Training plan – October 2019

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

- Below you find your training programme for the following month. If you have any questions don’t hesitate to contact your coaches.

- Follow as much as possible the program and only adapt if your match is on another day than a Saturday.
  - If you have 2 matches per week, than skip the HI session. Contact your coach if you are in doubt.

- Follow-up is done as usual via Topsportslab and Refassists.

- Meanwhile we supporter for the ladies who will be active in Brazil this month!

- 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>
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</thead>
<tbody>
<tr>
<td><strong>Week 1:</strong></td>
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<td>REST</td>
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<td>GAME</td>
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<td><strong>Week 2:</strong></td>
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<td>REST</td>
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Warm Up - Cool Down

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

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

Cat back stretch
Quad stretch
Adductor stretch
Hip flexor stretch
Hamstring stretch

Images: workoutlabs
Every mandatory training should begin or end with a **10 min. circuit of CORE exercise**

- **SET 1:** Carry out every exercise 30 sec, go immediately to the next exercises without rest. Take 30 sec rest after the 4th exercise.
- **SET 2, 3 and 4:** repeat the same exercises in the same way

### SEQUENCE 1

<table>
<thead>
<tr>
<th>Exercise</th>
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<tbody>
<tr>
<td>Plank leg lifts</td>
<td>30 sec</td>
</tr>
<tr>
<td>Side plank rotations R</td>
<td>30 sec</td>
</tr>
<tr>
<td>Side plank rotations L</td>
<td>30 sec</td>
</tr>
<tr>
<td>Floor back flyes</td>
<td>30 sec</td>
</tr>
</tbody>
</table>

**REST**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>30 sec</td>
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**CORE**

- 8 exercises
- **2x each exercise**
- 30-40 sec work with 20-30 sec rest in between every exercise

<table>
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<th>Decline push-ups</th>
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<td><img src="image1.png" alt="Single leg hops" /></td>
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<td><img src="image4.png" alt="Decline push-ups" /></td>
</tr>
<tr>
<td>Klein sprongetje maken en landen op zelfde been</td>
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<tr>
<th>Nordic hamstrings</th>
<th>Plank jacks</th>
<th>Lunge twist</th>
<th>Incline push-ups</th>
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<td><img src="image6.png" alt="Plank jacks" /></td>
<td><img src="image7.png" alt="Lunge twist" /></td>
<td><img src="image8.png" alt="Incline push-ups" /></td>
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| Nordic Hamstring  
**2 sets of 6 reps!** | Plank en benen afwisselend naar buiten verplaatsen en terug | Lunge met rotatie (met klein gewicht of bal) | |
appointed to A-League c
## 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>
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<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;Agile HI</td>
<td>HI-endurance run</td>
<td>100 min.</td>
<td>7-8</td>
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<td>Wednesday</td>
<td>REST</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>Str &amp; SE field</td>
<td>Speed Endurance Field exercise</td>
<td>90 min.</td>
<td>6-7</td>
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<td>Friday</td>
<td>S (MP)</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
<td>3-4</td>
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<td>Saturday</td>
<td>Game ...</td>
<td>Or CORE &amp; basic strength exercises</td>
<td>90 min.</td>
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<td>Sunday</td>
<td>AR</td>
<td></td>
<td>50 min.</td>
<td>2-3</td>
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Monday: Stamina / CORE & basic strength circuit

8 exercises
2x each exercise
30-40 sec work with 20-30 sec rest in between every exercise
More info on: https://workoutlabs.com/exercise-guide/

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<td>Warm-up</td>
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<td>SP&amp;Agig</td>
<td>/ min.</td>
</tr>
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<td>MI</td>
<td>20 min.</td>
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<tr>
<td>STRENGTH circuit</td>
<td>20 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>15 min.</td>
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<tr>
<td>TOTAL</td>
<td>70 min.</td>
</tr>
</tbody>
</table>
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; ...
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:** Code: 45 sec at 90% HRmax (HI tempo run) followed by 15 sec jog ; ...

**Recovery:** 3 min walking

**Set 2:** Code: 30 sec at 90% HRmax (HI tempo run) followed by 15 sec jog; ...

**Recovery:** 2 min walking

**Set 3:** Code: 15 sec at 90% HRmax (HI tempo run) + 15 sec jog; ...

**Recovery:** 1 min walking

**Total time:** $8 + 3 + 6 + 2 + 4 + 1 = 24$ min

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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**3 sets**

| Set 1 (...) | 8 min |
| Recovery   | 3 min |
| Set 2 (...) | 6 min |
| Recovery   | 2 min |
| Set 3 (...) | 4 min |
| Recovery   | 1 min |

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

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**Total distance** ... m
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**
  - 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
2x each exercise
30-40 sec work with 20-30 sec rest in between every exercise

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<td>30 min.</td>
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<td>STRENGTH circuit</td>
<td>20 min.</td>
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<tr>
<td>Cool down</td>
<td>10 min.</td>
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<td>TOTAL</td>
<td>75 min.</td>
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</table>
**Thursday: Speed Endurance field exercise (SE) R**

**Set 1:** Run 4 to 5 laps of the speed endurance exercise as indicated in the picture. Recognize the 3 spots from the DYY (in dark blue), hose are your reference points at the penalty area!

**Recovery:** 4 min, active recovery with stretches

**Set 2:** Again 4 to 5 laps of the same exercise.
**Thursday: Speed Endurance field exercise (SE) AR**

**Set 1:** Perform minimum 10 min of the field run exercise as indicated in the picture. From Start, AR run sideways with flag in the left hand, has to turn twice, change flag hand also twice. Sprint to the corner flag, followed by a little jog and a HI-acceleration towards the middle. Finally cross the field of play by walking.

**Recovery:** 4 min

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

**Visual concentration:** the coach can show a card at every moment (red= free kick defender, green=free kick attacker, black=offside, yellow=out defender, orange=out attacker). The assistant referee has to decide with a flag signal.
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 in the penalty area. Sprints in combination with sideways and backwards moving. 5 laps in total make one set.

**Recovery:** 5 min

**Eventually:**

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

Fitness team
## Week 2: weekly overview

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<td>HI-endurance run</td>
<td>80 min.</td>
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<tr>
<td>Thursday</td>
<td>Str &amp; RSA</td>
<td>Repeated Speed Ability</td>
<td>65 min.</td>
<td>6-7</td>
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<td>Friday</td>
<td>S</td>
<td>Speed and acceleration training</td>
<td>50 min.</td>
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<td>Game ...</td>
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Monday: Stamina / CORE & basic strength circuit

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8 exercises
2x each exercise
30-40 sec work with 20-30 sec rest in between every exercise

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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 & Coordination exercise**

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

- **Set 1**: level 5.1 – 14.6 (+/- 5 min 41)
- **Set 2**: level 14.1 – 15.8 (+/- 5 min)
- **Set 3**: level 16.1 – 17.2 (+/- 3 min)

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

- **Set 1**: level 8.0 (1) – 13.5 (2) (+/- 4 min)
- **Set 2**: level 13.0 (1) – 14.0 (5) (+/- 5 min)
- **Set 3**: level 14.0 (6) – 15.5 (4) (+/- 3 min)

**Recovery**: 3 min in between sets
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)
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- **Gym – fitness center**
  - Crosswalker 15 min
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  - HR 75% Hrmax
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- 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**

2x each exercise

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


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<th></th>
<th>Single leg</th>
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<tr>
<td>Plank jack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunge twist</td>
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<tr>
<td>Incline push-ups</td>
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</tbody>
</table>
**Thursday: Speed Endurance field exercise (SE) R**

Set 1: Run 6 laps of the field specific exercise as indicated in the picture.
Or perform minimal 12 min of this specific field exercise (SE/RSA) as indicated in the picture.

**Recovery:** 4 min

Set 2: Run again 6 laps of the same exercise.

*Note: Look always 'inside' towards your assistant!*

**Visual concentration:** At any time, the coach can show a card (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.
**Thursday: Speed Endurance field exercise (SE) AR**

**Set 1:** Perform 12 min of the speed endurance 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 of play (towards your referee)!*
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

**Centre-Circle-Sprint**

**Set 1:** Variation on the centre circle sprint, 5 laps.

**Recovery:** 5 min

**Set 2:** Variation on the centre circle sprint, 5 laps.
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 (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>70 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; 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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>15 min.</td>
</tr>
<tr>
<td>SP&amp;Agi</td>
<td>/ min.</td>
</tr>
<tr>
<td>MI</td>
<td>20 min.</td>
</tr>
<tr>
<td>STRENGTH circuit</td>
<td>20 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>15 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>70 min.</td>
</tr>
</tbody>
</table>

### 8 exercises
2x 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><strong>Single leg hops</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Single leg</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Reverse plank kicks</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Decline push-ups</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Side plank rotations**
Klein sprongetje maken en landen op zelfde been

**Plank jacks**
Plank en benen afwisselend naar buiten verplaatsen en terug

**Lunge twist**
Lunge met rotatie (met klein gewicht of bal)
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; ...
**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:** Code: 30 sec at 90% HRmax (HI tempo run) followed by 30 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!
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>SP&amp;Agi</td>
<td>20 min.</td>
</tr>
<tr>
<td>SE</td>
<td>30 min.</td>
</tr>
<tr>
<td>STRENGTH circuit</td>
<td>20 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>10 min.</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>75 min.</strong></td>
</tr>
</tbody>
</table>

8 exercises<br>**2x each exercise**<br>30-40 sec work with 20-30 sec rest in between every exercise<br>More info on: [https://workoutlabs.com/exercise-guide/](https://workoutlabs.com/exercise-guide/)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single leg hops</td>
<td></td>
<td><img src="image1.png" alt="Image" /> Klein sprongetje maken en landen op zelfde been</td>
</tr>
<tr>
<td>Single leg</td>
<td></td>
<td><img src="image2.png" alt="Image" /> Plank en benen afwisselend naar buiten verplaatsen en terug</td>
</tr>
<tr>
<td>Reverse plank kicks</td>
<td></td>
<td><img src="image3.png" alt="Image" /> Lunge met rotatie (met klein gewicht of bal)</td>
</tr>
<tr>
<td>Decline push-ups</td>
<td></td>
<td><img src="image4.png" alt="Image" /></td>
</tr>
</tbody>
</table>
Set 1: Referee sprints 60m – 1min rest – 5 reps
For (MD-2) – 2 sets x 5 reps Total distance 2x 300 m (approximately)
For (MD-3) – 3 sets x 3 reps Total distance 3x 300 m (approximately)
Recovery: between reps: 60” / between sets: 3’
Set 2: VARIATION: The first 10 m can also be done backwards (REF) or sideways (AR), before sprinting the remaining 50m.
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; ...
Set 1: 4 short sprints in the penalty area. Sprints in combination with sideways and backwards moving. 5 laps in total make one set.

Recovery: 5 min

Eventually:
Set 2: Sprint exercise in the penalty area, again 5 laps in total
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.
## Week 4: weekly overview

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<th>Remark</th>
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</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>65 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>
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Monday: Stamina / CORE & basic strength circuit

<table>
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<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Warm-up</td>
<td>15 min.</td>
</tr>
<tr>
<td>SP&amp;Agi</td>
<td>/ min.</td>
</tr>
<tr>
<td>MI</td>
<td>20 min.</td>
</tr>
<tr>
<td>STRENGTH circuit</td>
<td>20 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>15 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>70 min.</td>
</tr>
</tbody>
</table>

8 exercises
2x each exercise
30-40 sec work with 20-30 sec rest in between every exercise

<table>
<thead>
<tr>
<th>Activity</th>
<th>Single leg hops</th>
<th>Single leg</th>
<th>Reverse plank kicks</th>
<th>Decline push-ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SP&amp;Agi</td>
<td></td>
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<tr>
<td>STRENGTH circuit</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cool down</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

*Single leg hops*
- Klein sprongetje maken en landen opzelfde been

*Side plank rotations*
- Plank en benen afwisselend naar buiten verplaatsen en terug

*Reverse plank kicks*
- Lunge met rotatie (met klein gewicht of bal)

*Decline push-ups*
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: 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: Run 4 to 6 laps of the high intensity exercise as indicated in the picture.

Recovery: 4 min

Set 2: Repeat the same exercise.
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

2x each exercise

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


<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Warm-up</td>
<td>15 min.</td>
</tr>
<tr>
<td>SP&amp;Agi</td>
<td>~ min.</td>
</tr>
<tr>
<td>RSA</td>
<td>20 min.</td>
</tr>
<tr>
<td>STRENGTH circuit</td>
<td>16 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>15 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>65 min.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Reverse lunge and hop (hop = low jump)</th>
<th>Twisting jump squats</th>
<th>Contralateral limb raises</th>
<th>Normal Push-ups</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting to standing jump</td>
<td>Seated squats</td>
<td>Seated punches</td>
<td>Split alternating squat jumps</td>
</tr>
<tr>
<td>Split squat to jump</td>
<td></td>
<td>Walking lunges</td>
<td>Staggered hand push-ups</td>
</tr>
<tr>
<td>Squat jump</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Warm-up:

15 min.

SP&Agi:

- min.

RSA:

20 min.

STRENGTH circuit:

16 min.

Cool down:

15 min.

TOTAL:

65 min.
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 – 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; ...
**Friday: Speed exercise**

Set 1: Variation on the centre circle sprint, 5 laps.

Recovery: 5 min

Set 2: Variation on the centre circle sprint, 5 laps.

---

**Centre-Circle-Sprint**

**Set 1:** Variation on the centre circle sprint, 5 laps.

**Recovery:** 5 min

**Set 2:** Variation on the centre circle sprint, 5 laps.
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 (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 5

Fitness team
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<thead>
<tr>
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<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; SE</td>
<td>Speed Endurance Field exercise</td>
<td>75 min.</td>
<td>7-8</td>
</tr>
</tbody>
</table>
Monday: Stamina / CORE & basic strength circuit

8 exercises
2x each exercise
30-40 sec work with 20-30 sec rest in between every exercise
More info on: https://workoutlabs.com/exercise-guide/

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<td>15 min.</td>
</tr>
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<td>SP&amp;Agi</td>
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<tr>
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<td>20 min.</td>
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<tr>
<td>STRENGTH circuit</td>
<td>20 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>15 min.</td>
</tr>
<tr>
<td>TOTAL</td>
<td>70 min.</td>
</tr>
</tbody>
</table>

- Single leg hops
- Single leg
- Reverse plank kicks
- Decline push-ups

- Single leg hops: Klein sprongje maken en landen op zelfde been
- Single leg: Plank en benen afwisselend naar buiten verplaatsen en terug
- Reverse plank kicks: Lunge met rotatie (met klein gewicht of bal)
- Incline push-ups: Plank jack: Plank jack twist
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: Coordination exercises + sprint. Perform 6 to 10 sprints. Make different coordination exercises.

**IMPORTANT:** R with whistle and AR with flag. Or referee leading with whistle or assistant leading with flag. Long ladder with different decisions in between the coordination exercise. One follows the other one!

**Recovery:** 4 min

**Set 2:** Repeat the same exercise.
Tuesday: High Intensity exercise

Set 1: Run around the pitch as indicated in the picture. The distance of high intensity running increases every lap. In total, run 4 laps around the pitch.

Recovery: 3 min.

Set 2: Now start with 1 full lap of high intensity running (lap 4) and then work down to run one length of high intensity (lap 1).

Recovery: 3 min.

Set 3: Same as set 1.

3 sets of 4 laps

<table>
<thead>
<tr>
<th>Set</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 1 (4 laps)</td>
<td>6 min</td>
</tr>
<tr>
<td>Recovery</td>
<td>3 min</td>
</tr>
<tr>
<td>Set 2 (4 laps)</td>
<td>6 min</td>
</tr>
<tr>
<td>Recovery</td>
<td>3 min</td>
</tr>
<tr>
<td>Set 3 (4 laps)</td>
<td>6 min</td>
</tr>
<tr>
<td>Total duration</td>
<td>± 24 min</td>
</tr>
</tbody>
</table>

Walking (W) ---
Jogging (J) 1320 m
Backwards (BW) ---
Sideways (SW) ---
High intensity (HI) 2520 m
Sprint (S) ---
Total distance 3840 m
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm-up</td>
<td>10 min.</td>
</tr>
<tr>
<td>SP&amp;Agi</td>
<td>20 min.</td>
</tr>
<tr>
<td>SE</td>
<td>30 min.</td>
</tr>
<tr>
<td>STRENGTH circuit</td>
<td>20 min.</td>
</tr>
<tr>
<td>Cool down</td>
<td>10 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>Single leg hops</td>
<td></td>
</tr>
<tr>
<td>Single leg</td>
<td></td>
</tr>
<tr>
<td>Reverse plank kicks</td>
<td></td>
</tr>
<tr>
<td>Decline push-ups</td>
<td></td>
</tr>
<tr>
<td>Side plank rotations</td>
<td></td>
</tr>
<tr>
<td>Plank jacks</td>
<td></td>
</tr>
<tr>
<td>Lunge twist</td>
<td></td>
</tr>
<tr>
<td>Incline push-ups</td>
<td></td>
</tr>
</tbody>
</table>

8 exercises
2x each exercise
30-40 sec work with 20-30 sec rest in between every exercise
More info on: https://workoutlabs.com/exercise-guide/
**Thursday: Speed Endurance field exercise (SE) R**

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

**Recovery:** 4 min

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

**Visual concentration:** At any time, the coach shows cards (red= penalty kick, black=offside, yellow=free kick defender, green=free kick attacker) The referee has to make a decision with the use of their whistle.

---

**2 sets of SE ex.**

One lap  max  2 min  
Set 1 (6 laps)  12 min  
Recovery  4 min  
Set 2 (6 laps)  12 min  
**Total duration**  ± 28 min

<table>
<thead>
<tr>
<th>Walking</th>
<th>W</th>
<th>300 m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jogging</td>
<td>J</td>
<td>180 m</td>
</tr>
<tr>
<td>Backwards</td>
<td>BW</td>
<td>300 m</td>
</tr>
<tr>
<td>Sideways</td>
<td>SW</td>
<td>360 m</td>
</tr>
<tr>
<td>High intensity</td>
<td>HI</td>
<td>480 m</td>
</tr>
<tr>
<td>Sprint</td>
<td>S</td>
<td>1800 m</td>
</tr>
</tbody>
</table>

**Total distance**  3420 m
Field test Spanish referees

**Set 1:** Perform as indicated - sprint – sideways R & L – backwards one side – finish by sprinting on the diagonal.

Official limits: women 31 sec; men 28 sec. (GO for the men limit as target!)

**Recovery:** 4 ... min (feel when you are ready for a second one)

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

(Don’t underestimate, it’s hard but possible to reach the men’s limit ...)

---

**Thursday: Speed Endurance field exercise (SE) AR**

<table>
<thead>
<tr>
<th>2 sets of ...</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Set 1 (…)</td>
<td>... min</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recovery</td>
<td>... min</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Set 2 (…)</td>
<td>... min</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total duration</td>
<td>± ... min</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Walking (W)   | ... m |  |  |  |
| Jogging (J)   | ... m |  |  |  |
| Backwards (BW)| 50 m |  |  |  |
| Sideways (SW)| 100 m|  |  |  |
| High intensity (HI)| ... m |  |  |  |
| Sprint (S)    | 110 m|  |  |  |
| Total distance| 260 m|  |  |  |