WEEK 7 from Monday 11th to Sunday 17th of February
Macrocycle VII, week 1 (Training week 37)

           Tr. 139

Tue. 12th:  * Low Int. - 5’ jogging slowly building up to 70% HR\textsubscript{max} (± 1 km).
             * Warm up - 20’ jogging, mobilisation and dynamic stretching.
             * Strength - 15’ strength, core stability & injury prevention exercises.
               (abdominals, back muscles, sideways, arms, legs, see Library TSL
               for 2 sets of 30''-30'' exercises).
               > 6 sprints over 80 m (± 12''), 1:6 recovery
               > 7'30'' in total
               > 2’ recovery

               - Set 2 (using a dynamic start):
                 > 6 sprints over 60 m (± 9''), 1:6 recovery
                 > 6’ in total
                 > 2’ recovery

               - Set 3 (using a dynamic start):
                 > 6 sprints over 40 m (± 6''), 1:6 recovery
                 > 3'40'' in total
                 > 2’ recovery

               - Set 4 (using a dynamic start):
                 > 4 sprints over 40 m (± 6''), 1:6 recovery
                 > 2'20'' in total
                 > 2’ recovery

---

**Diagram:**

- Start
- S
- 4 x 40m
- 6 x 40m
- 6 x 60m

**4 sets of fast runs**

- Set 1 (6 x 80m) 7'30'' + 2'
- Set 2 (6 x 60m) 6' + 2'
- Set 3 (6 x 40m) 3'40'' + 2'
- Set 4 (4 x 40m) 2'20'' + 2'

Total duration 27'30''

Walking \( \text{W} \) ---
Jogging \( \text{J} \) 1240 m
Backwards \( \text{BW} \) ---
Sideways \( \text{SW} \) ---
High intensity \( \text{HI} \) ---
Sprint \( \text{S} \) 1240 m
Total distance 2480 m
- All together, 22 sprints (90% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start.

- The total duration of this RSA session is ± 19’30”.

* High Int. - The following high intensity exercise can be easily done on any surface using the audio file of the Yo-Yo test, as follows:

- Start with levels 15, 16 and 17 (takes 7:30), 2 minutes rest
- then repeat levels 16 and 17 (takes 5 minutes), 2 minutes rest,
- then repeat level 16 (takes 2:30). Great HI session that takes 19’!

* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

**Total duration: 94’**

Wed. 13th:

REST DAY

Thu. 14th: * Low Int.

Tr. 141

- 5’ jogging slowly building up to 70% HR$_{\text{max}}$ (± 1 km).

* Warm up - 20’ jogging, mobilisation and dynamic stretching.

* Strength - 15’ strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

* High Int. - Set 1: Referees perform 5 laps

- Run at the appropriate intensity around the pitch perimeter.
- However, on lap 1 run around cone 1, and so on up to cone 5 on lap 5, thus increasing the run distance with each subsequent lap.
- The target zone should be 90%HR$_{\text{max}}$.

- 2’ recovery
- Set 2:
  - However, on lap 1 start with cone 5, and on LAP 5 finish with cone 1, thus decreasing the run distance with each subsequent lap.
  - This exercise takes ± 22’ (10’ Set 1 + 2’ recovery + 10’ Set 2).

* Match
  - 10’ match play

* Cool down
  - 5’ jogging and walking, followed by 10’ static stretching.

Total duration: 87’

Fri. 15th:
  REST DAY

Sat. 16th:
  * Warm up
    - 20’ jogging, mobilisation and dynamic stretching.
  * Speed
    - 5 maximal sprints in the order illustrated below.
    - Walk back to the start after each individual sprint.
    - Once the 5 sprints (140 m total sprinting distance) have been completed take a 5’ stretching break.

  - Then perform a second set of sprints for a session total of 10 sprints. Start the sprints this time sideways right, and turn on the opposite shoulder to the first set when turning from backwards jogging to sprinting.

  - The total exercise time is 15’.

* Cool down
  - 5’ jogging and walking, followed by 10’ static stretching.

Total duration: 50’
Sun. 18th: If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,…).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
WEEK 8 from Monday 18th to Sunday 24th of February  
Macrocycle VII, week 2 (Training week 38)

Mon. 18th:  
* Act. Rec.  
Tr. 143  
- 50’ recovery session in a fitness centre.

Tue. 19th:  
* Low Int.  
Tr. 144  
- 5’ jogging slowly building up to 70% HR_max (± 1 km)  
* Warm up  
- 20’ jogging, mobilisation and dynamic stretching.  
* Strength  
- 15’ strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).  
* High Int.  
- ‘1 t(w)o 1’ High Intensity exercise  
- Set 1: Repeat 5 x (1075m), followed by 2 min recovery  
- Set 2: Repeat 5 x (1075m), followed by 2 min recovery  
- Set 3: Repeat 5 x (1075m)

- All together, this exercise takes 7’30”+ 2’ recovery + 7’30”+ 2’ recovery + 7’30” = 26’30” and covers 3225m of HI running.

- For ARs, there is a variation for this SDS HI run:  
- Set 1:  
  - Run at High Speed from goal line to penalty arc and back in 10” max (18 km/h), 5” recovery  
  - Run at High Speed from goal line to penalty arc and back and then to the midline in 20” max, 10” rec.  
  - Run at High Speed from midline to small penalty area in 7” max (18 km/h)  
  - 55” recovery to walk to the starting position  
  - Repeat X 5 (825m)
Weekly Training Plan

Recovery: 2 min
- Set 2: same sequence
- All together, this exercise takes 9’10” + 2’ recovery + 9’10 = ± 20’
and covers 1650 m of HI running.

* Cool down  - 5’ jogging and walking, followed by 10’ static stretching.

Total duration: 882’

Wed. 20th:

REST DAY

Thu. 21st:  * Low Int.  - 5’ jogging slowly building up to 70% HR_{max} (± 1 km).
              * Warm up  - 20’ jogging, mobilisation and dynamic stretching.
              * Strength  - 15’ strength, core stability & injury prevention exercises.
                              (abdominals, back muscles, sideways, arms, legs, see Library TSL
                              for 2 sets of 30”-30’ exercises).
              * Speed End.  - Set 1:
                              - 2 laps of the following field exercise.
                              - The running speed should be minimum 95% SP_{max}.
                              - One lap consists of 7 (sub)maximal sprints followed by 7 recovery
                                jogs. The jogging should take 3 x longer than the duration of the
                                tempo run. After reaching the finish, referees jog all along the goal
                                line until the next corner and then walk back to the start position. It
                                takes ± 13’ to do 2 full laps.
                              - 4’ recovery
                              - Set 2: Again 2 laps of 7 sprints.
- The exercise takes ± 31’ (13’ Set 1 + 4’ recovery + 13’ Set 2).

* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

**Total duration:** 86’

**Fri. 22\textsuperscript{nd}:**

**REST DAY**

**Sat. 23\textsuperscript{rd}:**

* **Warm up** - 20’ jogging, mobilisation and dynamic stretching.

* **Speed** - 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.

  - 3’ recovery
Performance Training in Football Refereeing
Weekly Training Plan

* Speed
  - Set 2:
  - Now start first with 40m and then work down to 10 m.
  - 3’ recovery

* Speed
  - Set 3: Repeat set 1

* Cool down
  - 5’ jogging and walking, followed by 10’ static stretching.

Total duration: 50’

Sun. 24th:
If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,…).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
**WEEK 9 from Monday 25th of February to Sunday 3rd of March**  
**Macrocycle VII, week 3 (Training week 39)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon. 25th</strong></td>
<td>* Act. Rec.</td>
<td>- 50’ recovery session in a fitness centre.</td>
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<td></td>
<td>Tr. 147</td>
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<tr>
<td><strong>Tue. 26th</strong></td>
<td>* Low Int.</td>
<td>- 5’ jogging slowly building up to 70% HR$_{\text{max}}$ (± 1 km).</td>
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<tr>
<td></td>
<td>Tr. 148</td>
<td>- Warm up</td>
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<td></td>
<td>- 20’ jogging, mobilisation and dynamic stretching.</td>
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<td>- 15’ strength, core stability &amp; injury prevention exercises. (abdominals,</td>
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<td></td>
<td>back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30”</td>
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<td></td>
<td></td>
<td>exercises)</td>
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<td></td>
<td>* Rep. Spr. Ab.</td>
<td>- Same organisation as for Training session 139</td>
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<td></td>
<td>- Set 1 (using a dynamic start):</td>
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<td></td>
<td>&gt; 6 sprints over 80 m (± 12”), 1:6 recovery</td>
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<td>&gt; 7’30” in total</td>
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<td>&gt; 2’ recovery</td>
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<td>- Set 2 (using a dynamic start):</td>
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<td></td>
<td>&gt; 6 sprints over 60 m (± 9”), 1:6 recovery</td>
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<td>&gt; 6’ in total</td>
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<td>&gt; 2’ recovery</td>
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<td>- Set 3 (using a dynamic start):</td>
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<td>&gt; 6 sprints over 40 m (± 6”), 1:6 recovery</td>
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<td>&gt; 3’40” in total</td>
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<td>&gt; 2’ recovery</td>
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<td>- Set 4 (using a dynamic start):</td>
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<td>&gt; 8 sprints over 30 m (± 4.5”), 1:6 recovery</td>
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<td>&gt; 4’ in total</td>
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<td>&gt; 2’ recovery</td>
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<td></td>
<td>- All together, 26 sprints (90% SPmax) should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. The total duration of this RSA session is ± 19’30”.</td>
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<tr>
<td><strong>High Int.</strong></td>
<td>- Set 1: Field exercise, 10 to 12 x</td>
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<td>- From the start, run at high intensity to the other side of the field, turn around the cone and return at high intensity (150 m in total in 30 sec) as indicated in the picture, afterwards walk back to the start (50 m in 35 sec) and repeat this 10 laps. The fitness level determines around which cone the referees may turn</td>
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<td>- 4’ recovery</td>
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<td>- Set 2: Same as set 1, however, run in the opposite direction.</td>
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<td>- All together, this HI exercise takes 19’ 40”, including 2’ rec.</td>
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Performance Training in Football Refereeing
Weekly Training Plan

* Concentration: - When the referee arrives in the penalty area after his 150 m run, the coach moves along the edge of the penalty area with a ball in his hands. When he bounces the ball on the ground, the referee has to decide if it is a foul for the attacking team inside (> penalty) or outside (> free kick) the penalty area. If the referee’s decision is correct > thumbs up, if not > 5 push-ups.

* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

Total duration: 94’

Wed. 27th: REST DAY

Thu. 28th: * Low Int. - 5’ jogging slowly building up to 70% HR\text{max} (± 1 km).

* Warm up - 20’ jogging, mobilisation and dynamic stretching.

* Strength - 15’ strength, core stability & injury prevention exercises, (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

* Speed End. - Field exercise, 8 laps in total from the start as follows:
- Sideways-R (± 15 m)
- Jog to next cone (± 40 m)
- Backwards jogging to the next cone (± 15 m)
- High speed run around the top cone and to the next cone (± 100m)
- The running speed should be minimum 95%SP\text{max}.
- Running backwards to the next cone (± 15 m)
- Jogging at medium intensity to the next cone (± 40 m)
- Sideways-L (± 15 m)
- Walk back to start (± 60 m)
- One full lap, arriving back at the start takes ± 90’.
- Therefore restart every 90’.

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- Set 1 (8 laps) takes ± 12’ to complete.

- 4’ recovery

**Set 2**: Field exercise, again 6 laps of 2’ each.

- All together, this speed endurance exercise takes ± 28’
  (12’ Set 1 + 4’ recovery + 12’ Set 2)

* SE for ARs  - While the referees perform their 2 sets of the HI exercise, the next SE exercise can be considered for the assistant referees.

* Match  - 10’ match play.

* Cool down  - 5’ jogging and walking, followed by 10’ static stretching.

**Total duration**: 93’
**Sat. 2\textsuperscript{nd},**

* Warm up
  - 20’ jogging, mobilisation and dynamic stretching.

* Speed
  - Short sprints from a dynamic start:
    - 2 x 5 m, 2 x 10 m, 2 x 15 m, 2 x 20 m and 2 x 25 m
      (with a change in direction to the left)
  - 5’ recovery
  - The second set of the 10 sprints is done in reversed order,
    i.e. 2 x 25 m (with a change in direction to the right), 2 x 20 m, 2 x 15 m, 2 x 10 m and 2 x 5 m

- The total exercise time is 15’

* Cool down
  - 5’ jogging and walking, followed by 10’ static stretching.

**Total duration:** 50’

**Sun. 3\textsuperscript{rd}.

If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,...).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
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Weekly Training Plan

- Set 2:
  - 5 laps of ± 2’30" each.
  - This exercise takes ± 29’ (12’30’ Set 1 + 4’ rec. + 12’30’ Set 2).

* Match - 10’ match play.
* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

Fri. 8th: REST DAY

Sat. 9th:
* Warm up - 20’ jogging, mobilisation and dynamic stretching.
* Speed/Agility - Penalty area exercise, as per diagram below.
  - Set 1:
    5 laps in the penalty area from start to finish as indicated.

Total duration: 93’
- Set 2:
  - Perform another 5 laps of the penalty area exercise.

  - The total exercise time is 15’.

  * Cool down
  - 5’ jogging and walking, followed by 10’ static stretching.

  **Total duration: 50’**

**Sun. 10th:** If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,…).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
WEEK 11 from Monday 11\textsuperscript{th} to Sunday 17\textsuperscript{th} of March
Macrocycle VII, week 5 (Training week 41)

\textbf{Mon. 11\textsuperscript{th}:} * Act. Rec. - 50’ recovery session in a fitness centre.

\textbf{Tr. 155}

\textbf{Tue. 12\textsuperscript{th}:} * Low Int. - 5’ jogging slowly building up to 70\% \textit{HR}_\text{max} (\pm 1 \text{ km}).

* Warm up - 20’ jogging, mobilisation and dynamic stretching.

* Strength - 15’ strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

* High Int. - Referee circuit training: 4 HI exercises of 6 min each 1:1 recovery
- 2 min recovery between each of the 4 sets
- The swerv (6x 30”-30”)
- The diagonal (4x 40”-40”)
- Across the halfway line (10x 15”-15”)
- The suicide (3x 60”-60”)

- All together this exercise takes 4 times 6 min with 2 min rec \pm 30’.

* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

\textbf{Wed. 13\textsuperscript{th}:} REST DAY

**Total duration: 85’**

\textbf{Thu. 14\textsuperscript{th}:} * Low Int. - 5’ jogging slowly building up to 70\% \textit{HR}_\text{max} (\pm 1 \text{ km}).

* Warm up - 20’ jogging, mobilisation and dynamic stretching.
Performance Training in Football Refereeing
Weekly Training Plan

* Strength
- 15’ strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

- Referees are organized in 4 stations
- They repeat 3 reps of 40 m and have 1’ recovery between stations
- Between Set 1 and Set 2, there is 3-4’ recovery

- The RSA distance = (3x40m) x 4 stations = 480m) x 2 sets = 960m
- All together, these 2 RSA sets take ± 26’
  (14’ Set 1 + 3’ recovery + 14’ Set 2)

- Assistant Referees are organized in 4 stations
- They repeat 3 reps of 40 m and have 1’ recovery between stations
- Between Set 1 and Set 2, there is 3-4’ recovery

- The RSA distance = (3x40m) x 4 stations = 480m) x 2 sets = 960m
- All together, these 2 RSA sets take ± 26’
  (14’ Set 1 + 3’ recovery + 14’ Set 2)

* Match
- 10’ match play.
* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

**Total duration:** 91’

**Fri. 15th:**

**REST DAY**

**Sat. 16th:**

* Warm up - 20’ jogging, mobilisation and dynamic stretching.

* Speed - Variations on the centre circle sprint:
  
  - **Set 1:** 4 laps in total (8 accelerations).
  
  - 3’ recovery
  
  - **Set 2:** 4 laps in total (8 accelerations).

* Cool down - 5’ jogging and walking, followed by 10’ static stretching.

**Total duration:** 51’

**Sun. 17th:**

If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,…).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.
WEEK 12 from Monday 18th to Sunday 24th of March
Macrocycle VII, week 6 (Training week 42)

Mon. 18th:
  * Act. Rec. Tr. 159
    - 50' recovery session in a fitness centre.

Tue. 19th:
  * Low Int. Tr. 160
    * Warm up
      - 20’ jogging, mobilisation and dynamic stretching.
    * Strength
      - 15’ strength, core stability & injury prevention exercises.
        (abdominals, back muscles, sideways, arms, legs, see Library TSL
        for 2 sets of 30”-30” exercises).
      - Same organisation as for Training session 139 & 147
        - Set 1 (using a dynamic start):
          > 4 sprints over 80 m (+ 12”), 1:5 recovery
          > 5’ in total
          > 2’ recovery
        - Set 2 (using a dynamic start):
          > 6 sprints over 50 m (+ 7.5”), 1:5 recovery
          > 6’ in total
          > 2’ recovery
        - Set 3 (using a dynamic start):
          > 8 sprints over 40 m (+ 6”), 1:5 recovery
          > 4’40” in total
          > 2’ recovery
        - Set 4 (using a dynamic start):
          > 6 sprints over 40 m (+ 6”), 1:5 recovery
          > 3’40” in total
          > 2’ recovery
        - Set 5 (using a dynamic start):
          > 6 sprints over 30 m (+ 4.5”), 1:5 recovery
          > 4’ in total
          > 2’ recovery
      - All together, 30 sprints (90% to 100% SPmax) should be performed
        from a dynamic start position. Decelerate smoothly, turn and jog back to
        the start. The total duration of this RSA session is + 32’20”.
    * Cool down
      - 5’ jogging and walking, followed by 10’ static stretching.
      Total duration: 87’

Wed. 20th:
  REST DAY
### Thu. 21st: Tr. 161

**Low Int.**
- 5’ jogging slowly building up to 70% $HR_{max}$ ($\pm$ 1 km).

**Warm up**
- 20’ jogging, mobilisation and dynamic stretching.

**Strength**
- 15’ strength, core stability & injury prevention exercises. (abdominals, back muscles, sideways, arms, legs, see Library TSL for 2 sets of 30”-30” exercises).

**Speed End.**
- Set 1:
  - Field exercise, 5 laps of $\pm$ 2’ each performing the different activities at the appropriate intensities. Where indicated, the running speed should be minimum 95% $SP_{max}$.
  - 4’ recovery
- Set 2:
  - Field exercise, 5 laps of $\pm$ 2’ each.

- All together this exercise takes 24’
  (10’ Set 1 + 4’ recovery + 10’ Set 2)

**Match**
- 10’ match play.

**Cool down**
- 5’ jogging and walking, followed by 10’ static stretching.

**Total duration:** 89’

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### Fri. 22nd.

REST DAY
**Sat. 23rd:**
* Warm up - 20' jogging, mobilisation and dynamic stretching.

* Speed - 1) 11 m sprint, 11 m jogging, walking to start, 4 x
- 2) 25 m sprint, 25 m jogging, walking to start, 2 x
- 3) 50 m sprint, 50 m jogging, walking to start, 1 x

- Sprints should ideally start from a dynamic start position (walking, jogging, sideways or backwards…).
- 5' recovery, followed by a 2\textsuperscript{nd} Set of 7 sprints.
- The total exercise time is 15'

* Cool down - 5' jogging and walking, followed by 10' static stretching.

**Total duration:** 50'

**Sun. 24th:**
If you don’t have a match appointment for the domestic league, use your free time for additional recovery, or to work on any fitness weaknesses you might have (e.g., aerobic endurance, strength, injury prevention,…).

Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.