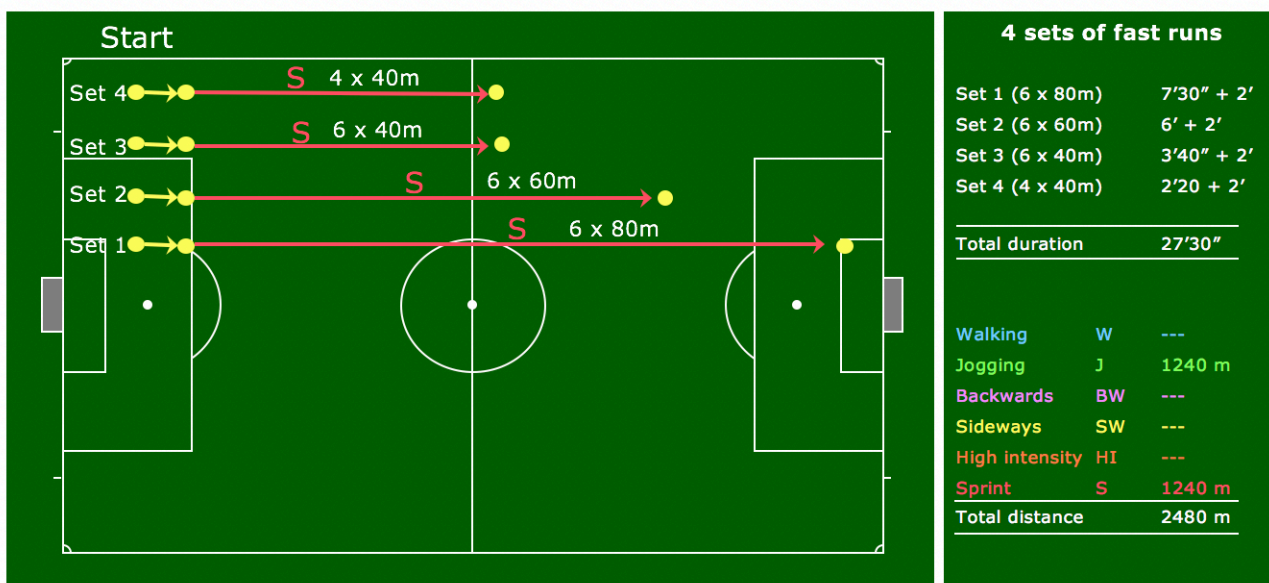




Performance Training in Football Refereeing Weekly Training Plan

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

- Mon. 11th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 139
- Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 140
- * 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).
- * Rep. Spr. Ab. - Set 1 (using a dynamic start):
> 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





Performance Training in Football Refereeing

Weekly Training Plan

- 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 $\pm 19'30''$.

* 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:
Tr. 141

* 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).

* 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_{max}.

2 sets of 5 laps		
One lap		± 2 min
Set 1 (5 laps)		10 min
Recovery		4 min
Set 2 (5 laps)		10 min
Total duration		± 24 min
<hr/>		
Walking	W	300 m
Jogging	J	1300 m
Backwards	BW	---
Sideways	SW	---
High Int.	HI	1800 m
Sprint	S	---
Total distance		3400 m

- 2' recovery



Performance Training in Football Refereeing Weekly Training Plan

- 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.
Tr. 142
- * 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.

2 sets of 5 sprints

Set 1 (5 sprints)	5 min
Recovery	5 min
Set 2 (5 sprints)	5 min
Total duration	15 min

Walking	W	160 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	---
Sprint	S	280 m
Total distance		440 m

- 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'



Performance Training in Football Refereeing Weekly Training Plan

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,...).

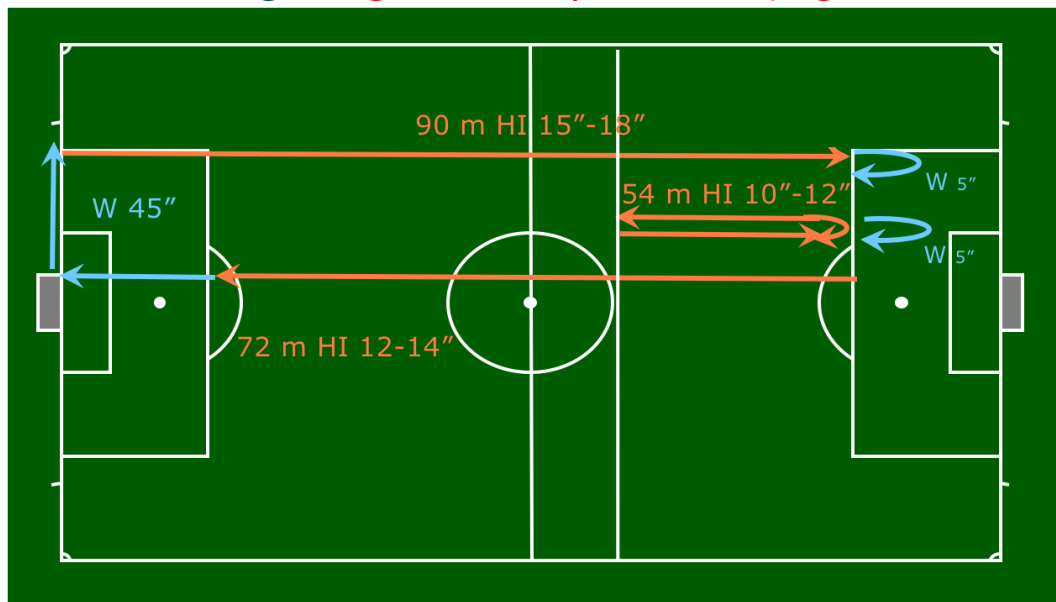
Alternatively, you may also consider other intermittent activities such as playing badminton, football, squash, tennis, or alpine/cross-country skiing to benefit from complementary mental and physical stimulation.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 8 from Monday 18th to Sunday 24th of February Macrocycle VII, week 2 (Training week 38)

- Mon. 18th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 143
- Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 144
- * 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:

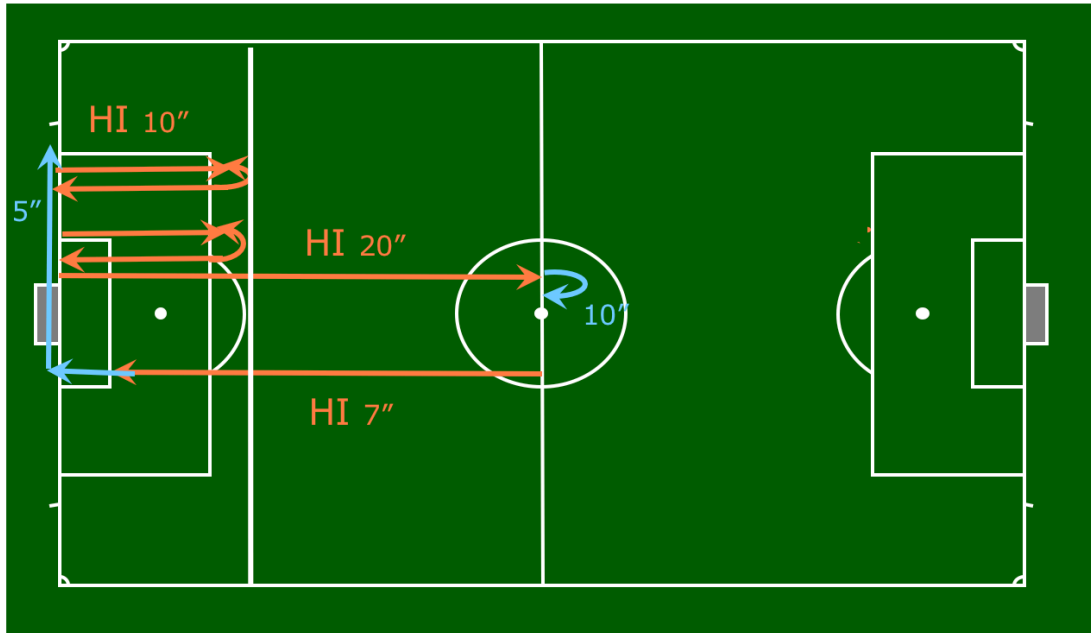
- Set 1:

- 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)

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:

Tr. 145

- * 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.



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 2 laps		
One lap		6.5 min
Set 1 (2 laps)		13 min
Recovery		4 min
Set 2 (2 laps)		13 min
Total duration		30 min

Walking	W	400 m
Jogging	J	1640 m
Backwards	BW	---
Sideways	SW	---
Speed End.	SE	1400 m
Sprint	S	---
Total distance		3440 m

- 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. 22nd:

REST DAY

Sat. 23rd:

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

Tr. 146

* 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

3 sets of 1 lap		
Set 1 (1 lap)		2 min
Recovery		2 min
Set 2 (1 lap)		2 min
Recovery		2 min
Set 3 (1 lap)		2 min
Total duration		10 min

Walking	W	420 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High Intensity	HI	---
Sprint	S	300 m
Total distance		720 m



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.



Performance Training in Football Refereeing Weekly Training Plan

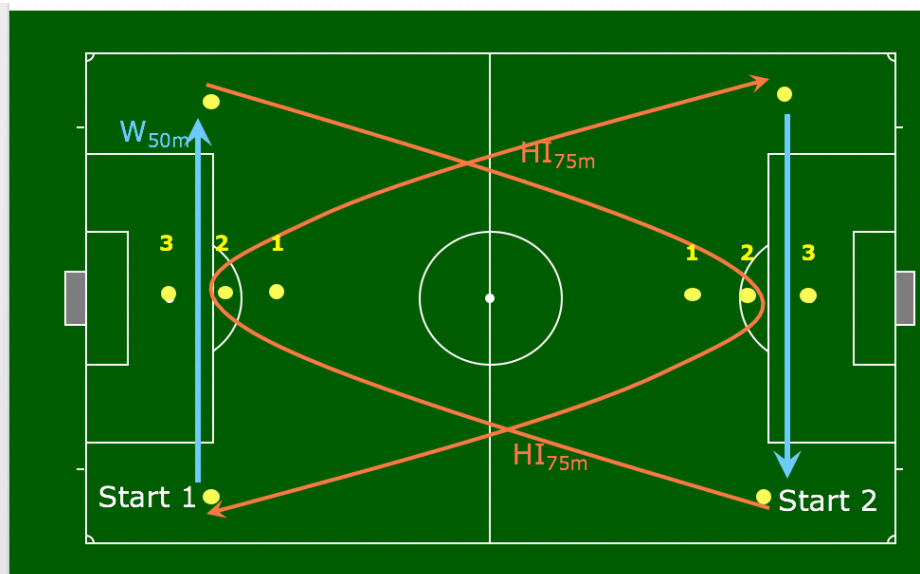
WEEK 9 from Monday 25th of February to Sunday 3rd of March Macrocycle VII, week 3 (Training week 39)

- Mon. 25th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 147
- Tue. 26th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (\pm 1 km).
Tr. 148
- * 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)
- * Rep. Spr. Ab. - Same organisation as for Training session 139
- Set 1 (using a dynamic start):
> 6 sprints over 80 m (\pm 12"), 1:6 recovery
> 7'30" in total
> 2' recovery
- Set 2 (using a dynamic start):
> 6 sprints over 60 m (\pm 9"), 1:6 recovery
> 6' in total
> 2' recovery
- Set 3 (using a dynamic start):
> 6 sprints over 40 m (\pm 6"), 1:6 recovery
> 3'40" in total
> 2' recovery
- Set 4 (using a dynamic start):
> 8 sprints over 30 m (\pm 4.5"), 1:6 recovery
> 4' in total
> 2' recovery
- 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 \pm 19'30".
- * High Int. - Set 1: Field exercise, 10 to 12 x
- 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
- 4' recovery
- Set 2: Same as set 1, however, run in the opposite direction.
- All together, this HI exercise takes 19' 40", including 2' rec.



Performance Training in Football Refereeing

Weekly Training Plan



2 sets of 10 HI runs

One lap	1'05"
Set 1 (10 HI runs)	10' 50"
Recovery	2 min
Set 2 (10 HI runs)	10'50"

Total duration 19'40"

Walking	W	1000 m
Jogging	J	---
Backwards	BW	---
Sideways	SW	---
High intensity	HI	3000 m
Sprint	S	---
Total distance		4000 m

- * 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:
Tr. 149

- * 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. - 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_{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".



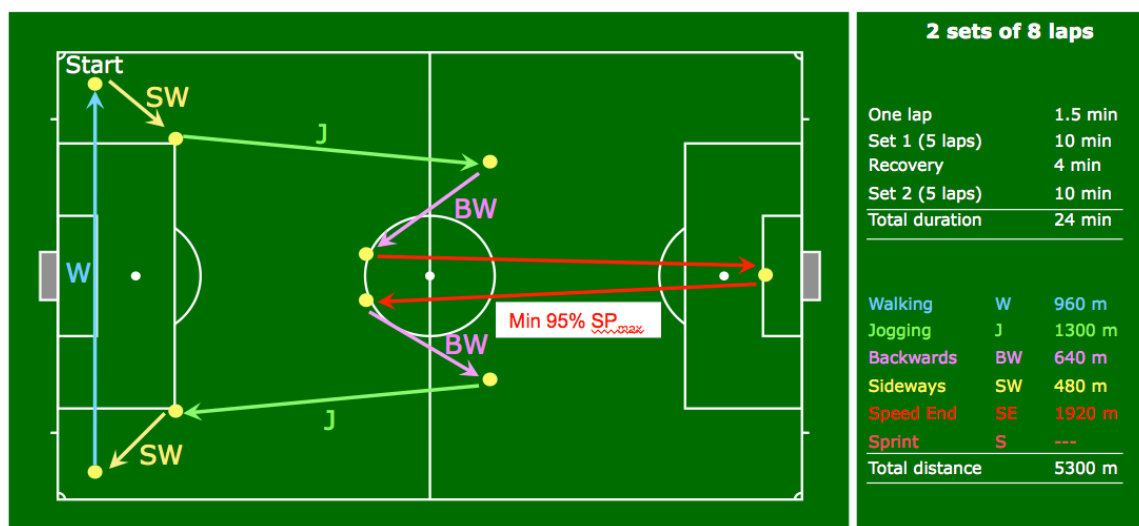
Performance Training in Football Refereeing Weekly Training Plan

- Set 1 (8 laps) takes $\pm 12'$ to complete.

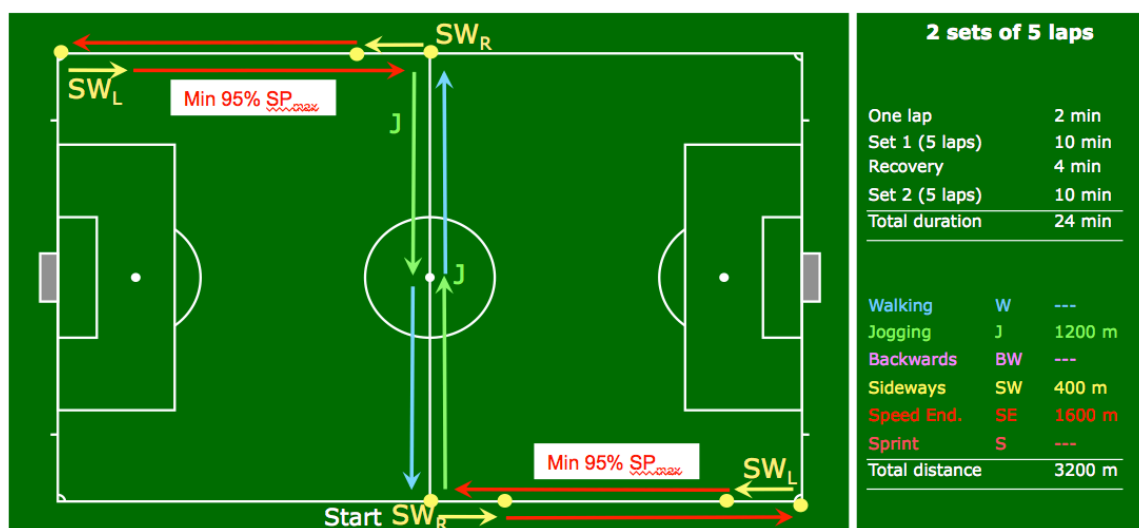
- 4' recovery

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

- All together, this speed endurance exercise takes $\pm 28'$
(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'

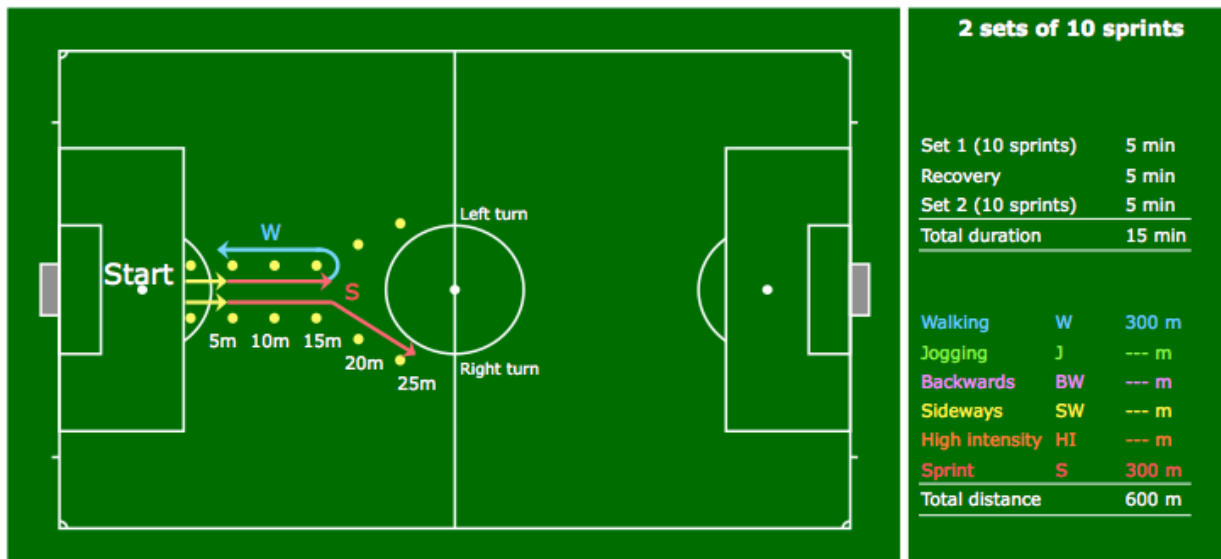
Fri. 1st.

REST DAY



Performance Training in Football Refereeing Weekly Training Plan

- Sat. 2nd. * Warm up - 20' jogging, mobilisation and dynamic stretching.
Tr. 150
- * 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. 3rd. 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.



Performance Training in Football Refereeing Weekly Training Plan

WEEK 10 from Monday 4th to Sunday 10th of March Macrocycle VII, week 4 (Training week 40)

- Mon. 4th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 151
- Tue. 5th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 152
- * 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:
- 30" run at 90% HR_{max} (± 150 m), then 30" recovery jogging
- 60" run at 90% HR_{max} (± 300 m), followed by 30" jogging
- 90" run at 90% HR_{max} (± 450 m), followed by 30" jogging
- 2' run at 90% HR_{max} (± 600 m), followed by 1' jogging
- 90" run at 90% HR_{max} (± 450 m), followed by 30" jogging
- 60" run at 90% HR_{max} (± 300 m), followed by 30" jogging
- 30" run at 90% HR_{max} (± 150 m), followed by 30" jogging
- 2' recovery
- Set 2:
- Repeat Set 1
- This exercise takes 12' + 2' recovery + 12' = 26 and can also be done on a football field as indicated on p. 1 (Tr. 139).
- * Cool down - 5' jogging and walking, followed by 10' static stretching.

Total duration: 81'

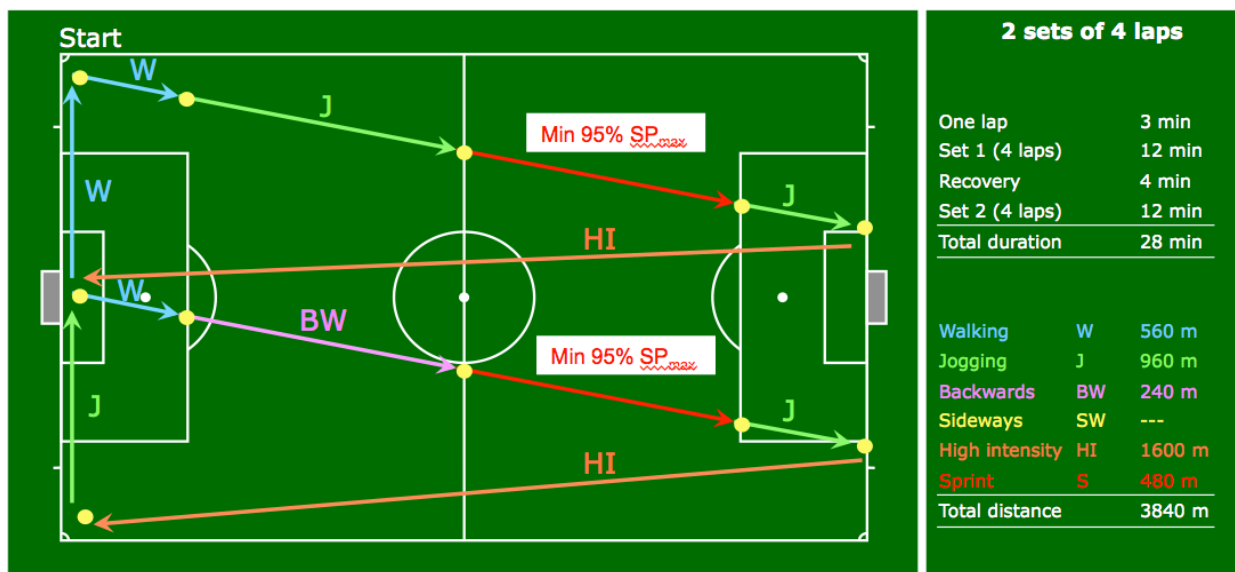
Wed. 6th: REST DAY

- Thu. 7th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 153
- * 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:
- 4 laps of ± 3' each.
- 4' recovery



Performance Training in Football Refereeing

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.

Total duration: 93'

Fri. 8th: REST DAY

Sat. 9th: * Warm up - 20' jogging, mobilisation and dynamic stretching.

Tr. 154

* Speed/Agility - Penalty area exercise, as per diagram below.

- Set 1:
- 5 laps in the penalty area from start to finish as indicated.



Performance Training in Football Refereeing Weekly Training Plan

2 sets of 5 laps		
One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	---
Backwards	BW	200 m
Sideways	SW	200 m
High Intensity	HI	---
Sprint	S	520 m
Total distance		1320 m

- 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.

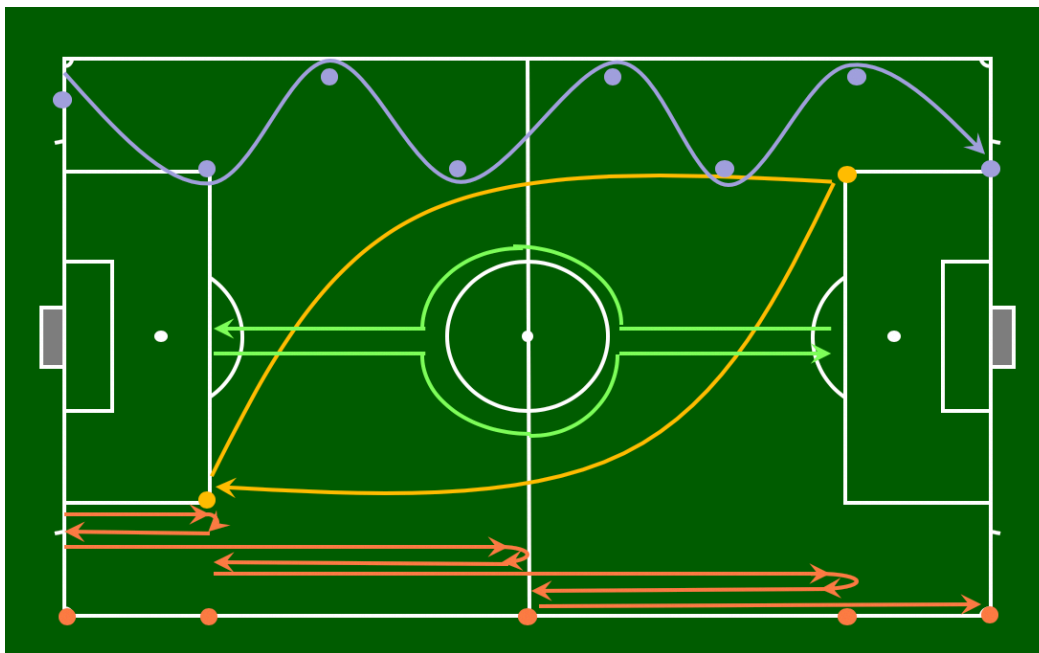


Performance Training in Football Refereeing

Weekly Training Plan

WEEK 11 from Monday 11th to Sunday 17th of March Macrocycle VII, week 5 (Training week 41)

- Mon. 11th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 155
- Tue. 12th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 156
- * 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 ± 30'.

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

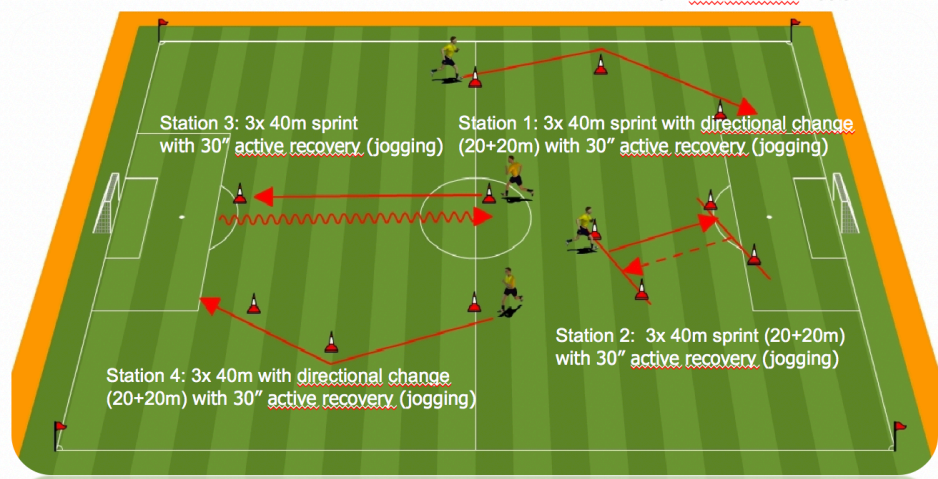
Total duration: 85'

Wed. 13th: REST DAY

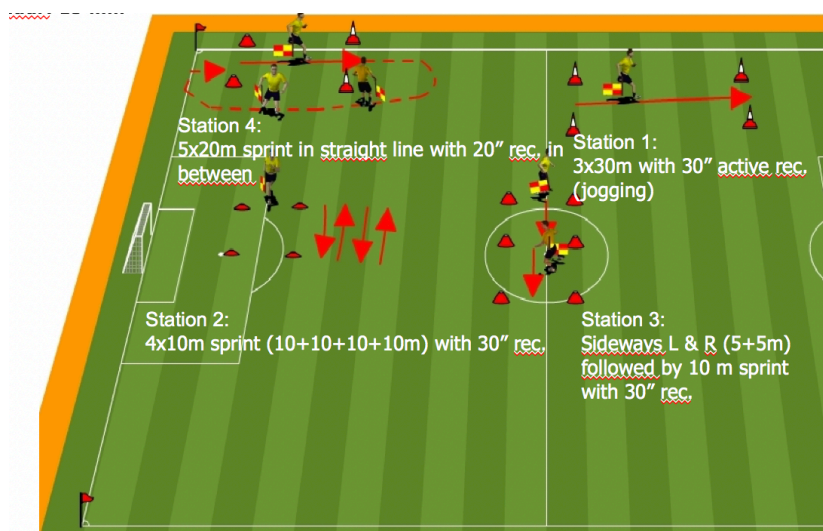
Thu. 14th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 157

- * 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).
- * Rep. Spr. Ab. - **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 = $(3 \times 40\text{m}) \times 4 \text{ stations} = 480\text{m}) \times 2 \text{ sets} = 960\text{m}$
 - All together, these 2 RSA sets take $\pm 26'$
(14' Set 1 + 3' recovery + 14' Set 2)



- * Rep. Spr. Ab. - **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 = $(3 \times 40\text{m}) \times 4 \text{ stations} = 480\text{m}) \times 2 \text{ sets} = 960\text{m}$
 - All together, these 2 RSA sets take $\pm 26'$
(14' Set 1 + 3' recovery + 14' Set 2)



- * Match - 10' match play.



Performance Training in Football Refereeing Weekly Training Plan

* 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.

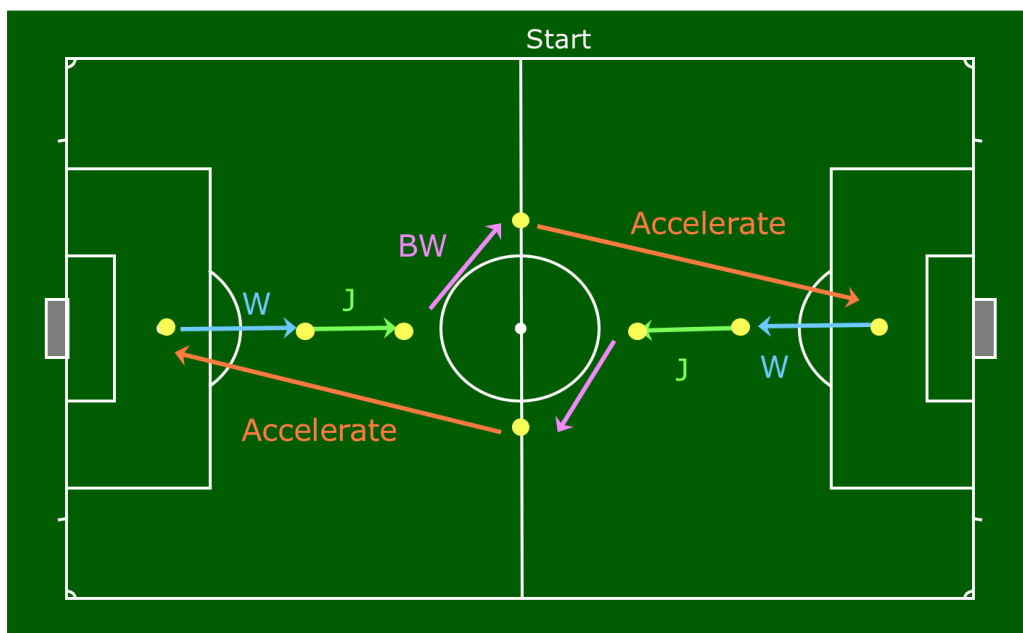
Tr. 158

* 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).



- The total exercise time is 15'.

* 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.



Performance Training in Football Refereeing Weekly Training Plan

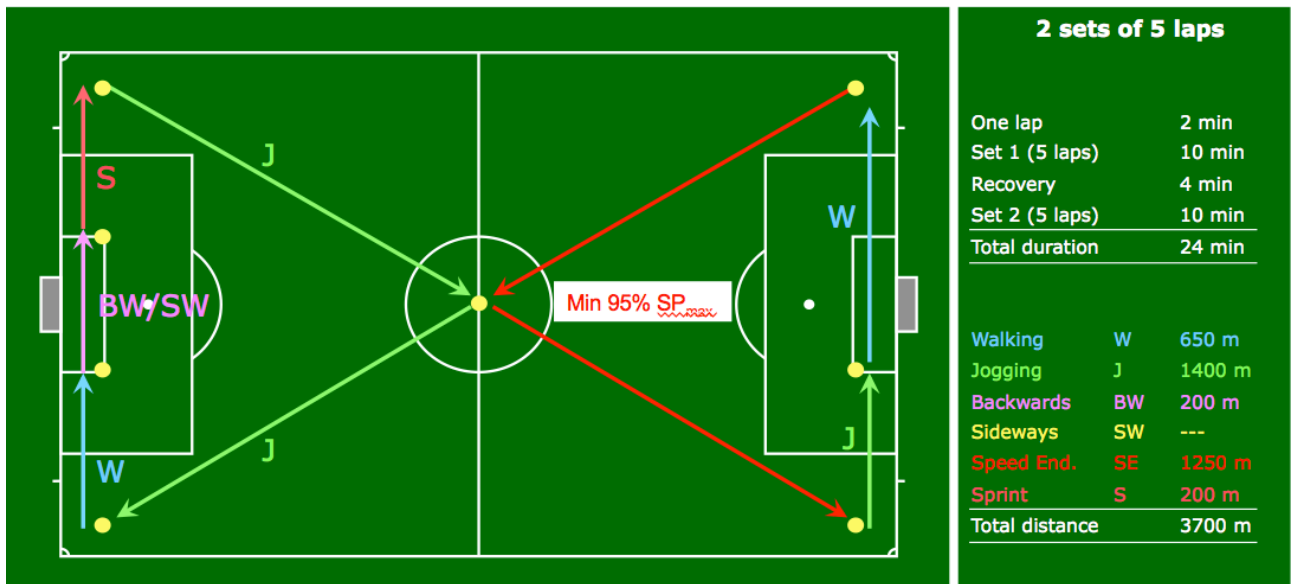
WEEK 12 from Monday 18th to Sunday 24th of March Macrocycle VII, week 6 (Training week 42)

- Mon. 18th: * Act. Rec. - 50' recovery session in a fitness centre.
Tr. 159
- Tue. 19th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
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).
- * Rep. Spr. Ab. - 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



Performance Training in Football Refereeing Weekly Training Plan

- Thu. 21st. * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km).
Tr. 161
- * 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 ± 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 ± 2' each.



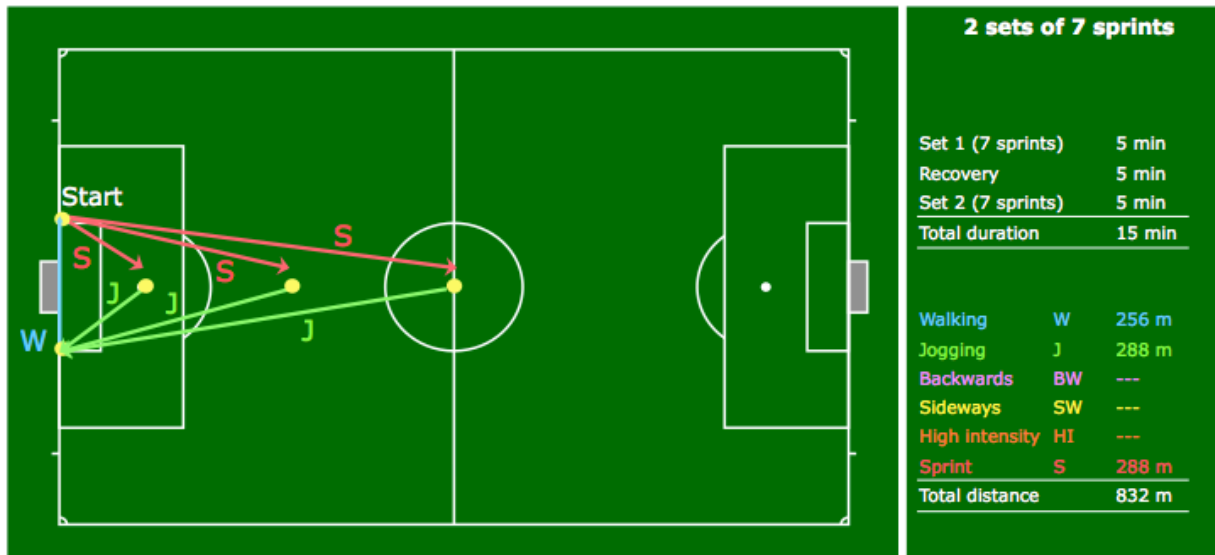
- All together this exercise takes 24'
(10' Set 1 + 4' recovery + 10' Set 2)

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

Total duration: 89'

Fri. 22nd. REST DAY

- Sat. 23rd: * Warm up - 20' jogging, mobilisation and dynamic stretching.
 Tr. 162
- * 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 2nd 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.