Tue 6*:

Performance Training in Football Refereeing Training Manual

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

" Low Int.

Mon. 5*;	* Act. Rec.	- 50' recovery session in a fitness centre
Tr. 70		

273			
* Warm up	- 200 extensions	warming up mobi	disation 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.	 Set 1 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 (+ 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).

- 5' jogging slowly building up to 70% HR (+ 1 km)

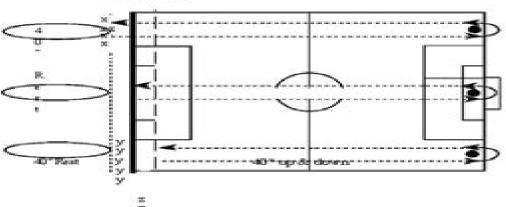
- All referees start at the end with the 3 lines and run together at a given speed to the opposite goal line, and immediately back to the starting position (40" max). After a given rest that equals the running time (40" max), they start the second run. A signal may be used to indicate when the referees 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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40" Past

<u>Performance Training In Football Refereeing Training</u> <u>Manual</u>

Ensheng Dong

Performance Training In Football Refereeing Training Manual:

The Enigmatic Realm of **Performance Training In Football Refereeing Training Manual**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Performance Training In Football Refereeing Training Manual** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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