Training plan – August 2019

Jean-Baptist Bultynck – Bart Gilis - Kader Touati
Alan Brown – Kelesha Antoine - Lingling Zhang - Tracey Lovell
Objectives & Planning

• First of all a big Go-Go-Go for Carol Anne and Yongmei!

• Hope you enjoyed all a good physical and mental rest!
• Meanwhile new seasons have started and others are continuing. Maybe time to set new targets? One of your new targets can be to work towards the Olympic Games in Tokyo!
• Wish you good luck with the adaptations we made in the training plan 😊. Of course it’s less demanding than the ones that were made towards the FWWC ...

• Enjoy your next exiting training 😊
• Fitness team
## Monthly overview of training sessions

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1:</strong></td>
<td>SP RSA CORE</td>
<td>SP RSA CORE</td>
<td>SP CORE</td>
<td>GAME</td>
<td>AR or Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Week 2:</strong></td>
<td>STAMINA CORE&amp;STR</td>
<td>SP&amp;Agi MI/HI CORE</td>
<td>REST</td>
<td>STR SP HI CORE</td>
<td>SP CORE</td>
<td>GAME</td>
<td>AR or Rest</td>
</tr>
<tr>
<td><strong>Week 3:</strong></td>
<td>STAMINA CORE&amp;STR</td>
<td>SP&amp;Agi HI CORE</td>
<td>REST</td>
<td>SP MI CORE</td>
<td>SP CORE</td>
<td>GAME</td>
<td>AR or Rest</td>
</tr>
<tr>
<td><strong>Week 4:</strong></td>
<td>STAMINA CORE&amp;STR</td>
<td>SP&amp;Agi HI/YOYO based CORE</td>
<td>REST</td>
<td>STR SP&amp;Agi CORE</td>
<td>SP CORE</td>
<td>GAME</td>
<td>AR or Rest</td>
</tr>
<tr>
<td><strong>Week 5:</strong></td>
<td>STAMINA CORE&amp;STR</td>
<td>SP&amp;Agi HI/YOYO based CORE</td>
<td>REST</td>
<td>STR SP&amp;Agi CORE</td>
<td>SP CORE</td>
<td>GAME</td>
<td>AR or Rest</td>
</tr>
</tbody>
</table>
Warm Up - Cool Down

• Every training should start with a **warm up** (10 to 15 min.)
  - 5’ low intensity jogging, 5’ mobilisation exercises and dynamic stretching

• Every training should end with a **cool down** (8 min.)
  - 4’ jogging and walking, followed by 4’ static stretching exercises as indicated below

[Images: workoutlabs]
Every (mandatory) training should begin or end with a **12 min. circuit of CORE exercise**

- 30 to 45 sec for each exercise
- repeat each exercise twice
- Recovery: take 15 to 30 sec rest between the exercises
- Total duration: 12 min.

**Exercises:**
- **Deadbug (abdominals)**
- **Single leg glute bridge left. Move the hips up and down**
- **Mountain climbers (bring the knees alternatively to the chest)**
- **Side plank move the upper leg up and down**
- **Plank to push-up**
- **Single leg glute bridge right. Move the hips up and down**

Images: workoutlabs
Week 1

Fitness team
## Week 1: weekly overview

<table>
<thead>
<tr>
<th>Day</th>
<th>Training objectives</th>
<th>Remark</th>
<th>Training duration</th>
<th>Training intensity RPE range from 0 to 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>Str &amp; S &amp; RSA</td>
<td>Repeated Speed Ability exercise</td>
<td>55 min.</td>
<td>6-7</td>
</tr>
<tr>
<td>Friday</td>
<td>S</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
<td>3-4</td>
</tr>
<tr>
<td>Saturday</td>
<td>Game ...</td>
<td></td>
<td>90 min.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>AR</td>
<td></td>
<td>50 min.</td>
<td>2-3</td>
</tr>
</tbody>
</table>
Thursday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 20 min non stop as target (3 sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Thursday: Strength exercises

8 exercises
1x each exercise
40 sec work with 20 sec rest in between every exercise

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>Strength</td>
<td>10 min.</td>
</tr>
<tr>
<td>RSA</td>
<td>15 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td>CORE (slide 6)</td>
<td>12 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>55 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td></td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
<td></td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td></td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
<td></td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td></td>
</tr>
<tr>
<td>Snap jumps</td>
<td></td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td></td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
<td></td>
</tr>
</tbody>
</table>
Set 1: Full speed for 2 – 3 or 4 sec. Respectively 28 – 27 or 26 sec recovery by jogging. In 1,5 sec 10m should be covered; 3 sec – 20 m and in 4 sec 30m. Total duration of 4min.

Recovery: 2-3 min stretching individually

Set 2 and 3: Repeat the same exercise for another 4 min.

NOTE:
The different colored cones indicate different referee-running-patterns. Try those so that you are used to do them when such situation appears in a game. Simulate as all with your focus real game situations.

Assistant referees should perform this exercise along the sideline with focus inside the field.
Friday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Friday: Speed exercise

Set 1: Combination of 3 sprints on a different distance
1) 11m sprint, 11m jogging, walking to start, 4x
2) 25 m sprint, 25m jogging, walking to start, 2x
3) 50m sprint, 50m jogging, walking to start, 1x

Recovery: 5 min

Set 2: Same exercise, again 7 sprints

Note: AR’s are using their flag ☺
Saturday: Game

DARE TO SHINE™
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 (85-95 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’.
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.
Week 2

Fitness team
## Week 2: weekly overview

<table>
<thead>
<tr>
<th>Day</th>
<th>Training objectives</th>
<th>Remark</th>
<th>Training duration</th>
<th>Training intensity RPE range from 0 to 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>STAMINA CORE</td>
<td>Strength</td>
<td>80 min.</td>
<td>2-3</td>
</tr>
<tr>
<td>Tuesday</td>
<td>S&amp;AgI HI</td>
<td>HI-endurance run</td>
<td>80 min.</td>
<td>7-8</td>
</tr>
<tr>
<td>Wednesday</td>
<td>REST</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Str &amp; SE R/AR</td>
<td>Speed Endurance field exercise</td>
<td>65 min.</td>
<td>6-7</td>
</tr>
<tr>
<td>Friday</td>
<td>S</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
<td>3-4</td>
</tr>
<tr>
<td>Saturday</td>
<td>Game ...</td>
<td>Or CORE &amp; basic strength exercises</td>
<td>90 min.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>AR</td>
<td></td>
<td>50 min.</td>
<td>2-3</td>
</tr>
</tbody>
</table>
Monday: Stamina / CORE & basic strength circuit

8 exercises

4x each exercise
30-40 sec work with 20-30 sec rest in between every exercise

More info on: https://workoutlabs.com/exercise-guide/

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging</td>
<td>5 min.</td>
</tr>
<tr>
<td>Dynamic stretches</td>
<td>5 min.</td>
</tr>
<tr>
<td>STAMINA: Jogging at 9-11 km/h or 65-70% Hrmax</td>
<td>30 min.</td>
</tr>
<tr>
<td>CORE and STRENGTH circuit</td>
<td>32 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>80 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td>30 sec</td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
<td>30 sec</td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td>30 sec</td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
<td>30 sec</td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td>30 sec</td>
</tr>
<tr>
<td>Snap jumps</td>
<td>30 sec</td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td>30 sec</td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
<td>30 sec</td>
</tr>
</tbody>
</table>
Tuesday – morning aerobic session

• **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

• **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

• **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

• Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
**Set 1:** Combine 5 coordination exercises (5 m) with a sprint in the mid circle. Sprint 10 m and decelerate 8 m before starting the next coordination exercise. Make 2 reps of each. *(The picture indicates a bigger circle than the mid circle, but that’s only to have a clear indication.)* The given exercises are just indications, you can choose other coordination exercises.

**Recovery:** 3 to 4 min active recovery in between sets

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

In total 20 sprints in the Centre circle.
The Medium Intensity Training (MI) is a combination of MI-jogging/running at (76-85% HRmax) and short HI-tempo runs (at 90% HRmax). This session you can perform on any ‘sportive’ surface as grass, forest, hard sand, ...

**Set 1:** 32 + 08 min at 76% HRmax (+/- 7-8km). *After each 4 min period, a 30 sec full speed* run has to be performed (>150m), or 8 all together resulting in a total distance of 1200m. After each acceleration you get 30 sec recovery/jogging.

**Recovery:** /

During these MI-sessions, the energy system should be aerobically. This kind of training should help you to increase the capacity to work aerobically and prepare in a progressive way for more intensive HI work. The tempo should be an ‘uncomfortable jog/run’.
Wednesday – morning aerobic session

- **Jogging**
  - HR 75% Hrmax
  - Total duration: +/- 30 min

- **PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE**

- **Suggestions:**
  - Go by bike to work (full trip or partial trip (car-bike));
  - Jog 30 min during your lunch pause;
  - ...


Wednesday: REST day

- Always possible to do CORE exercises at home 😊
Thursday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Thursday: Strength exercises

8 exercises
1x each exercise
40 sec work with 20 sec rest in between every exercise
More info on: https://workoutlabs.com/exercise-guide/

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>Strength</td>
<td>10 min.</td>
</tr>
<tr>
<td>SE R/AR</td>
<td>35 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td>CORE (slide 6)</td>
<td>12 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>75 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Exercise Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td>40 sec work with 20 sec rest in between every exercise</td>
<td>Alternate heel touches/lying oblique reach</td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td></td>
<td>Raised one-leg push-ups</td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td></td>
<td>Snap jumps</td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td></td>
<td>Inchworm/walkouts</td>
</tr>
</tbody>
</table>

Activity Duration

Warm-up 10 min.
Strength 10 min.
SE R/AR 35 min.
Cool down 8 min.
CORE (slide 6) 12 min.
TOTAL 75 min.
**Thursday: Speed Endurance field exercise**

---

**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.)

---

**2 sets of 4 laps**

<table>
<thead>
<tr>
<th>One lap</th>
<th>max 3 min</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 1 (4 laps)</td>
<td>12 min</td>
</tr>
<tr>
<td>Recovery</td>
<td>4 min</td>
</tr>
<tr>
<td>Set 2 (4 laps)</td>
<td>12 min</td>
</tr>
<tr>
<td><strong>Total duration</strong></td>
<td>28 min</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Walking</th>
<th>W</th>
<th>600 m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging</td>
<td>J</td>
<td>760 m</td>
</tr>
<tr>
<td>Backwards</td>
<td>BW</td>
<td>240 m</td>
</tr>
<tr>
<td>Sideways</td>
<td>SW</td>
<td>---</td>
</tr>
<tr>
<td>High intensity</td>
<td>HI</td>
<td>1600 m</td>
</tr>
<tr>
<td>Sprint</td>
<td>S</td>
<td>480 m</td>
</tr>
</tbody>
</table>

**Total distance 3680 m**
Set 1: Perform 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: Perform 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)
Friday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
### Friday: Speed exercise

**Set 1:** 4 short sprints outside the penalty area. Sprints in combination with sideways and backwards moving. 5 laps in total make one set.

**Recovery:** 5 min

**Set 2:** Sprint exercise outside the penalty area, again 5 laps in total

**NOTE:** 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)

*Speed always MAXIMAL!*

---

#### 2 sets of 5 laps

<table>
<thead>
<tr>
<th></th>
<th>One lap</th>
<th>Set 1 (5 laps)</th>
<th>Recovery</th>
<th>Set 2 (5 laps)</th>
<th>Total duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>One set:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking</td>
<td>W</td>
<td>375 m</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jogging</td>
<td>J</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Backwards</td>
<td>BW</td>
<td>175 m</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sideways</td>
<td>SW</td>
<td>200 m</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>High intensity</td>
<td>HI</td>
<td>---</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sprint</td>
<td>S</td>
<td>830 m</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Total distance** 1580 m
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 (85-95 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’.
Sunday: Alternative ... (weekend without game)

- 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.
Week 3

Fitness team
## Week 3: weekly overview

<table>
<thead>
<tr>
<th>Day</th>
<th>Training objectives</th>
<th>Remark</th>
<th>Training duration</th>
<th>Training intensity RPE range from 0 to 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>STAMINA CORE</td>
<td>Strength</td>
<td>80 min.</td>
<td>2-3</td>
</tr>
<tr>
<td>Tuesday</td>
<td>S&amp;Agi HI</td>
<td>HI-endurance run</td>
<td>90 min.</td>
<td>7-8</td>
</tr>
<tr>
<td>Wednesday</td>
<td>REST</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Str &amp; S &amp; SE</td>
<td>Speed endurance field exercise</td>
<td>75 min.</td>
<td>6-7</td>
</tr>
<tr>
<td>Friday</td>
<td>S</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
<td>3-4</td>
</tr>
<tr>
<td>Saturday</td>
<td>Game ...</td>
<td>Or CORE &amp; basic strength exercises</td>
<td>90 min.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>AR</td>
<td></td>
<td>50 min.</td>
<td>2-3</td>
</tr>
</tbody>
</table>
Monday: Stamina / CORE & basic strength circuit

8 exercises
**4x each exercise**
30-40 sec work with 20-30 sec rest in between every exercise

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging</td>
<td>5 min.</td>
</tr>
<tr>
<td>Dynamic stretches</td>
<td>5 min.</td>
</tr>
<tr>
<td><strong>STAMINA:</strong> Jogging at 9-11 km/h or 65-70% Hrmax</td>
<td>30 min.</td>
</tr>
<tr>
<td><strong>CORE and STRENGTH circuit</strong></td>
<td>32 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>80 min.</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
</tr>
<tr>
<td>Snap jumps</td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
</tr>
</tbody>
</table>

Tuesday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
**Tuesday: Speed & Agility exercise**

Speed combined with **agility**. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.

**The S & Agi exercise consist of 3 different exercises:**

Ex. 1: S – SW L – BW - SW R; rest 45”; 3 to 5 reps and 2’
Ex. 2: S – Coo – BW - S; rest 45”; 3 to 5 reps and 2’
Ex. 3: Coo – S – SW 3x - S; rest 45”; 3 to 5 reps and 2’

---

**3 sets of 5 reps**

| Set 1 (5x) | 5 min |
| Recovery  | 2 min |
| Set 2 (5x) | 5 min |
| Recovery  | 2 min |
| Set 2 (5x) | 5 min |
| **Total duration** | ± 19 min |

- Walking (W)...
- Jogging (J)...
- Backwards (BW)...
- Sideways (SW)...
- High intensity (HI)...
- Sprint (S) 125 m

**Total distance**...

---

**Legend:**
- **S** - Sprint
- **SW** - Sideways
- **BW** - Backwards
- **Coo** - Change of Direction
- **5 m** - Distance markers
**Set 1:** The referee has to cover 75m each acceleration (variations are possible depending on the level).  
15 sec running high speed (at +/- 90% Hrmax) – 15 sec recup. Or 15”-10”. Recup can be at the spot/cone. 
Can be done for 3 to 5 laps is 20 accelerations.  
For the AR’s the same system can be introduced along the sideline.  

**Recovery:** 4 min  

**Set 2:** Again 3 to 5 full laps, both now counterclockwise as an other option.
Wednesday – morning aerobic session

- **Jogging**
  - HR 75% Hrmax
  - Total duration: +/- 30 min

- **PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE**

- **Suggestions:**
  - Go by bike to work (full trip or partial trip (car-bike));
  - Jog 30 min during your lunch pause;
  - ...


Wednesday: REST day

- Always possible to do CORE exercises at home 😊
Thursday – morning aerobic session

• **Cycling**
  o HR 70% Hrmax
  o Total duration: +/- 60 min

• **Swimming**
  o 15 min non stop as target (several sets)
  o Total duration: +/- 60 min

• **Gym – fitness center**
  o Crosswalker 15 min
  o Rowing 15 min
  o Steps or stairs 15 min
  o HR 75% Hrmax
  o Total duration: +/- 45 min activity

• Plan extra session in case of need for better endurance.
  o Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Thursday: Strength exercises

8 exercises
1x each exercise
40 sec work with 20 sec rest in between every exercise
More info on: https://workoutlabs.com/exercise-guide/

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>Strength</td>
<td>10 min.</td>
</tr>
<tr>
<td>SE R/AR</td>
<td>35 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td>CORE (slide 6)</td>
<td>12 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>75 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td></td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
<td></td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td></td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
<td></td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td></td>
</tr>
<tr>
<td>Snap jumps</td>
<td></td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td></td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
<td></td>
</tr>
</tbody>
</table>

_Warm-up 10 min._

_Strength 10 min._

_SE R/AR 35 min._

_Cool down 8 min._

_CORE (slide 6) 12 min._

_TOTAL 75 min._
Set 1: Combination of HI-run – jogging – sprinting along the diagonal. And learning to leave the diagonal as well. Complete 8 laps.

**Recovery:** 4 min

Set 2: Repeat the same exercise.
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 = +/- 24 min

Note: AR: ‘Look inside the field of play at your referee!’ (As AR has to overview ball and R)
Friday – morning aerobic session

• **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

• **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

• **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

• Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
**Friday: Speed exercise**

**Set 1:** Combination of 3 sprints on a different distance

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

**Recovery:** 5 min

**Set 2:** Same exercise, again 7 sprints

---

**2 sets of 7 sprints**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 1 (7 sprints)</td>
<td>5 min</td>
</tr>
<tr>
<td>Recovery</td>
<td>5 min</td>
</tr>
<tr>
<td>Set 2 (7 sprints)</td>
<td>5 min</td>
</tr>
<tr>
<td>Total duration</td>
<td>15 min</td>
</tr>
</tbody>
</table>

Walking  W  256 m
Jogging  J  288 m
Backwards BW  ---
Sideways SW  ---
High intensity HI  ---
Sprint  S  288 m

**Total distance** 832 m
Saturday: Game

DARE TO SHINE™
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 (85-95 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 ... (weekend without game)
Week 4

Fitness team
## Week 4: weekly overview

<table>
<thead>
<tr>
<th>Day</th>
<th>Training objectives</th>
<th>Remark</th>
<th>Training duration</th>
<th>Training intensity RPE range from 0 to 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>STAMINA CORE</td>
<td>Strength</td>
<td>70 min.</td>
<td>2-3</td>
</tr>
<tr>
<td>Tuesday</td>
<td>S&amp;Agi HI</td>
<td>HI-endurance run</td>
<td>75 min.</td>
<td>7-8</td>
</tr>
<tr>
<td>Wednesday</td>
<td>REST</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Str &amp; RSA</td>
<td>Repeated Speed Ability</td>
<td>55 min.</td>
<td>7-8</td>
</tr>
<tr>
<td>Friday</td>
<td>S</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
<td>3-4</td>
</tr>
<tr>
<td>Saturday</td>
<td>Game ...</td>
<td>Or CORE &amp; basic strength exercises</td>
<td>90 min.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>AR</td>
<td></td>
<td>50 min.</td>
<td>2-3</td>
</tr>
</tbody>
</table>
**Monday: Stamina / CORE & basic strength circuit**

8 exercises

**4x each exercise**
30-40 sec work with 20-30 sec rest in between every exercise


<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging</td>
<td>5 min.</td>
</tr>
<tr>
<td>Dynamic stretches</td>
<td>5 min.</td>
</tr>
<tr>
<td><strong>STAMINA:</strong> Jogging at 9-11 km/h or 65-70% Hrmax</td>
<td>30 min.</td>
</tr>
<tr>
<td>CORE and STRENGTH circuit</td>
<td>32 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>80 min.</td>
</tr>
</tbody>
</table>

**Activity Duration**

- Lateral lunge to knee raise and balance 3 sec
- Alternate heel touches/lying oblique reach
- Floor T raises/back flyes
- Raised one-leg push-ups
- Wide stance/Sumo body weight squat
- Snap jumps
- Lateral shuffles / Hops skaters
- Inchworm/walkouts

---

[Image of exercises]
Tuesday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; …
**Set 1:** Combine 5 coordination exercises (5 m) with a sprint in the mid circle. Sprint 10 m and decelerate 8 m before starting the next coordination exercise. Make 2 reps of each. *(The picture indicates a bigger circle than the mid circle, but that’s only to have a clear indication.)* The given exercises are just indications, you can choose other coordination exercises.

**Recovery:** 3 to 4 min active recovery in between sets

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

In total 20 sprints in the Centre circle.
Tuesday: High Intensity exercise

Yo-Yo based exercise: shuttles of 80m

Set 1: 8 shuttles (40mx 2 = 80m)) to be completed in 17 sec. 30” recovery walk (40m) (Set 1 takes ...)

Recovery: 3 min

Set 2: 6 shuttles (20mx 4 = 80m) to be completed in 19 sec. 30” recovery walk (40m) **Recovery: 3 min**

Set 3: 4 shuttles (10mx 8 = 80m) to be completed in 21 sec. 30” recovery walk (40m)
Wednesday – morning aerobic session

- **Jogging**
  - HR 75% Hrmax
  - Total duration: +/- 30 min

- **PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE**

- **Suggestions:**
  - Go by bike to work (full trip or partial trip (car-bike));
  - Jog 30 min during your lunch pause;
  - ...

Wednesday: REST day

- Always possible to do CORE exercises at home 😊
Thursday – morning aerobic session

• **Cycling**
  o HR 70% Hrmax
  o Total duration: +/- 60 min

• **Swimming**
  o 15 min non stop as target (several sets)
  o Total duration: +/- 60 min

• **Gym – fitness center**
  o Crosswalker 15 min
  o Rowing 15 min
  o Steps or stairs 15 min
  o HR 75% Hrmax
  o Total duration: +/- 45 min activity

• Plan extra session in case of need for better endurance.
  o Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Thursday: Strength exercises

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>Strength</td>
<td>10 min.</td>
</tr>
<tr>
<td>RSA</td>
<td>35 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td>CORE (slide 6)</td>
<td>12 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>75 min.</td>
</tr>
</tbody>
</table>

8 exercises
**1x each exercise**
**40 sec work with 20 sec rest** in between every exercise


<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td></td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
<td></td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td></td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
<td></td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td></td>
</tr>
<tr>
<td>Snap jumps</td>
<td></td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td></td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
<td></td>
</tr>
</tbody>
</table>
Thursday: Repeated Speed Ability exercise (RSA)

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.
**Friday: Speed exercise**

**Set 1**: 4 short sprints outside the penalty area. Sprints in combination with sideways and backwards moving. 5 laps in total make one set.

**Recovery**: 5 min

**Set 2**: Sprint exercise outside the penalty area, again 5 laps in total

**NOTE**: 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)

*Speed always MAXIMAL!*
Saturday: Game

DARE TO SHINE™
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 (85-95 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.
Week 5

Fitness team
<table>
<thead>
<tr>
<th>Day</th>
<th>Training objectives</th>
<th>Remark</th>
<th>Training duration</th>
<th>Training intensity RPE range from 0 to 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>STAMINA CORE</td>
<td>Strength</td>
<td>70 min.</td>
<td>2-3</td>
</tr>
<tr>
<td>Tuesday</td>
<td>S&amp;Agi HI</td>
<td>HI-endurance run</td>
<td>75 min.</td>
<td>7-8</td>
</tr>
<tr>
<td>Wednesday</td>
<td>REST</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Str &amp; S&amp;Agi</td>
<td>Speed &amp; Agility exercise</td>
<td>55 min.</td>
<td>7-8</td>
</tr>
<tr>
<td>Friday</td>
<td>S</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
<td>3-4</td>
</tr>
<tr>
<td>Saturday</td>
<td>Game ...</td>
<td>Or CORE &amp; basic strength exercises</td>
<td>90 min.</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td>AR</td>
<td></td>
<td>50 min.</td>
<td>2-3</td>
</tr>
</tbody>
</table>
Monday: Stamina / CORE & basic strength circuit

8 exercises

4x each exercise
30-40 sec work with 20-30 sec rest in between every exercise

More info on: https://workoutlabs.com/exercise-guide/

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging</td>
<td>5 min.</td>
</tr>
<tr>
<td>Dynamic stretches</td>
<td>5 min.</td>
</tr>
<tr>
<td><strong>STAMINA:</strong> Jogging at 9-11 km/h or 65-70% Hrmax</td>
<td>20 min.</td>
</tr>
<tr>
<td><strong>CORE and STRENGTH circuit</strong></td>
<td>32 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>70 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td></td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
<td></td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td></td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
<td></td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td></td>
</tr>
<tr>
<td>Snap jumps</td>
<td></td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td></td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
<td></td>
</tr>
</tbody>
</table>

8 exercises

4x each exercise
30-40 sec work with 20-30 sec rest in between every exercise

More info on: https://workoutlabs.com/exercise-guide/
Tuesday – morning aerobic session

• **Cycling**
  o HR 70% Hrmax
  o Total duration: +/- 60 min

• **Swimming**
  o 15 min non stop as target (several sets)
  o Total duration: +/- 60 min

• **Gym – fitness center**
  o Crosswalker 15 min
  o Rowing 15 min
  o Steps or stairs 15 min
  o HR 75% Hrmax
  o Total duration: +/- 45 min activity

• Plan extra session in case of need for better endurance.
  o Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Speed combined with agility. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.

The S & Agi exercise consist of 3 different exercises:

Ex. 1: S – SW L – BW - SW R; rest 45” ; 3 to 5 reps and 2’
Ex. 2: S – Coo – BW - S; rest 45” ; 3 to 5 reps and 2’
Ex. 3: Coo – S – SW 3x - S; rest 45”; 3 to 5 reps and 2’
**Tuesday: High Intensity exercise**

**Referees: Yo-Yo based: Yo-Yo Intermittent Recovery test Level 1**

**Set 1:** 2x 20m HI-run fort & back 10 sec (+/- 6 min)

**Set 2 & 3:** idem

**Recovery:** 3 min in between sets

**Assistant Referees: ARIET based: Yo-Yo Intermittent Endurance test Level 2**

**Set 1:** 2x 20m HI-run fort & back 10 sec ; 2x 12,5m sidw + backw 10 sec (+/- 6 min)

**Set 2 & 3:** idem

**Recovery:** 3 min in between sets

---

**3 sets of x reps**

| Set 1 (...) | 6 min |
| Set 2 (...) | 6 min |
| Set 3 (...) | 6 min |

**Total duration ± 24 min**

| Walking | W ... m |
| Jogging | J ... m |
| Backwards | BW ... m |
| Sideways | SW ... m |
| High intensity | HI ... m |
| Sprint | S ... m |

**Total distance:** ...

Wednesday – morning aerobic session

• Jogging
  o HR 75% Hrmax
  o Total duration: +/- 30 min

• PLAN EXTRA TRAINING IN CASE OF NEED FOR BETTER ENDURANCE

• Suggestions:
  o Go by bike to work (full trip or partial trip (car-bike));
  o Jog 30 min during your lunch pause;
  o ...


Wednesday:  REST day

• Always possible to do CORE exercises at home 😊
Thursday – morning aerobic session

- **Cycling**
  - HR 70% Hrmax
  - Total duration: +/- 60 min

- **Swimming**
  - 15 min non stop as target (several sets)
  - Total duration: +/- 60 min

- **Gym – fitness center**
  - Crosswalker 15 min
  - Rowing 15 min
  - Steps or stairs 15 min
  - HR 75% Hrmax
  - Total duration: +/- 45 min activity

- Plan extra session in case of need for better endurance.
  - Suggestions: go by bike to work; jog 30 min during your lunch pause; ...
Speed combined with **agility**. All exercises must be performed maximally in order to gain the full physiological benefit. This work should be quality and non-fatiguing. The HR should be back to 60-65% HRmax prior to each individual sprint.

**The S & Agi exercise consist of 2 different exercises:**

Ex. 1: 4x S + BW movement; rest 45”; 3 to 5 reps and 2’
Ex. 2: 4x S + SW movement; rest 45” ; 3 to 5 reps and 2’

**Extra S & Coordination exercise:**

Ex. 3: long jump L with ‘blocking’ – 3x fast hops R with ‘block’ at the last one – 2x fast L with ‘block’ – 2x fast R with ‘block’ – 1x L ‘block’ + sprint ; rest 45”; 3 to 5 reps and 2’
Thursday: Strength exercises

8 exercises
1x each exercise
40 sec work with 20 sec rest in between every exercise

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>S&amp;Agi</td>
<td>15 min.</td>
</tr>
<tr>
<td>Strength</td>
<td>10 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>8 min.</td>
</tr>
<tr>
<td>CORE (slide 6)</td>
<td>12 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>55 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral lunge to knee raise and balance 3 sec</td>
<td></td>
</tr>
<tr>
<td>Alternate heel touches/lying oblique reach</td>
<td></td>
</tr>
<tr>
<td>Floor T raises/back flyes</td>
<td></td>
</tr>
<tr>
<td>Raised one-leg push-ups</td>
<td></td>
</tr>
<tr>
<td>Wide stance/Sumo body weight squat</td>
<td></td>
</tr>
<tr>
<td>Snap jumps</td>
<td></td>
</tr>
<tr>
<td>Lateral shuffles / Hops skaters</td>
<td></td>
</tr>
<tr>
<td>Inchworm/walkouts</td>
<td></td>
</tr>
</tbody>
</table>
**Friday: Speed exercise**

**Set 1:** Four consecutive sprints of 10 – 20 – 30 and 40m. After each sprint undertake a recovery loop (jog or walk) to the edge of the field of play and back (as indicated). Repeat the sequence twice or 3 times.

**Recovery:** 4 min (also recovery after each sprint by walking back)

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

In total $100m \times 3 \times 2 = 600m$.

*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

DARE TO SHINE™

WOMEN'S WORLD CUP FRANCE 2019
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 (85-95 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’.
Sunday: Alternative ... (weekend without game)

- 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.