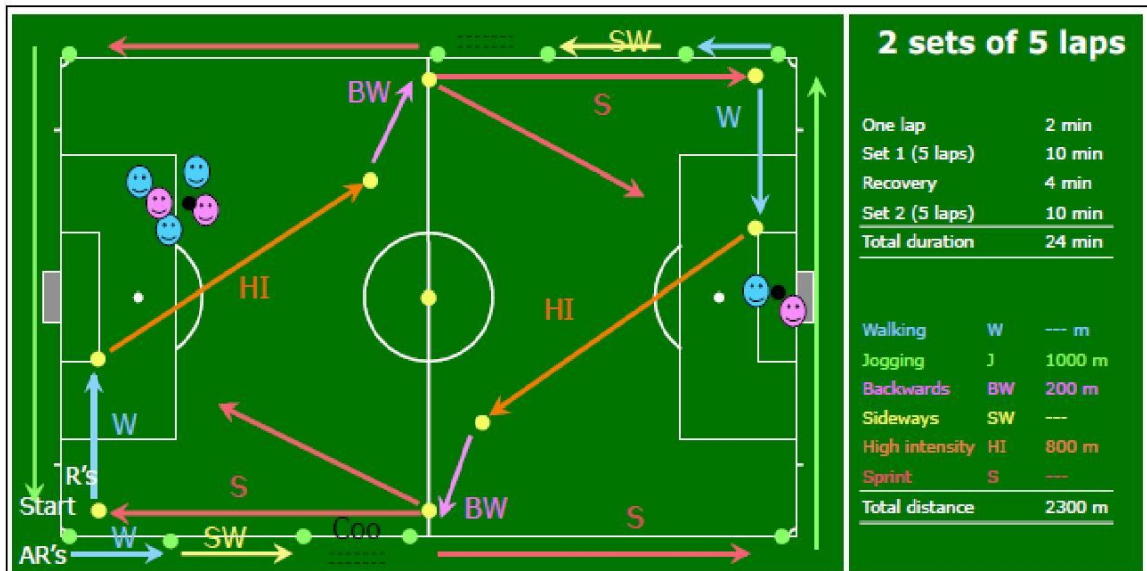


Joi 16: \*Warm up - 20' jogging( 5' usor si 5' aproximativ 70% HR-1Km), mobilitate si stretching

\*Strenght - 2/3 exercitii de forta si prevenire accidentarilor

\*Speed End. - Set 1: Arbitri vor face 5/6 ture (10'/12')  
 - 4' pauza  
 - Set 2: Arbitri vor face 5/6 ture (10'/12')  
 - Exercitiul are o durata de 24'/28'(Set 1 10'/12'+pauza 4'+Set 2 10'/12')



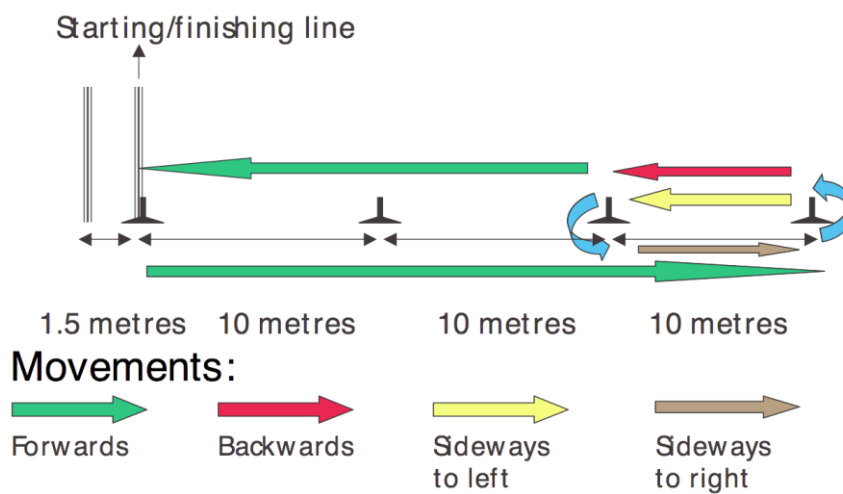
\*Agilitate pentru arbitri asistenti -Set 1: 80 m agility exercise, 1' rest, 4 reps.

- 3' pauza

-Set 2: 80 m agility exercise, 1' rest, 4 reps.

- Exercitiul consta in mers, pasi adaugati( dus-

intors), mers cu spatele si sprint



\*Cool down - 5' jogging si 10' stretching static