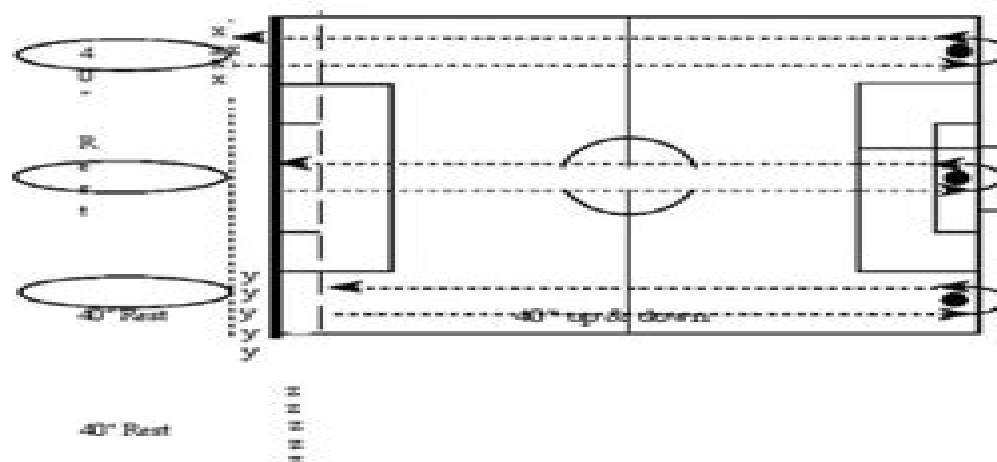




## Performance Training in Football Refereeing Training Manual

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

|                                       |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Mon. 5<sup>th</sup>:</u><br>Tr. 70 | * Act. Rec. | - 50' recovery session in a fitness centre                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <u>Tue. 6<sup>th</sup>:</u><br>Tr. 71 | * Low Int.  | - 5' jogging slowly building up to 70% HR <sub>max</sub> (+ 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 (<math>\pm</math> 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> |



# Performance Training In Football Refereeing Training Manual

**M Carnoy**



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