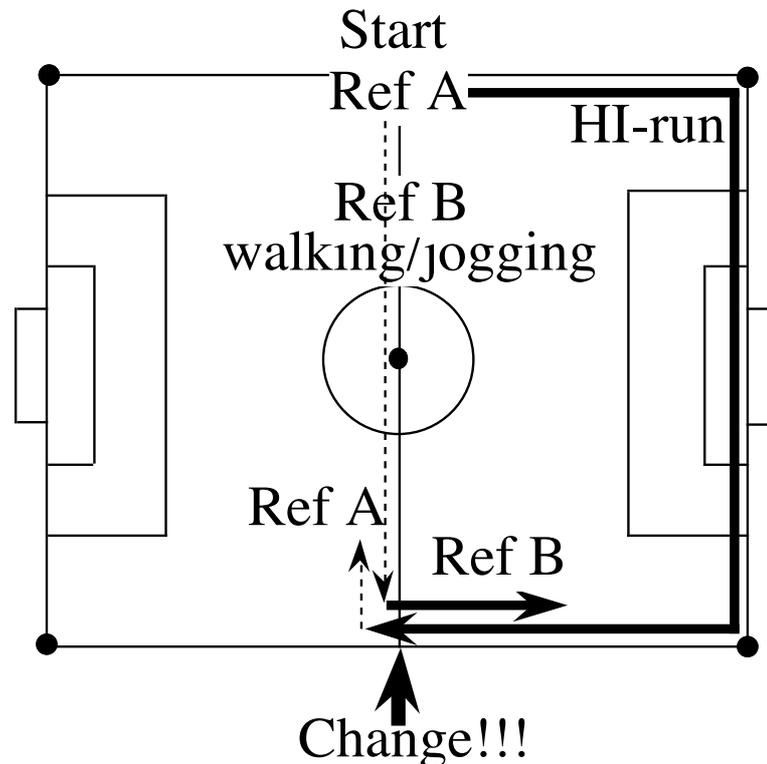
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WEEK 13 from Monday 24th to Sunday 30th of March **Macrocycle VIII, week 1 (Training week 43)**

- Mon. 24th: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 161
- Tue. 25th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 162
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1
- Referee A performs a HI run clockwise from the midline to the corner flag, then to the other corner flag, and finally to the other side of the midline. In the meantime, Referee B has to cross the midline by walking or jogging. He has to arrive at the other side when Referee A arrives. When they meet, their roles change, i.e. Referee B performs a HI run counter-clockwise the same trajectory, while Referee A recovers by walking / jogging back to the starting position. The second HI-run of referee A is done on the other side of the field so that he has to take the turns on his L-shoulder. All together this exercise is done 5 full laps, or 10 HI-runs for each of the referees.
- All together, this first run takes \pm 10' (1600 m HI running alternated with 600 m recovery for each referee).
- 3' recovery
- Set 2:
- Perform another 5 full laps (or 10 HI-runs for each of the referees).
- All together this exercise takes \pm 22'
(10' Set 1 + 2' recovery + 10' Set 2)



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

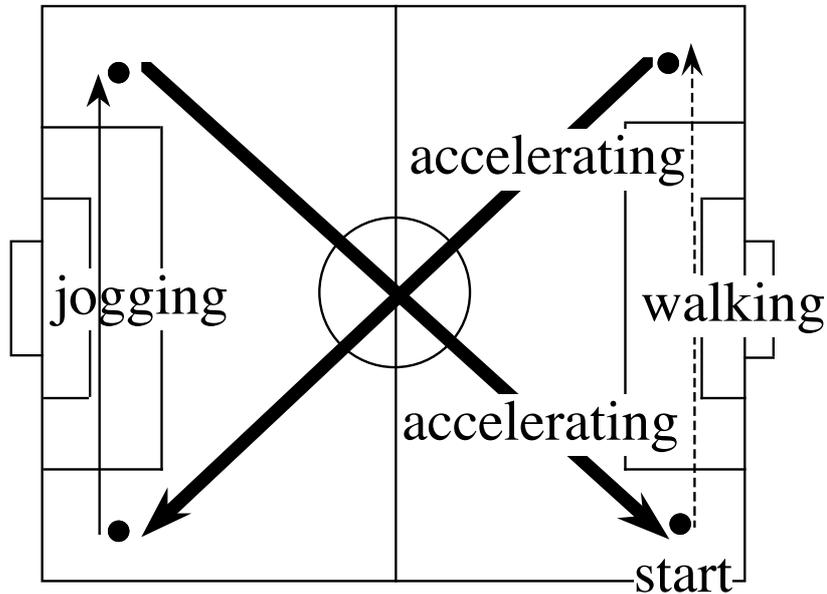
Total duration: 72'

Wed. 26th:

REST DAY

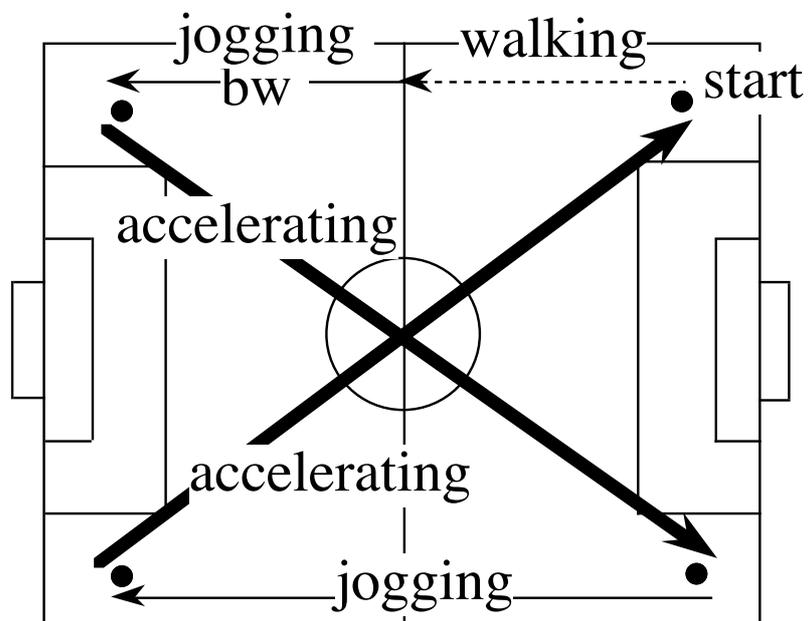
Thu. 27th:
Tr. 163

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End. - Set 1
- Field exercise, 6 laps of \pm 90" each
- Referees start by walking to the other side of the penalty box, then perform a 90% Sprint along the diagonal line, followed by a jog to the other side of the penalty box, and finally finishing the lap with another 90% Sprint returning to the starting position.
- 4' recovery



- Set 2: Field exercise, again 6 laps of $\pm 2'$ each

Referees now start walking to the midline, then they jog to the other end, perform a 90% Sprint along the diagonal line, jog the length of the pitch and finally another 90% Sprint along the diagonal returning to the starting position.



- In total, this exercise takes $\pm 25'$
(9' Set 1, 4' recovery, 12' Set 2)

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

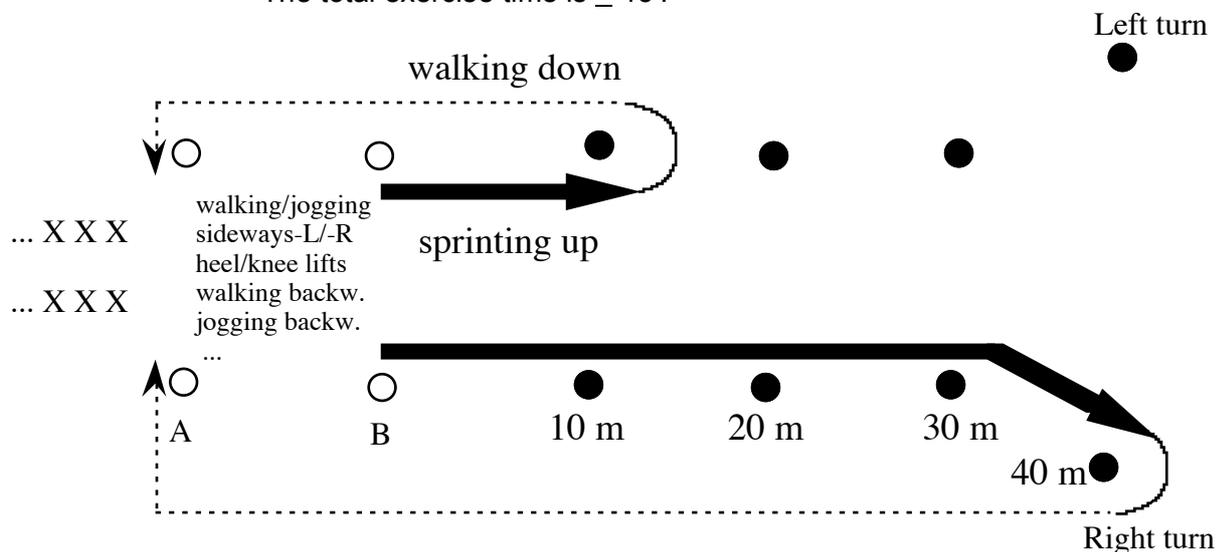
Total duration: 85'

Fri. 28th: REST DAY

Sat. 29th: * Warm up - 20' extensive warming up, mobilisation and stretching

Tr. 164

- * Speed
 - Variations on the 40 m distance:
 - 10 m sprint up, 10 m walk down, 8 x or 80 m in total
 - 2' recovery and stretching
 - 20 m sprint up, 20 m walk down, 6 x or 120 m in total
 - 2' recovery and stretching
 - 30 m sprint up, 30 m walk down, 4 x or 120 m in total
 - 2' recovery and stretching
 - 40 m sprint up, 40 m walk down, 2 x or 80 m in total
 - (1x with a change in direction to the left, 1x to the right)
 - The total exercise time is $\pm 15'$.



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

Total duration: 50'

Sun. 30th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

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WEEK 14 from Monday 31st of March to Sunday 6th of April Macrocycle VIII, week 2 (Training week 44)

- Mon. 31st: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 165
- Tue. 1st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 166
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' recovery
- Set 2
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 2' at 90% HR_{max}, followed by 60" active recovery (jogging)
- 60" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 40" at 90% HR_{max}, followed by 20" active recovery (jogging)
- 20" at 90% HR_{max}, followed by 20" active recovery (jogging)
- All together, this exercise takes 12' + 4' recovery + 12' = 28'
- 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 and 2, the time line is:
0 (20" HI) - 20" (Jog) - 40" (HI) - 1'20" (Jog) - 1'40" (HI) - 2'40" (Jog) - 3' (HI) - 5' (Jog) - 6' (HI) - 8' (Jog) - 9' (HI) - 10' (Jog) - 10'20" (HI) - 11' (Jog) - 11'20" (HI) - 11'40" (Jog) - 12' (finish)
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 76'

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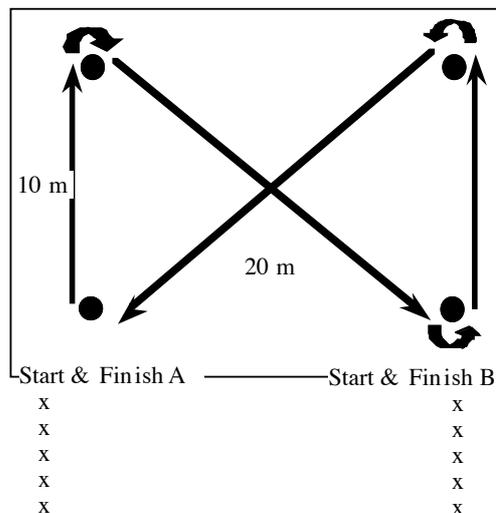
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Wed. 2nd.

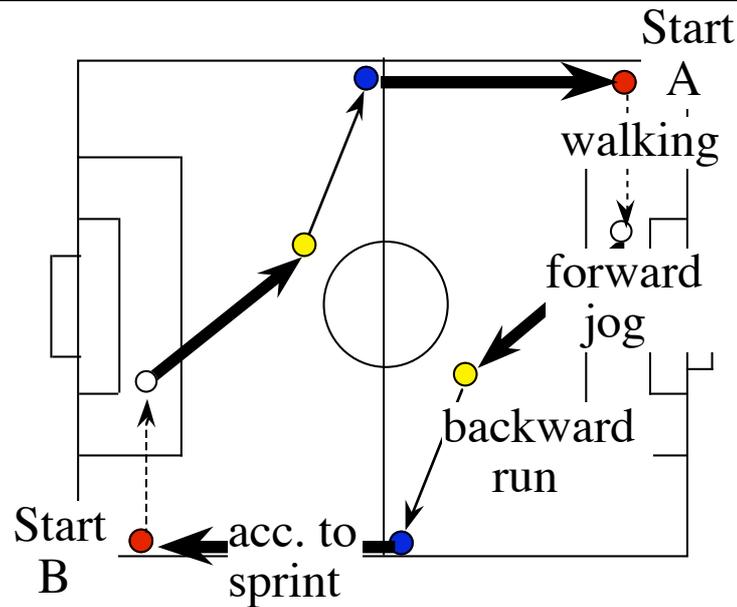
REST DAY

Thu. 3rd.
Tr. 167

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Agility
 - Set 1
 - Referee Sprint of 60 m, 1' rest, 5 reps
The first 10 m can also be done jogging (Set 1) or backwards (Set 2) or sideways (assistant referees), before sprinting the remaining 50 m.
 - 2' recovery
 - Set 2: 'Referee Sprint' of 60 m, 1' rest, 5 reps
 - 2' recovery



- * Speed End. Field exercise 8'; 1 set (see below)
- 2' recovery
- All together these exercises take 26' (6' Set 1, 2' recovery, 6' Set 2, 2' recovery, 8' Field, 2' recovery)



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

Total duration: 86'

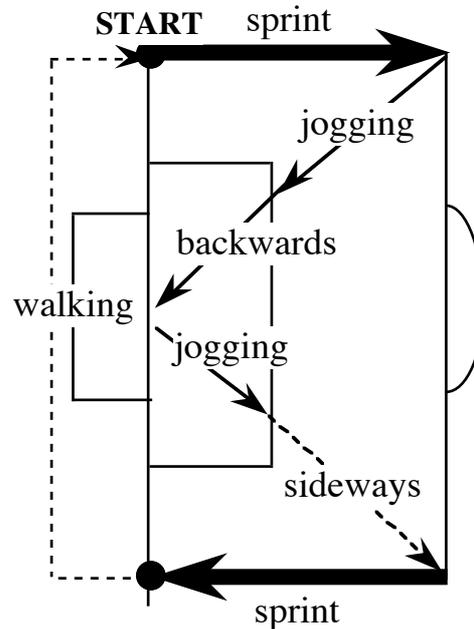
Fri. 4th:

REST DAY

Sat. 5th:

Tr. 168

- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Speed Tr.
 - Set 1
 - Sprint exercise in the penalty box, 5 laps in total
 - 5' recovery
 - 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. 6th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

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WEEK 15 from Monday 7th to Sunday 13th of April

Macrocycle VIII, week 3 (Training week 45)

- Mon. 7th: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 169
- Tue. 8th: * 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 - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Set 1
- Perform the pitch laps below in the following order:
- Lap 1, lap 2, lap 3 finishing with lap 4
- All together, this first run takes \pm 12.5'.

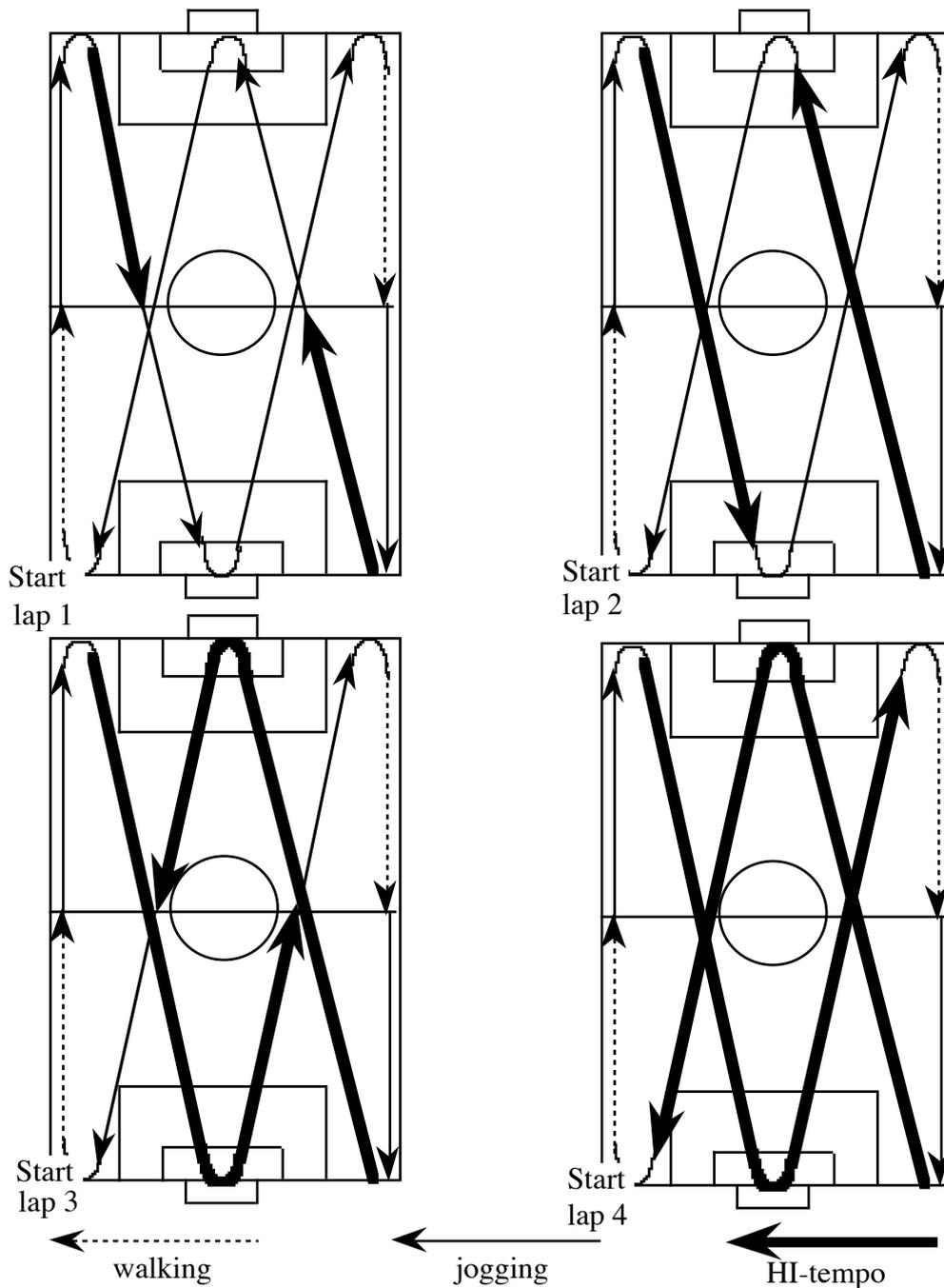
- 2' recovery
- Set 2
- Same number of laps, but referees now they start in reversed order: first lap 4, then lap 3, lap 2, and finally lap 1
- In total, this exercise takes 12.5' + 2' recovery + 12.5' = \pm 27'

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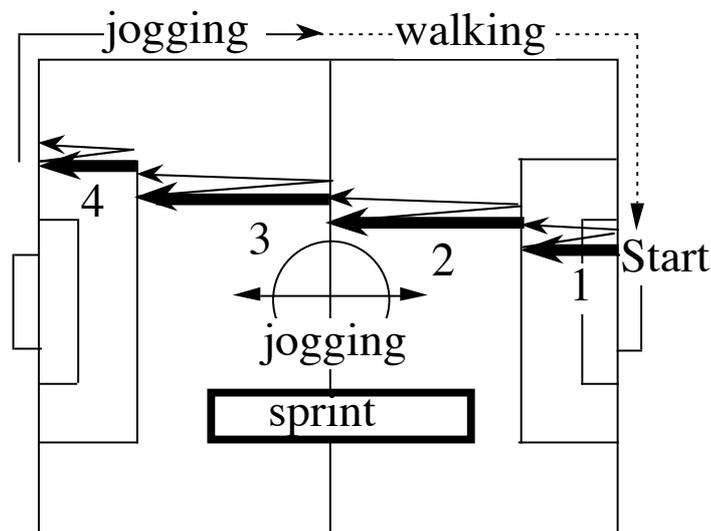
* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 77'

Wed. 9th.

REST DAY

- Thu. 10th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 171
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Ext. Speed - Set 1: 4 laps of the next exercise utilising the length of the pitch:
- Start on the goal line from a dynamic position (e.g., knee lifts). Then sprint to the 16 m box, return to the goal line jogging backward and then continue jogging forward to the 16 m box (1)
 - From the 16 m box, sprint to the midline and then return jogging to the 16 m box continue jogging back to the midline (2)
 - From the midline, sprint to the opposite penalty box, then return jogging to the midline and continue jogging to the penalty box (3)
 - From the 16 m box, sprint to the goal line, then return jogging backward to the 16 m box and continue jogging to the goal line (4)
 - Continue jogging to the midline and then walk back to the start position. This constitutes 1 lap. For each lap of 320 m, referees sprint approx. 110 m (duration 1 lap \pm 2'30")



- 4' recovery
 - Set 2: again 4 laps of 2'30" each
 - All together, this exercise takes 10' + 4' recovery + 10' = 24'
- * Match - 10' match play
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

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Fri. 11th:

REST DAY

Sat. 12th
Tr. 172

* Warm up

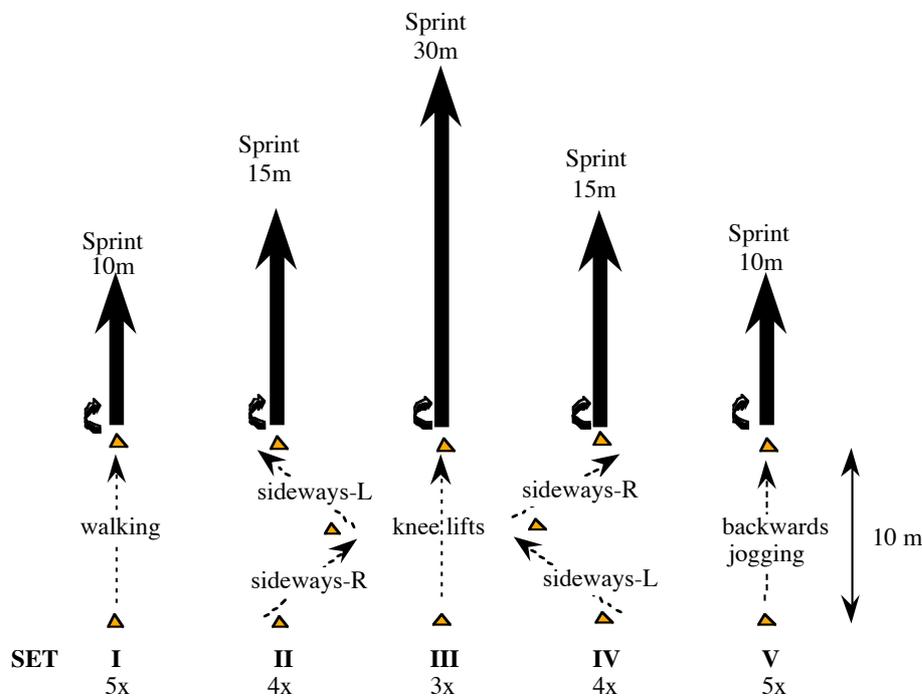
- 20' extensive warming up, mobilisation and stretching

* Speed

- Straight forward sprints from dynamic starting position:

- Set 1: 5 x 10 m, starting from 10m walking
- Set 2: 4 x 15 m, starting from 10m sideways running
- Set 3: 3 x 30 m, starting from 10m knee lifts
- Set 4: 4 x 15 m, starting from 10m sideways running
- Set 5: 5 x 10 m, starting from 10m backwards running

- After every sprint, 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)



- Between the various sets, there is a 1' recovery

- The total exercise time is 15'.

* Cool down

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

Total duration: 50'

Sun. 13th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

WEEK 16 from Monday 14th to Sunday 20th of April
Macrocycle VIII, week 4 (Training week 46)

Mon. 14th: * Act. Rec. - 50' recovery session in a fitness centre
 Tr. 173

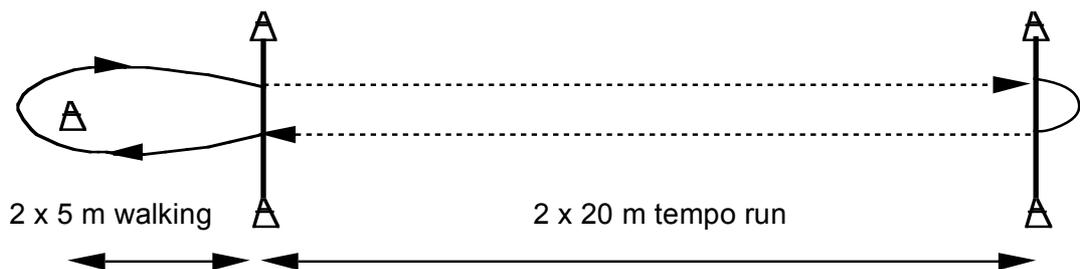
Tue. 15th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
 Tr. 174

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

* Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises

* High Int. - Yo-yo intermittent activity run

- > Back and forth in 14" (40m), followed by 10" recovery (10m), 8 x
- > Back and forth in 13", followed by 10" recovery, 7 x
- > Back and forth in 12", followed by 10" recovery, 6 x
- > Back and forth in 11", followed by 10" recovery, 5 x
- > Back and forth in 10", followed by 10" recovery, 4 x



- 2' recovery

- > Back and forth in 12", followed by 10" recovery, 6 x
- > Back and forth in 11", followed by 10" recovery, 5 x
- > Back and forth in 10", followed by 10" recovery, 4 x
- > Back and forth in 9", followed by 10" recovery, 3 x
- > Back and forth in 8", followed by 10" recovery, 2 x

- 2' recovery

- > Back and forth in 10", followed by 10" recovery, 5 x
- > Back and forth in 9", followed by 10" recovery, 4 x
- > Back and forth in 8", followed by 10" recovery, 3 x

- This exercise takes 11' + 2' recovery + 7' + 2' recovery + 4' = 26'

* Tip - Alternate between the left and right leg for turning on

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

Total duration: 76'

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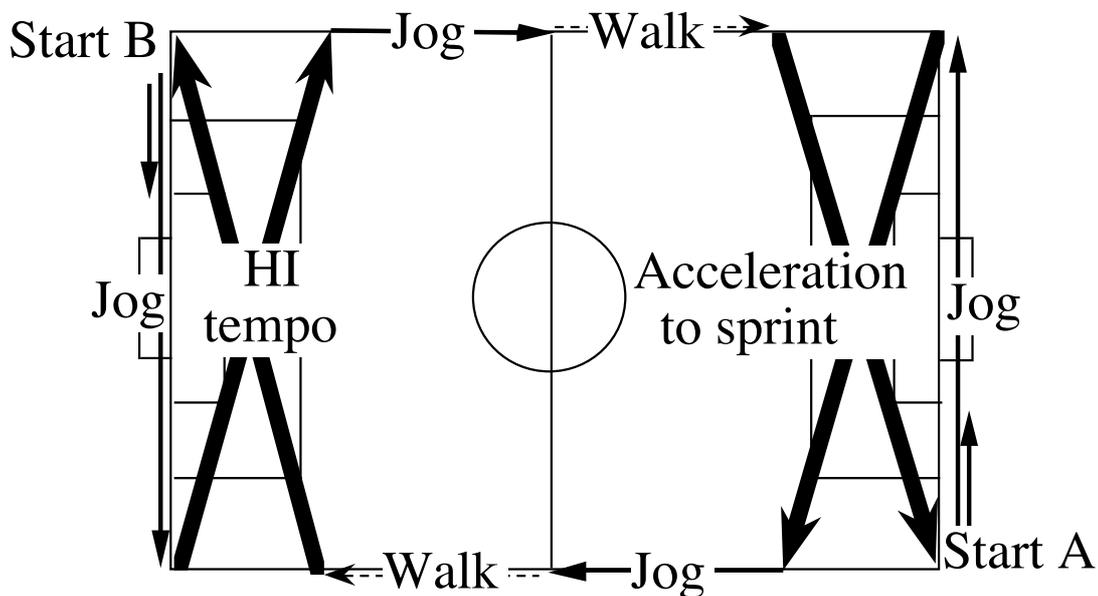
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Wed. 16th: REST DAY

- Thu. 17th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 175
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End.
- Set 1: Field exercise, 5 laps or 20 high speed runs
 - This first run will take ± 11'
 - 4' recovery
 - Set 2: Field exercise, again 5 laps or 20 high speed runs
 - Again, this second run will take ± 11 minutes
 - All together, this exercise takes 11' + 4' recovery + 11' = 26'.
 - The total distance covered in high speed running is 2500 m.



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

Total duration: 86'

Fri. 18th: REST DAY

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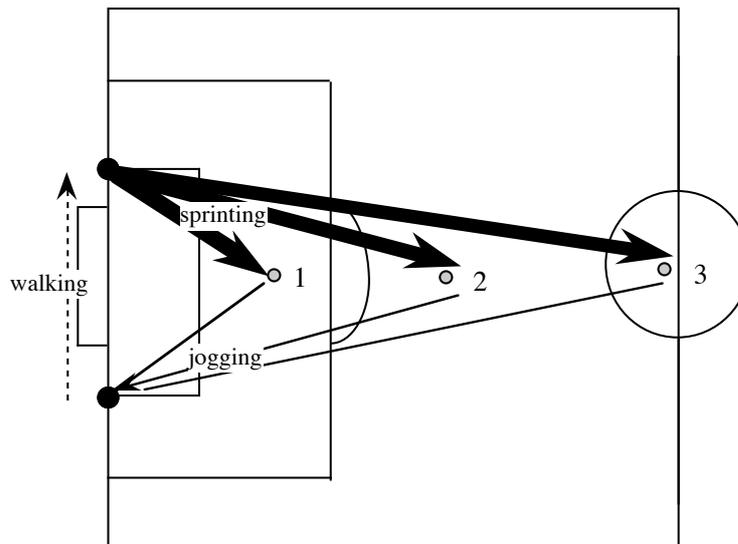
Sat. 19th: * Warm up
Tr. 176

- 20' extensive warming up, mobilisation and stretching

* Speed

Set 1:

- 1) 11 m sprint, 11 m jogging, walking to start, 4 x
- 2) 25 m sprint, 25 m jogging, walking to start, 2 x
- 3) 50 m sprint, 50 m jogging, walking to start, 1 x



- 5' recovery, followed by a 2nd Set of 7 sprints

- The total exercise time is 15', with the total sprint distance being 288 m.

* Cool down

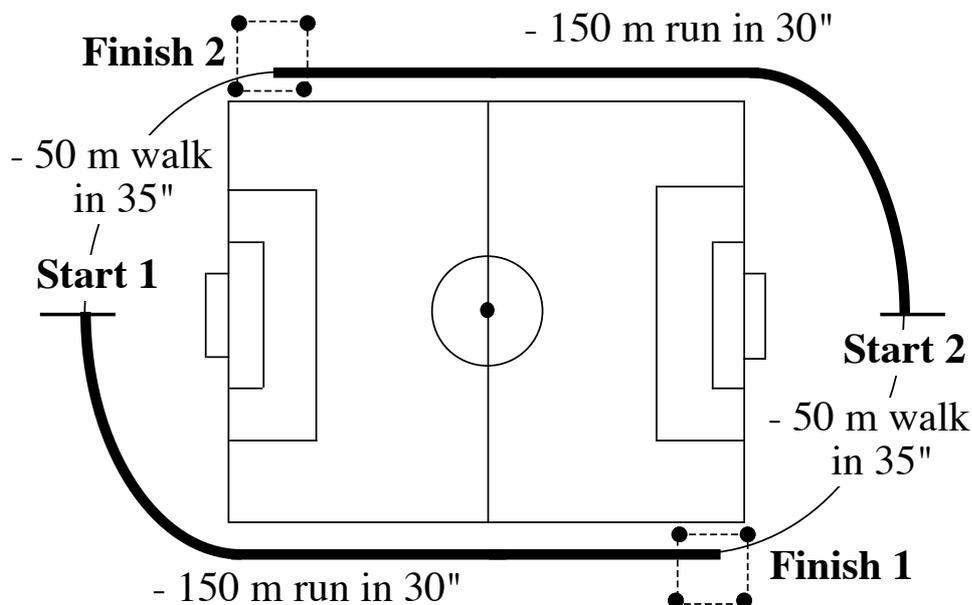
- 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 20th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

WEEK 17 from Monday 21st to Sunday 27th of April
Macrocycle VIII, week 5 (Training week 47)

- Mon. 21st: * Act. Rec. - 50' recovery session in a fitness centre
 Tr. 177
- Tue. 22nd: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
 Tr. 178
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * High Int. - Referees have to cover 150m in 30" from either one of both starting positions. Then they have 35" to cover 50m, walking. After this recovery period, referees have to run again 150 m in 30", followed by 50 m walking in 35". This equals 1 lap. All together, the exercise consists of 10 laps, resulting in 20 high intensity runs, each followed by a 35" walk.
- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.
- The total duration of this intermittent recovery run is 21'40".
- For assistant referees the exercise is the same, except that the recovery time is 40" instead of 35".



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

Total duration: 73'

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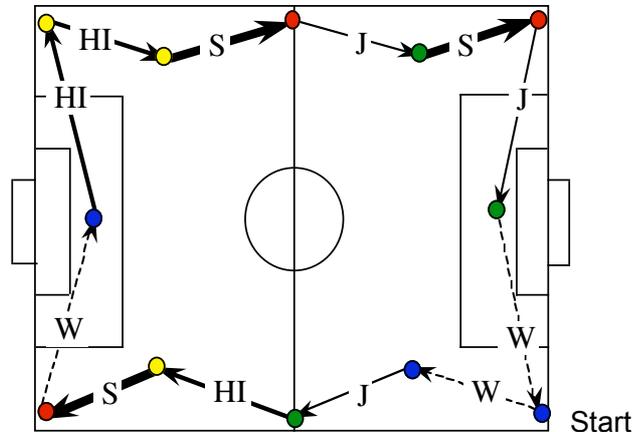
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Wed. 23rd:

REST DAY

Thu. 24th:
Tr. 179

- * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Speed End.
 - Set 1: Field exercise, 5 laps of 2' each:
 - During each lap, there are 12 different activities. The colour of the next cone gives the intensity of the next activity as follows:
 - walking to the blue cones (w)
 - jogging to the green cones (J)
 - high intensity tempo run to the yellow cones (HI)
 - sprinting to the red cones (S)
 - 4' recovery
 - Set 2: Field exercise, again 5 laps of 2' each
 - All together, this exercise takes 10' + 4' recovery + 10' = \pm 24'



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

Total duration: 84'

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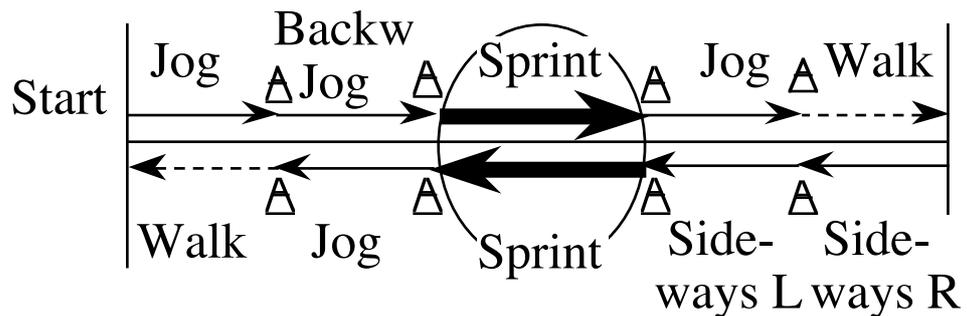
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Fri. 25th: REST DAY

Sat. 26th: * Warm up - 20' extensive warming up, mobilisation and stretching
 Tr. 180
 * Speed - Set 1: Variation on the centre circle sprint, 4 laps or 8 sprints



- 5' recovery

- Set 2: Variation on the centre circle sprint, 4 laps or 8 sprints

- The total exercise time is 15', with the total sprint distance being 293 m.

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

Total duration: 50'

Sun. 27th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.

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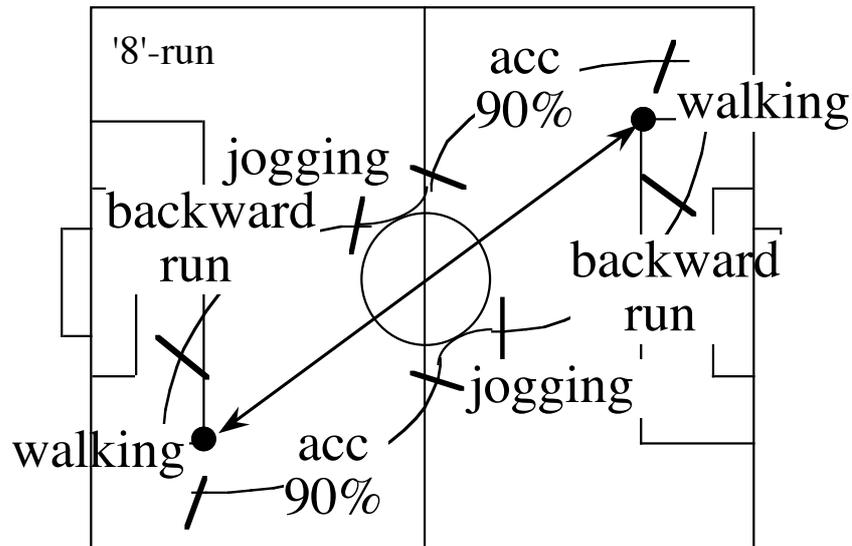
WEEK 18 from Monday 28th of April to Sunday 4th of May **Macrocycle VIII, week 6 (Training week 48)**

- Mon. 28th: * Act. Rec. - 50' recovery session in a fitness centre
Tr. 181
- Tue. 29th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 182
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
- * Ext. Speed - Set 1:
> 8 sprints to the midline (\pm 7.5") with 50" active recovery in between each and every sprint
> Jog 1 lap of the pitch (\pm 2'30") for further recovery
> Duration Set 1: \pm 10'
- Set 2:
> 4 sprints to the opposite penalty box (\pm 12") with 70" active recovery in between each and every sprint
> Jog 1 lap of the pitch (\pm 2'30") for further recovery
> Duration Set 1: \pm 7.5'
- Set 3:
> 10 sprints to the penalty box (\pm 3") with 20" active recovery in between each and every sprint
> Duration Set 1: \pm 3.5'
- All together, this extended speed session takes \pm 20' including 5' active recovery.
- * Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 70'

Wed. 30th: REST DAY

- Thu. 1st: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km)
Tr. 183
- * Warm up - 20' extensive warm up, mobilisation and stretching
- * Strength - 5 x 30 sit-ups, separated by 5 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises



* Match - 10' match play

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

Total duration: 87'

Fri. 2nd.

REST DAY

Sat. 3rd.

Tr. 184

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

* Speed/Agility

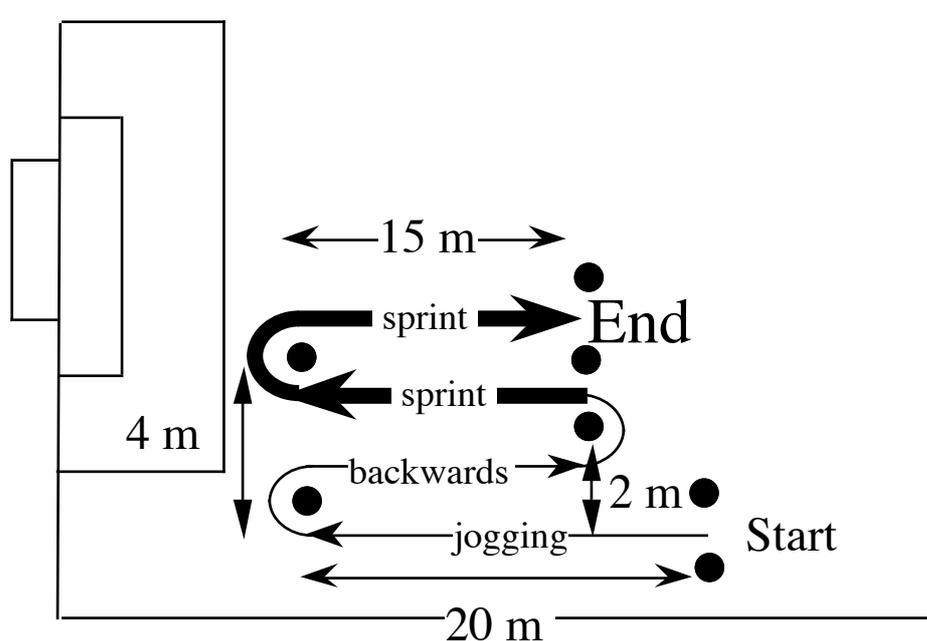
- Set 1:

- 5 x sprints as per the illustration below

- Slow walk back to the start after each sprint

- Start each run on every 60"

- 5' recovery and stretching



- Set 2:
- Repeat Set 1

- The total exercise time is 15', with the total sprint distance being 300 m.

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

Total duration: 50'

Sun. 4th: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.