Training plan – March 2018

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Objectives & Planning

• First of all once more congratulations for the performances of the referees in Doha. Great improvements visible for all ladies!

• In general the performances during the different checks for AR’s in Algarve were better as well. Nevertheless we must make an additional comments: some AR’s performed much better, a few others unfortunately no progress at all. So there is still work to do.

• **TO DO: Flexibility & Strength check + ARIET**
  ○ AR’s not present at the Algaeve Cup have one month the time to do Flexibility and Strength check. Send us the results before the end of the month March please!

• Keep your focus and continue your hard work!

• Enjoy your next exciting game!

• Fitness team
Use of Topsportslab

• TSL is making progress step-by-step to get everything more and more in line.
  - For example ‘holiday’ is not longer a ‘difficulty’. You can have 2 holiday periods per year.

• To fill in correctly adjust: massage, visit of a doctor, travelling, … has to be filled in via ‘new appointment’ and not longer via ‘training’. (When you do this correctly you get it in ‘black’ in TSL.)

• Secondly, medical issues has to be correctly filled in in TSL! See ‘medical’ bottom.

• Fitness team
Week 1
Fitness team
Week 1

- **Thursday**  Strength / S / SE
  - Strength
  - Speed Endurance exercise  total time: 90 min
- **Friday**  S
  - Speed work in preparation for the game  total time: 60 min
- **Saturday**  GAME
- **Sunday**  AR
  - Active recovery  total time: 60 min
Thursday:
Strength exercises

1. **LOWER**
   - **JUMPING BOX**
     - Box: 20-50 cm, time: 40-60 times

2. **UPPER**
   - **WITH MB**
     - Just up and down with the ball 20 times

3. **LOWER**
   - **DYNAMIC ON THE GROUND**
     - Weight: 20 kg, 20 times each side, move the ball on side

4. **UPPER**
   - **AMPLITUDE**
     - With MB or weight, 20 times each side

5. **LOWER**
   - **LOWER BACK**
     - 1 min holding static position

6. **UPPER**
   - **SQUAT JUMP**
     - 45° flexion 30 times

7. **LOWER**
   - **PUSH UP ON THE BOX**
     - 10 times

8. **UPPER**
   - **BICYCLE - FAST**
     - 1.30 minutes non-stop

9. **LOWER**
   - **LUNGES**
     - 2 minutes non-stop, left and right

10. **UPPER**
    - **DYNAMIC - FAST**
        - 3 minutes non-stop

**6 STATIONS IN TOTAL.**
**EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.**
**2 TIMES EACH NUMBER (MEANS 4) REST 1' TO THE OTHER STATION.**
Thursday: Speed endurance exercise

2 sets of 7 laps

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<tr>
<th>Activity</th>
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<th>J</th>
<th>BW</th>
<th>SW</th>
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Set 1: From the start, perform as indicated and run at the indicated intensity. The high intensity running should be at +/- 90% Hrmax (86-93%). With a minimum running speed between 18 and 20 km/h.

Recovery: 3-4 min

Set 2: The start of set 2 is on the opposite side so that referees turn on the other shoulder.
Thursday: Speed endurance exercise for AR

**Set 1:** Run 8 laps of the speed endurance exercise as indicated in the picture. **Recovery:** 4 min

**Set 2 & 3:** Run again 8 laps of the same exercise.

Or

**Set 1:** Perform 10 min to 12 of the speed endurance exercise as indicated in the picture. **Recovery:** 4 min

**Set 2:** Repeat the same exercise.

All together this exercise takes $10 + 4 + 10 = +/\text{-} 24$ min

**Note:** AR: ‘Look inside the field of play at your referee!’ (As AR has to overview ball and R)
Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m. (In stead of walking is jogging also possible)

Recovery: 2 min.

Set 2: Now start first with 40m and then work ‘down’ to 10m.

Recovery: 2 min.

Set 3: Repeat set 1

*Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)*
Saturday: Game
Sunday: Active Recovery - Light Intensity exercise

Active recovery (AR)
- 10’ warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30’ non-weight bearing exercises (70-75% HRmax), such as: 15’ cycling (80-90 cycles/min); 5’ rowing (33-38 cycles/min); 10’ gliding / stepping (65-75 cycles/min)
- 10’ CORE exercises (should be done on a daily bases)
- 10’ extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an ‘comfortable jog/run’.
• Moment of rest or …
• No game can also be a moment of training some weaknesses you might have: strength, agility, starting speed, injury prevention, …
• Alternatively,
• Referees can also practice other intermittent sports they are familiar with (e.g., badminton, tennis, squash, or playing 5-aside soccer) to improve speed and agility.
• To improve aerobic endurance race biking or mountain biking are also nice possibilities.
• In general different activities are possible to benefit from complementary mental and physical stimulation.

Sunday: Alternative ... (if weekend without game)
Week 2

Fitness team
Week 2

Normal week with game on Saturday.

- Monday  CORE
  - Extra CORE & basic strength exercises  total time: 50 min
- Tuesday  S / Agi&Coo / HI
  - Speed – reactive ex.
  - Agility & Coo icw Speed
  - HI-endurance run / jogging  total time: 90 min
- Wednesday  Rest
- Thursday  Strength / S / RSA
  - Strength
  - RSA field run exercise  total time: 90 min
- Friday  S
  - Speed work in preparation for the game  total time: 60 min
- Saturday  GAME
- Sunday  AR
  - Active recovery  total time: 60 min
Monday: CORE & basic strength exercises

Perform minimal the exercises below, you can do additional exercises you know ...

• **Bench – alternate legs**
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
  - Exercise: left each leg in turn and touch the heel of the other foot.
  - Your body should be in a straight line. Do not sway or arch your back
  - 2x 20 reps

• **Sideways bench knee – raise & lower hip**
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
  - 2x 20 reps

• **In addition** to the set of strength and injury prevention exercises
  - Sit-ups  2 x 25 reps
  - Push ups (with one knee on the ground) 2 x 20 reps

**NOTE:** increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)

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Tuesday: Speed – reactive exercises

‘Reactive exercises’ (CLIP 18)

• Step off the bench + high knees on the spot (3 sec) + hold for 1 sec + sprint
  • 3x 10 m; 3x 15 m
• Jump from sitting position (chair or bench) to ‘stand up’ position + sprint
  • 3x 5 m; 3x 10 m
  • The ‘jump’ must be really very dynamic.
• Total of 110 m at full speed.

• NOTE:
  • Perform each sprint at maximal speed!
  • Pay attention to your sprinting technique!
    • Active arm action in line with the body
    • Foot positioning (straight forwards)
    • Lean a little forward with the body
    • ...
  • Take your time for a full recovery by walking back to start.
**Exercise 1:** Sprint forward 5m, cut back diagonally left/right, then turn and accelerate forwards 12m
Variations: sprint – backwards or sideways L or R – sprint
2 sets of 5 reps
Rest: full rest in between reps (90 sec); 3-4 min in between sets

**Exercise 2:** 5m dynamic start, jog backwards 5m, sidestep left 5m, sprint forwards 10m, sidestep right 5m, sprint forward 10m
2 sets of 5 reps
The High Intensity Training (HI) is a combination of HI-tempo runs (at 90% HRmax) and jogging (75% HRmax) as active recovery. This session you can perform on any 'sportive' surface as grass, forest, hard sand, ...

**Set 1:** 1 min at 90% HRmax (HI tempo run) followed by 30 sec of jogging (active recovery); ...

**Recovery:** 4 min

**Set 2:** eventually, repeat the same exercise. (Eventually, walking as recovery)

During these HI-sessions, the lactate producing energy system may be highly stimulated for short periods of time. Specially, this means that the training overlaps anaerobic speed endurance training. You should yourself (or by your private coach) ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, you will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost. So please keep an eye on your polar watch!

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**Tuesday: High Intensity exercise**

<table>
<thead>
<tr>
<th>Referees &amp; Assistant Referees</th>
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<tbody>
<tr>
<td>6 sets</td>
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<tr>
<td>Set 1 (…)</td>
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<td>Recovery</td>
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<td>Total duration</td>
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| Walking (W)                  | … m |
| Jogging (J)                  | … m |
| Backwards (BW)               | … m |
| Sideways (SW)                | … m |
| High intensity (HI)          | … m |
| Sprint (S)                   | … m |
| Total distance               | … m |
Tuesday: High Intensity exercise – alternative

- **Alternative OUTDOOR**
  - Referees & Assistant Referees
  - Min. 50 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 3/2 min (at 86% Hrmax)
  - Total of 50 min = 10 (at 76%) + 3 (at 86%) + 10 + 2 + 10 + 3 + 10 + 2

- **Alternative INDOOR**
  - ‘**indoor-treadmill’**-workload:
    - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
  - **Good to know!**
    - Do not forget a nice warm up at the start and a cool down at the end!
    - The levels mentioned are just an indication. Adapt to your level and situation please.
    - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
    - The same exercise as outside can be done inside.

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Wednesday: REST day
**T-drill:** Sprint 10m (touch the cone A.) – sideways R (touch cone B.) – sideways L to the other end (touch cone C.) – sideways R (touch cone A.) – backwards to the finish line.  
A second time: start Left side instead of Right side.  
(By preference timed with micro gate)

**Recovery:** 3 to 4 min

**CODA-drill:** Sprint 10m (one foot lined up with the cone) – 2x side ways (L&R) 8m – sprint back to the finish line.  
2 reps in total to perform. Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.  
(By preference timed with micro gate)
Thursday: Strength exercises

1. Lower: Jumping Box
   - Box: 30 cm to 50 cm, time: 40 to 60 times

2. Upper: With MB
   - Just up and down with the ball 20 times

3. Lower: Lower Back
   - 1' Holding static position

4. Upper: Dynamic
   - In 1 minute fast as possible

5. Lower: Deadlift
   - 30 kg, 1 minute

6. Upper: Bicycle
   - Fast

6 Stations in total.
Each number of exercises have 2 exercises.
2 times each number (means 4)
Rest 1' to the other station.
Go to work in groups of 3. 2 persons start on the start cone, the other on the finish cone. rest ratio of 1:2. Recovery: 2 min between each set.

**Set 1:** (15 + 15 m): 6 – 7 sec per run: 20 sec per group: X 10 = 300 m (3 min 5 sec)

**Set 2:** (25 m): 5 – 6 sec per run: 18 sec per group: X 12 = 300 m (3 min)

**Set 3:** (75 m): 13 – 14 sec per run: 40 sec per group: X 4,5 = 337,5 m (3 min)

**Set 4:** (40 m): 7 – 8 sec per run: 24 sec per group: X 7,5 = 300 m (3 min 20 sec)

**Set 5:** (10 + 10 m): 4 – 5 sec per run: 12 sec per group: X 20 = 400 m (3 min 40 sec)

**Set 6:** (16,5m): 3 – 4 min per run: 9 sec per group: X 20 = 330 m (3 min 25 sec)
**Friday: Speed exercise**

**Set 1:** Sprint exercise in the penalty box, 5 laps in total.

**Recovery:** 5 min.

**Set 2:** Sprint exercise in the penalty box, again 5 laps in total.

*Use your polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)*
Sunday: Active Recovery - Light Intensity exercise

**Active recovery (AR)**
- 10’ warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30’ non-weight bearing exercises (70-75% HRmax), such as: 15’ cycling (80-90 cycles/min); 5’ rowing (33-38 cycles/min); 10’ gliding / stepping (65-75 cycles/min)
- 10’ CORE exercises *(should be done on a daily bases)*
- 10’ extensive stretching, followed by Sauna, Jacuzzi, massage, ...

**Total duration:** +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an ‘comfortable jog/run’.
Week 3

Fitness team
Normal week with game on Saturday.

- **Monday**  CORE
  - Extra CORE & basic strength exercises  total time: 50 min
- **Tuesday**  S / Agi&Coo /HI
  - Speed – reactive ex.
  - Agility & Coo icw Speed
  - HI-field run exercise  total time: 90 min
- **Wednesday**  Rest
- **Thursday**  Strength / S / SE
  - Strength
  - SE-endurance exercise  total time: 90 min
- **Friday**  S
  - Speed work in preparation for the game  total time: 60 min
- **Saturday**  GAME
- **Sunday**  AR
  - Active recovery  total time: 60 min
Perform minimal the exercises below, you can do additional exercises you know ...

- **Bench – alternate legs**
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
  - Exercise: left each leg in turn and touch the heel of the other foot.
  - Your body should be in a straight line. Do not sway or arch your back
  - **2x 20 reps**

- **Sideways bench knee – raise & lower hip**
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
  - **2x 20 reps**

- **In addition** to the set of strength and injury prevention exercises
  - Sit-ups  **2 x 25 reps**
  - Push ups (with one knee on the ground)  **2 x 20 reps**

**NOTE:** increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)
Tuesday: Speed – reactive exercises

‘Reactive exercises’ (CLIP 19 & CLIP 20)

- Jump from sitting position (chair or bench) to ‘stand up’ position + high knees on the spot (3 sec) + sprint
  - 3x 10 m; 3x 15 m
- Jump from standing position active on bench + Step off the bench + high knees on the spot (3 sec) + sprint
  - 2x 10 m; 2x 15 m
- ‘Step off the bench’:
  - It’s not jumping, make just a step.
  - But, the landing must be active on the forefeet!
  - Land also with your body almost straight up.

- Total of 125 m at full speed.

**NOTE:**
- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
  - Active arm action in line with the body
  - Foot positioning (straight forwards)
  - Lean a little forward with the body
  - ...
- Take your time for a full recovery by walking back to start.
Tuesday: Speed – reactive exercises

‘Reactive exercises’ (CLIP 16 & CLIP 17)

• Step off the bench + sprint
  • 3x 5 m; 3x 10 m
  • ‘Step off the bench’:
    • It’s not jumping, make just a step.
    • But, the landing must be active on the forefeet!
    • Land also with your body almost straight up.

• Step off the bench + high knees on the spot (3 sec) + sprint
  • 2x 10 m; 2x 15 m

• Total of 95 m at full speed.

• NOTE:
  • Perform each sprint at maximal speed!
  • Pay attention to your sprinting technique!
    • Active arm action in line with the body
    • Foot positioning (straight forwards)
    • Lean a little forward with the body
    • ...
  • Take your time for a full recovery by walking back to start.
**Set 1:** Both agility exercises take place in a square of 5 by 5 m. Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool.

Variation: back & fort in stead of L&R // 5 reps make one set.

**Recovery:** 4 min active recovery in between each set and 2 min in between the repetitions

**Set 2:** Repeat the same exercise.

Variation, Ex.2: a long ‘agility sprint’, turn around each cone of the square after each time turning around the middle cone.
Set 1: One lap consists of 7 sub-maximal sprints followed by 7 recovery jogs. The high intensity running should be at +/- 90% Hrmax (86-93%), with a minimum running speed between 18 and 20 km/h. The jogging should take 2 to 3x longer than the duration of the tempo run. After reaching the finish, referees jog along the goal line until the next corner and then walk back to the starting position.

Recovery: 4 min

Set 2: Again 3 laps of the same exercise.
Tuesday: High Intensity exercise – alternative

- Alternative OUTDOOR
  - Referees & Assistant Referees
  - Min. 60 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 3 min (at 86% Hrmax)
  - Total of 62 min = 10 (at 76%) + 3 (at 86%) + 10 + 3 + 10 + 3 + 10 + 3 + 10

- Alternative INDOOR
  - ‘**indoor-treadmill**’-workload:
    - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
  - **Good to know!**
    - Do not forget a nice warm up at the start and a cool down at the end!
    - The levels mentioned are just an indication. Adapt to your level and situation please.
    - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
    - The same exercise as outside can be done inside.

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</table>
Wednesday: REST day
Thursday:
Strength exercises

CORE STABILITY AND PLYOMETRIC EXERCISES

1. LOWER
   JUMPING BOX
   - Box ≤ 50 cm to 50 cm
   - Time ≤ 40 to 60 times

2. LOWER
   DYNAMIC ON THE GROUND
   - Weight: 20 kg
   - 20 times each side
   - Move the ball on side...

3. LOWER
   LOWER BACK
   - 1' HOLDING STATIC POSITION

4. LOWER
   SQUAT JUMP
   - 45° FLEXION
   - 30 TIMES
   - 10 TIMES
   - From the box to the ground and back (both hands together)

5. LOWER
   DEADLIFT
   - 30 KG. 1 MINUTE

6. LOWER
   LUNGES
   - 2 MINUTES NON STOP
   - LEFT AND RIGHT

6 STATIONS IN TOTAL.
EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4 )
REST 1' TO THE OTHER STATION.
Set 1: Run 4 laps of the speed endurance exercise as indicated in the picture. Speed indication: HI = 18 to 20 km/h; Max Speed at S. Heart rate during HI in between 86 – 93% Hrmax.

Recovery: 4 min

Set 2: Again 4 laps of the same exercise.

(Optional 5 in stead of 4 laps)
Set 1: Run 7 laps of field run exercise as indicated in the picture. (Speed indication: HI = 18 to 20 km/h); Heart rate during HI in between 86 – 93% Hrmax.)

Recovery: 4 min

Set 2: Run again 7 laps of the same exercise.

Variant: 1x full Speed in stead of HI, in this case 5 laps is fine.

Note: AR: 'Look inside the field of play at your referee!' (As AR has to overview ball and R)
Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m. (In stead of walking is jogging also possible)

Recovery: 2 min.

Set 2: Now start first with 40m and then work ‘down’ to 10m.

Recovery: 2 min.

Set 3: Repeat set 1

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)
Saturday: Game
Sunday: Active Recovery - Light Intensity exercise

Active recovery (AR)
- 10’ warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30’ non-weight bearing exercises (70-75% HRmax), such as: 15’ cycling (80-90 cycles/min); 5’ rowing (33-38 cycles/min); 10’ gliding / stepping (65-75 cycles/min)
- 10’ CORE exercises (should be done on a daily bases)
- 10’ extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an ‘comfortable jog/run’. 
Week 4

Fitness team
Week 4

Normal week with game on Saturday.

- **Monday**  
  - CORE
  - Extra CORE & basic strength exercises  total time: 50 min
- **Tuesday**  
  - S / Agi&Coo / HI
  - Speed – reactive ex.
  - Agility & Coo icw Speed
  - HI-endurance run  total time: 90 min
- **Wednesday**  
  - Rest
- **Thursday**  
  - Strength / S / RSA
  - Strength
  - RSA field run exercise  total time: 90 min
- **Friday**  
  - S
  - Speed work in preparation for the game  total time: 60 min
- **Saturday**  
  - GAME
- **Sunday**  
  - AR
  - Active recovery  total time: 60 min
Monday: CORE & basic strength exercises

**Perform minimal the exercises below, you can do additional exercises you know ...**

- **Bench – alternate legs**
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
  - Exercise: left each leg in turn and touch the heel of the other foot.
  - Your body should be in a straight line. Do not sway or arch your back
  - **2x 20 reps**

- **Sideways bench knee – raise & lower hip**
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
  - **2x 20 reps**

- **In addition** to the set of strength and injury prevention exercises
  - Sit-ups  **2 x 25 reps**
  - Push ups (with one knee on the ground)  **2 x 20 reps**

**NOTE:** increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)**
Tuesday: Speed – reactive exercises

‘Reactive exercises’ (CLIP 18)
• Step off the bench + high knees on the spot (3 sec) + hold for 1 sec + sprint
  • 3x 10 m; 3x 15 m
• Jump from sitting position (chair or bench) to ‘stand up’ position + sprint
  • 3x 5 m; 3x 10 m
  • The ‘jump’ must be really very dynamic.
• Total of 110 m at full speed.

• NOTE:
  • Perform each sprint at maximal speed!
  • Pay attention to your sprinting technique!
    • Active arm action in line with the body
    • Foot positioning (straight forwards)
    • Lean a little forward with the body
    • …
  • Take your time for a full recovery by walking back to start.
**Exercise 1:** Sprint forward 5m, cut back diagonally left/right, then turn and accelerate forwards 12m
Variations: sprint – backwards or sideways L or R – sprint
2 sets of 5 reps
Rest: full rest in between reps (90 sec); 3-4 min in between sets

**Exercise 2:** 5m dynamic start, jog backwards 5m, sidestep left 5m, sprint forwards 10m, sidestep right 5m, sprint forward 10m
2 sets of 5 reps
The High Intensity Training (HI) is a combination of HI-tempo runs (at 90% HRmax) and jogging (76% HRmax) as active recovery. This session you can perform on any ‘sportive’ surface as grass, forest, hard sand, ...

**Set 1:** Code: 20 sec at 90% HRmax (HI tempo run) *followed by 20 sec jogging (active recovery)*; ...

**Recovery:** 2-4 min

**Set 2:** Repeat the same exercise.

During these HI-sessions, the lactate producing energy system may be highly stimulated for short periods of time. Specially, this means that the training overlaps anaerobic speed endurance training. You should yourself (or by your private coach) ensure that the exercise intensity during HI-training sessions does not become so high that the training becomes exclusively speed endurance training. If the intensity is too high, you will not be able to keep a high enough work rate during subsequent work periods and the desired effect of this HI-training will be lost. So please keep an eye on your polar watch!
**Tuesday: High Intensity exercise – alternative**

- **Alternative OUTDOOR**
  - Referees & Assistant Referees
  - Min. min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of min (at 86% Hrmax)
  - Total of 64 min = 10 (at 76%) + 3 (at 86%) + 10 + 4 + 10 + 3 + 10 + 4 + 10

- **Alternative INDOOR**
  - '**indoor-treadmill**'-workload:
    - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
  - **Good to know!**
    - Do not forget a nice warm up at the start and a cool down at the end!
    - The levels mentioned are just an indication. Adapt to your level and situation please.
    - Each brand (for example: Lifefitness; Technogym; ...) uses an slightly different scale.
    - The same exercise as outside can be done inside.

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Wednesday: REST day
Thursday: Strength exercises

**CORE STABILITY AND PLOIOMETRIC EXERCISES**

1. LOWER
   - JUMPING BOX
   - Box ≤ 50 cm to 50 cm
   - Time ≤ 40 to 60 times

2. LOWER
   - DYNAMIC ON THE GROUND
   - Weight ≤ 20 kg
   - 20 times each side
   - Move the ball on side

3. LOWER
   - LOWER BACK
   - 1′ HOLDING STATIC POSITION

4. LOWER
   - SQUAT JUMP
   - 45° FLEXION
   - 30 TIMES

5. LOWER
   - DEADLIFT
   - 30 KG . 1 MINUTE

6. LOWER
   - LUNGES
   - 2 MINUTES NON STOP
   - LEFT AND RIGHT

6 STATIONS IN TOTAL.
EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4 )
REST 1′ TO THE OTHER STATION.
**Thursday: Repeated Speed Ability (RSA) ex.**

Set 1: 4 sprints over 80 m (+/- 12 sec), 1:5 recovery. 5 min in total.

Set 2: 6 sprints over 50 m (+/- 7.5 sec), 1:5 recovery. 6 min in total.

Set 3: 8 sprints over 40 m (+/- 6 sec), 1:5 recovery. 4 min 40 sec in total.

Set 4: 6 sprints over 40 m (+/- 6 sec), 1:5 recovery. 3 min 40 sec in total.

Set 5: 6 sprints over 30 m (+/- 4.5 sec), 1:5 recovery. 4 min in total.

Recovery: 2 min between each set.
**Set 1:** Sprint exercise in the penalty box, 5 laps in total.

**Recovery:** 5 min.

**Set 2:** Sprint exercise in the penalty box, again 5 laps in total.

*Use your polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)*
Saturday: Game
Sunday: Active Recovery - Light Intensity exercise

Active recovery (AR)

- 10’ warm up (walking & jogging on a treadmill between 09 & 12 km/hr, followed by mobilisation exercises)
- 30’ non-weight bearing exercises (70-75% HRmax), such as: 15’ cycling (80-90 cycles/min); 5’ rowing (33-38 cycles/min); 10’ gliding / stepping (65-75 cycles/min)
- 10’ CORE exercises (should be done on a daily bases)
- 10’ extensive stretching, followed by Sauna, Jacuzzi, massage, ...

Total duration: +/-60 min

During these LI-sessions or Active recovery, the energy system is aerobically and the impact on the joints should be low. This kind of training should help you to recover better after an intense training or game. The tempo should be an ‘comfortable jog/run’.
Week 5

Fitness team
Week 5

Normal week with game on Saturday.

- **Monday**  CORE
  - Extra CORE & basic strength exercises  total time: 50 min
- **Tuesday**  S / Agi&Coo /HI
  - Speed – reactive ex.
  - Agility & Coo icw Speed
  - HI-field run exercise  total time: 90 min
- **Wednesday**  Rest
- **Thursday**  Strength / S / SE
  - Strength
  - SE-endurance exercise  total time: 90 min
- **Friday**  S
  - Speed work in preparation for the game  total time: 60 min
- **Saturday**  GAME
- **Sunday**  AR
  - Active recovery  total time: 60 min
Monday: CORE & basic strength exercises

Perform minimal the exercises below, you can do additional exercises you know ...

• **Bench – alternate legs**
  - Lie on your stomach. Lift your body up, supported on your forearms, pull your navel in, and hold the position.
  - Exercise: lift each leg in turn and touch the heel of the other foot.
  - Your body should be in a straight line. Do not sway or arch your back
  - 2x 20 reps

• **Sideways bench knee – raise & lower hip**
  - Lie on your side with the knee of the lower leg bent. Lift up your upper body. Upper shoulder, hip and upper leg should be in a straight line. The elbow should be directly under the shoulder.
  - Exercise: lower your hip to the ground and raise it back up again. Change side and repeat.
  - 2x 20 reps

• **In addition** to the set of strength and injury prevention exercises
  - Sit-ups  2 x 25 reps
  - Push ups (with one knee on the ground) 2 x 20 reps

NOTE: increase every week with 1 set more (week 1= 2 sets; week 2 = 3 sets; ...)

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Tuesday: Speed – reactive exercises

‘Reactive exercises’ (CLIP 19 & CLIP 20)

- Jump from sitting position (chair or bench) to ‘stand up’ position + high knees on the spot (3 sec) + sprint
  - 3x 10 m; 3x 15 m
- Jump from standing position active on bench + Step off the bench + high knees on the spot (3 sec) + sprint
  - 2x 10 m; 2x 15 m
  - ‘Step off the bench’:
    - It’s not jumping, make just a step.
    - But, the landing must be active on the forefeet!
    - Land also with your body almost straight up.

- Total of 125 m at full speed.

**NOTE:**

- Perform each sprint at maximal speed!
- Pay attention to your sprinting technique!
  - Active arm action in line with the body
  - Foot positioning (straight forwards)
  - Lean a little forward with the body
  - ...
- Take your time for a full recovery by walking back to start.
**Set 1:** Both agility exercises take place in a square of 5 by 5 m. Ex.1: combine fast zigzag L&R – sprint around the middle cone/pool – fast feet forwards – sprint again around the middle cone/pool. Variation: back & fort in stead of L&R // 5 reps make one set.

**Recovery:** 4 min active recovery in between each set and 2 min in between the repetitions

**Set 2:** Repeat the same exercise.

Variation, Ex.2: a long ‘agility sprint’, turn around each cone of the square after each time turning around the middle cone.
Set 1: Referees work in pairs. From the start, R₁ runs around half of the field of play in 30 to 35 sec. At the same time, R₂ walks along the midline. R₁ and R₂ need to arrive at the same time at the sideline and then R₂ runs around half of the field of play and R₁ walks back along the midline to the start. Repeat this 10 times. (individual is possible as well: run each time in the opposite direction)

Speed indication= 18 to 20 km/h; Heart rate in between 86 – 93% Hrmax.

Recovery: 4 min

Set 2: Same as set 1, however, run in the opposite direction.
**Tuesday: High Intensity exercise – alternative**

- **Alternative OUTDOOR**
  - Referees & Assistant Referees
  - Min. 70 min **cycling** at 76% Hrmax + after each 10 min a longer acceleration of 5 min (at 86% Hrmax)
  - Total of 70 min = 10 (at 76%) + 5 (at 86%) + 10 + 5 + 10 + 5 + 10 + 5 + 10

- **Alternative INDOOR**
  - **‘indoor-treadmill’-workload:**
    - The High Intensity Training (HI) is a combination of MI-jogging/running at (76-85% HRmax) and (short) HI-tempo runs (86-93% HRmax).
  - **Good to know!**
    - Do not forget a nice warm up at the start and a cool down at the end!
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Wednesday: REST day
Thursday: Strength exercises

CORE STABILITY AND PLIOMETRIC EXERCISES

1. LOWER
   JUMPING BOX
   - Box ≤ 20 cm to 50 cm
e - 40 to 60 times

2. LOWER
   DYNAMIC ON THE GROUND
   - Weight: 20kg
   - 20 times +
   - With MB or Weight Slag
   - 20 times each side
   - Move the ball on side

3. LOWER
   LOWER BACK
   - 1' HOLDING STATIC POSITION
   - IN 1 MINUTE FAST AS POSSIBLE

4. LOWER
   SQUAT JUMP
   - 45º FLEXION
   - 30 TIMES

5. LOWER
   DEADLIFT
   - 30 KG · 1 MINUTE

6. UPPER
   BICYCLE - FAST
   - 1.30 MINUTES NON STOP

6 STATIONS IN TOTAL.
EACH NUMBER OF EXERCISES HAVE 2 EXERCISES.
2 TIMES EACH NUMBER (MEANS 4)
REST 1' TO THE OTHER STATION.
**Thursday: Speed endurance exercise**

**Set 1:** Run 10 laps of the speed endurance exercise as indicated in the picture. Run at 90% of the maximal running speed in the length of the field, followed by walking & jogging in the width of the field and then run again at 90% of the maximal running speed (+/- 15 sec) in the length of the field of play. Finally walk and jog back to the start! Alternatively: zigzag sideways in stead of jogging

(Speed indication: HI = 18 to 20 km/h); Heart rate during HI in between 86 – 93% Hrmax.)

**Recovery:** 3 min

**Set 2:** Again 10 laps of the same exercise.

*Note: Look always 'inside the field of play towards your assistant referee!*
Set 1: Perform 7 laps or +/- 11 min of the field run exercise as indicated in the picture.

Recovery: 4 min

Set 2: Repeat the same exercise.

NOTE:
The use of your flag is very useful!
Look always towards the field (towards your referee)! (As AR has to overview ball and R)
Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m. (In stead of walking is jogging also possible)

Recovery: 2 min.

Set 2: Now start first with 40m and then work ‘down’ to 10m.

Recovery: 2 min.

Set 3: Repeat set 1

Use the polar watch to determine the recovery time in between repetitions. It should be less than 60-65% of HRmax before you restart the next repetition (approximately 120 bts/min)
Success!

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