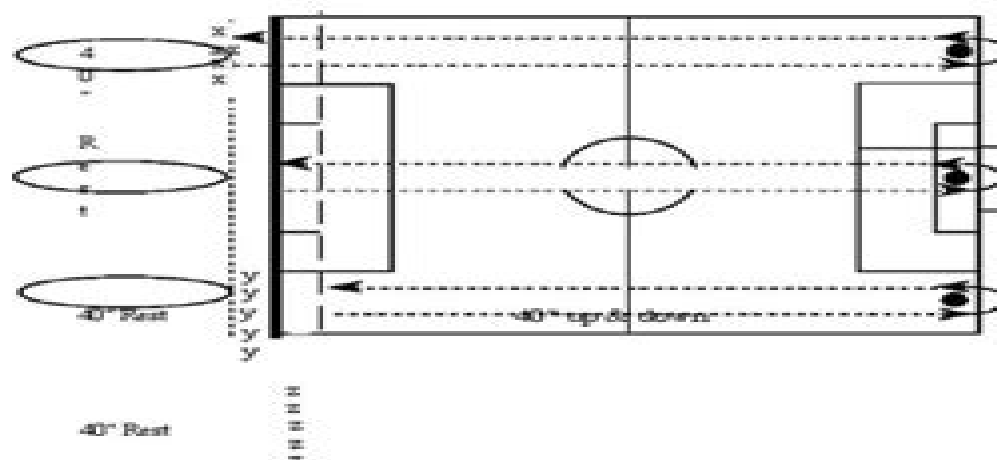




Performance Training in Football Refereeing Training Manual

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.	- <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). - 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. - Referees do this first exercise 10 x (15' max). - 3' recovery



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Joseph Baker, Damian Farrow



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