



Performance Training in Football Refereeing Training Manual

WEEK 41 from Monday 5th to Sunday 11th of October Macrocycle IV, week 1 (Training week 19)

<u>Mon. 5th:</u> Tr. 70	* Act. Rec.	- 50' recovery session in a fitness centre
<u>Tue. 6th:</u> Tr. 71	* Low Int.	- 5' jogging slowly building up to 70% HR _{max} (+ 1 km)
	* Warm up	- 20' extensive warming up, mobilisation and stretching
	* Strength	- 6 x 25 sit-ups, separated by 6 x 10 push-ups, in addition to the regular set of strength and injury prevention exercises
	* High Int.	<p>- <u>Set 1</u> Two lines are marked approx. 5 meters away from each side of one of the goal lines. The referees are divided into 3 groups based on their fitness level. The referees in the group with the best fitness (x) have to run the longest distance (\pm 210 m), while the group with the weakest runners (z) covers a shorter distance (about 190 m), and the intermediate referees (y) start on the goal line and cover an intermediate distance (about 200 m).</p> <p>- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediately back to the starting position (40" max). After a given rest that equals the running time (40" max), they start the second run. A signal may be used to indicate when the referees have to reach the opposite line and the home position.</p> <p>- Referees do this first exercise 10 x (15' max).</p> <p>- 3' recovery</p>



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