



# 2006-2007 UEFA Referees' Fitness Programme

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## WEEK 23 from Monday 5<sup>th</sup> to Sunday 11<sup>th</sup> of June Macrocycle I, week 1 (Training week 1)

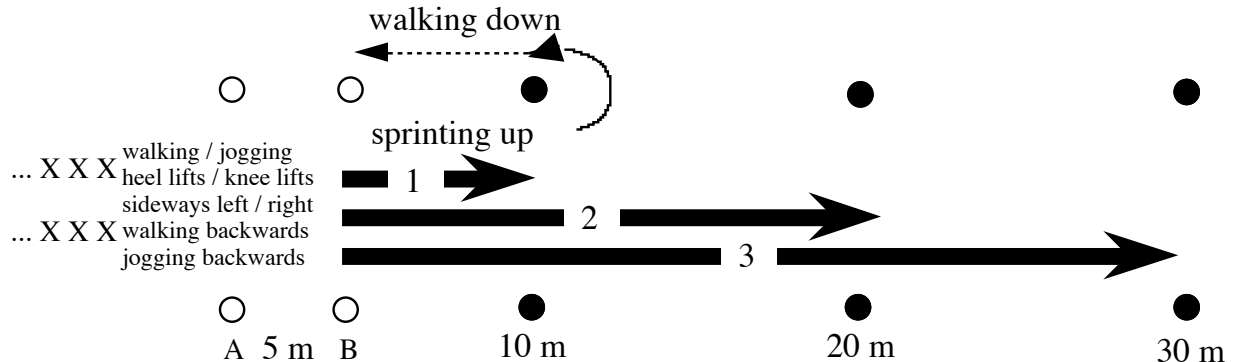
- Mon. 5<sup>th</sup>: REST or PASSIVE RECOVERY
- Tue. 6<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 1
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 1)
- \* Medium Int. - 30' run at 80% HR<sub>max</sub> ( $\pm$  6 km)  
In the middle of each 5' of running, an acceleration over 50 m to 90% SP<sub>max</sub> has to be covered, or 6 accelerations in total
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 80'
- Wed. 7<sup>th</sup>: REST or PASSIVE RECOVERY
- Thu. 8<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 2
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 1)
- \* High Int. - 6' run between 86 - 90% HR<sub>max</sub>, 3' jogging, 2 sets  
- This exercise that has to be performed in the lower range of the HI-training zone can easily be performed on every surface. To prevent injuries, however, it is better to practice on a soft underground such as grass rather than on any other ground that may be too demanding for articulations and tendons.
- All together this exercise takes  $\pm$  18'  
(6' Set 1 + 3' jogging + 6' Set 2 + 3' jogging)
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 68'
- Fri. 9<sup>th</sup>: REST or PASSIVE RECOVERY



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- Sat. 10<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 3
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Speed - straight forward sprints from a dynamic start (10')  
- 6 x 10, 4 x 20, and 2 x 30 m or 12 sprints in total (200 m)



- \* Tips
- Perform each sprint up to 90-95% of maximal speed
  - This exercise should be focusing on quality and be non-fatiguing. Therefore, heart rate should be back to 60 to 65% HR<sub>max</sub> prior to each individual sprint (recovery ratio of 1:15). A slow walk back to the start is a good way of determining the recovery time in between sprints.
  - Always start sprints from a 5 m dynamic start as indicated.
- \* Medium Int. - 30' run at 80% HR<sub>max</sub> (± 6 km)  
In the middle of each 5' of running, an acceleration over 100 m to 90% SP<sub>max</sub> has to be covered, or 6 x 100 m in total
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 80'

Sun. 11<sup>th</sup>: Intermittent activities such as refereeing, playing tennis, badminton, or squash

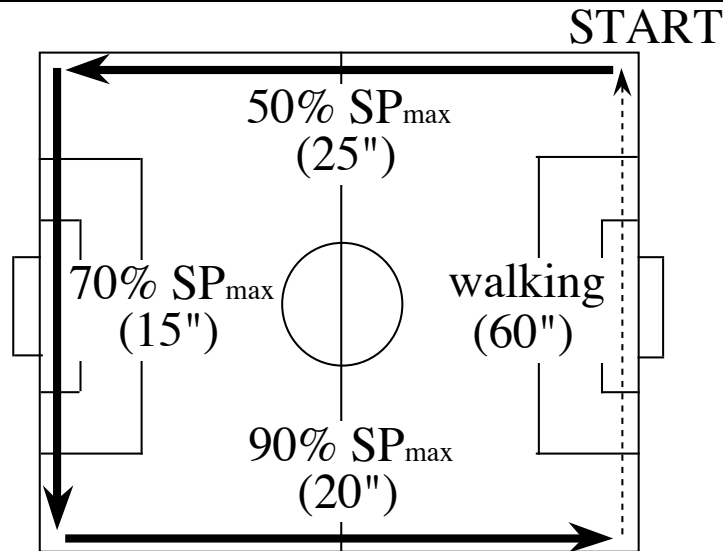


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## WEEK 24 from Monday 12<sup>th</sup> to Sunday 18<sup>th</sup> of June Macrocycle I, week 2 (Training week 2)

- Mon. 12<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 4
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Medium Int. - 35' run at 80% HR<sub>max</sub> ( $\pm$  7 km)  
In the middle of each 5' of running, an acceleration over 50 m to 90% SP<sub>max</sub> has to be covered, or 7 accelerations in total
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 75'
- Tue. 13<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 5
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 2)
- \* High Int. - 4' run between 86 - 90% HR<sub>max</sub>, 2' jogging, 3 sets  
- As last week, this exercise has to be performed in the lower range of the HI-training zone, and, by preference on a soft underground
- All together this exercise takes  $\pm$  18'  
(4' per Set + 2' jogging) x 3
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 68'
- Wed. 14<sup>th</sup>: REST or PASSIVE RECOVERY
- Thu. 15<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 6
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 2)
- \* Speed End. - Set 1: 5 laps of 2' each.  
The running speed is expressed as a % of the maximal speed.



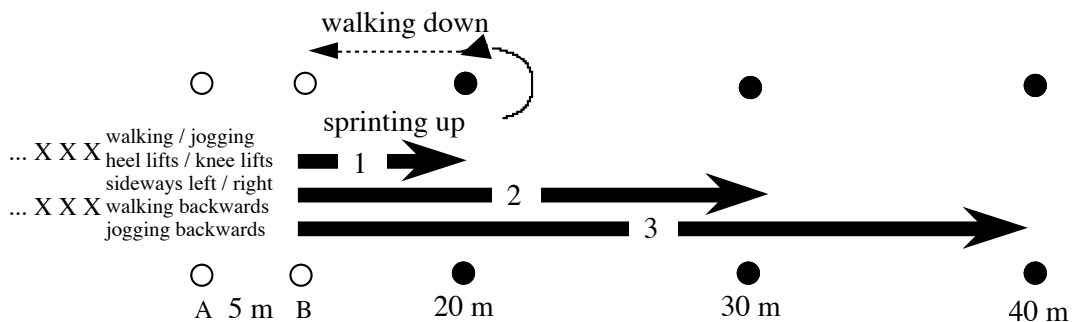
- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)
- Set 2: again 5 laps of 2' each
- All together, this exercise takes 10' + 3' recovery + 10' = ± 23'

\* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 73'

Fri. 16<sup>th</sup>: REST or PASSIVE RECOVERY

- Sat. 17<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
 Tr. 7 \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Speed - straight forward sprints from a dynamic start (10')  
 - 4 x 20, 3 x 30, and 2 x 40 m or 9 sprints in total (250 m)



- \* Tips - Perform each sprint up to 90-95% of maximal speed  
 - A slow walk back to the start is a good way of recovery.



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\* Medium Int. - 35' run at 80%  $HR_{max}$  ( $\pm 7$  km)

In the middle of each 5' of running, an acceleration over 50 m to 90%  $SP_{max}$  has to be covered, or 7 x 100 m in total

\* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 85'

Sun. 18<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA Intertoto Cup. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.



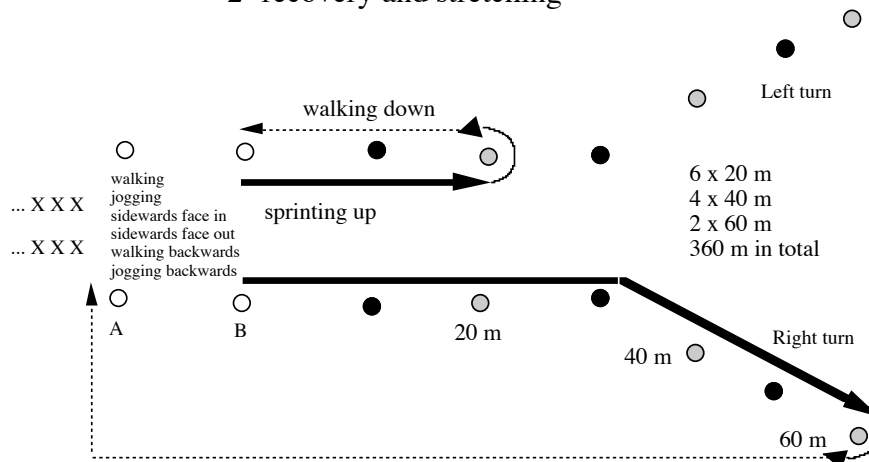
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## WEEK 25 from Monday 19<sup>th</sup> to Sunday 25<sup>th</sup> of June Macrocycle I, week 3 (Training week 3)

Mon. 19<sup>th</sup>: REST or PASSIVE RECOVERY

- Tue. 20<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)  
Tr. 8
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Speed - Variations on the 60 m distance (see below)
- 20 m sprint up, 20 m walk down, 6 x or 120 m sprint in total
  - 2' recovery and stretching
  - 40 m sprint up, 40 m walk down, 4 x or 160 m sprint in total (2 x with a change in direction to the left, 2 x to the right)
  - 2' recovery and stretching
  - 60 m sprint up, 60 m walk down, 2 x or 120 m sprint in total (1 x with a change in direction to the left, 1 x to the right)
  - 2' recovery and stretching



- The total exercise time is 15'.

- \* High Int. - 3' run between 86 - 90% HR<sub>max</sub>, 1'30" jogging, 4 sets
- As before, this exercise has to be performed in the lower range of the HI-training zone, and, by preference on a soft underground
  - All together this exercise takes ± 18' (3' per Set + 1'30" jogging) x 4
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 73'



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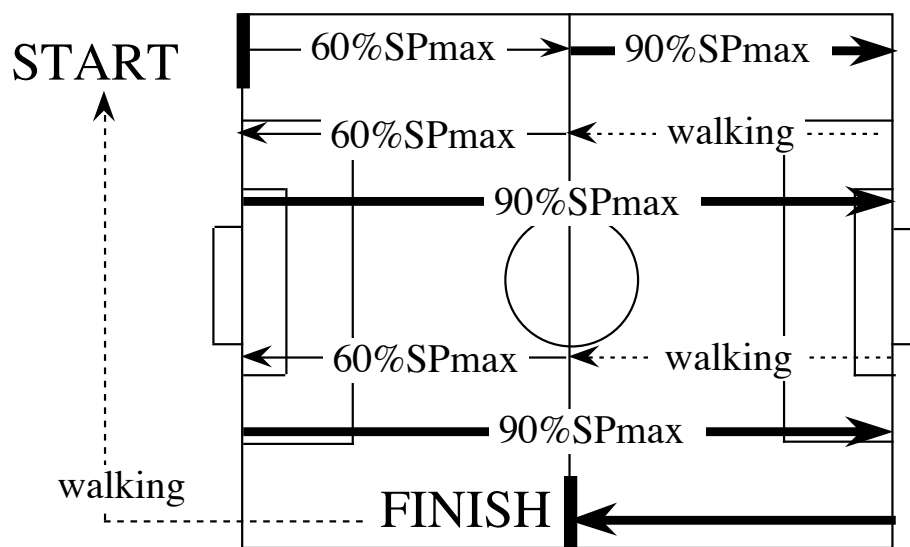
Wed. 21<sup>st</sup>:

REST or PASSIVE RECOVERY

Thu. 22<sup>nd</sup>:

Tr. 9

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 3)
- \* Speed End. - Set 1: 3 laps of 4' each.  
The running speed is expressed as a % of the maximal speed.



- 3' passive recovery (until bpm < 65% HR<sub>max</sub>)
- Set 2: again 3 laps of 4' each
- All together, this exercise takes 12' + 3' recovery + 12' = ± 27'
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 77'

Fri. 23<sup>rd</sup>:

REST or PASSIVE RECOVERY

Sat. 24<sup>th</sup>:

Tr. 10

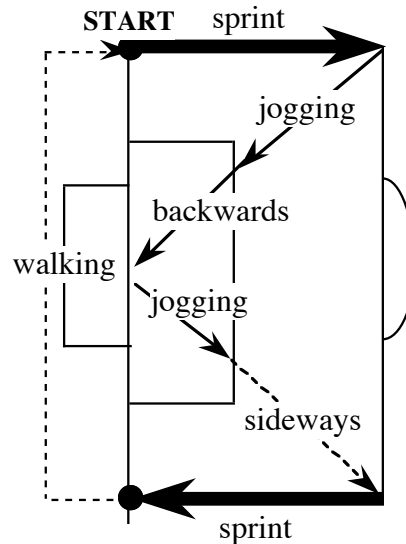
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 3)
- \* Speed - Set 1: Sprint exercise in the penalty box, 5 laps in total



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- 5' passive recovery (until bpm < 65% HR<sub>max</sub>)
- Set 2: Sprint exercise in the penalty box, again 5 laps in total



- In total, this exercise takes 15'. The total sprint distance is 320 m.

- \* High Int. - Referees run 10' at 80% HR<sub>max</sub>. This corresponds to ± 2 km. Then they run the same distance but now at 90% HR<sub>max</sub>, so that they are back at the start after ± 8'.
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 83'

Sun. 25<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA Intertoto Cup. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.



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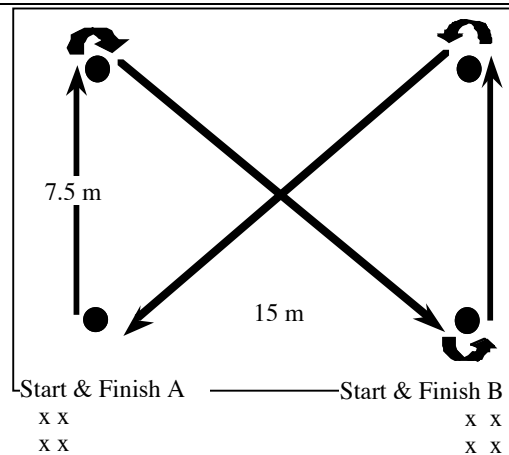
## WEEK 26 from Monday 26<sup>th</sup> of June to Sunday 2<sup>nd</sup> of July Macrocycle I, week 4 (Training week 4)

- Mon. 26<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 11
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Medium Int. - 40' run at 80% HR<sub>max</sub> ( $\pm$  8 km)  
In the middle of each 5' of running, an acceleration over 50 m to 90% SP<sub>max</sub> has to be covered, or 8 accelerations in total
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 80'
- Tue. 27<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 12
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 4)
- \* High Int. - 2' run at 90% HR<sub>max</sub>, 1' jogging, 6 sets  
- This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR<sub>max</sub>), and, by preference on a soft underground
- All together this exercise takes  $\pm$  18'  
(2' per Set + 1' jogging) x 6
- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 68'
- Wed. 28<sup>th</sup>: REST or PASSIVE RECOVERY
- Thu. 29<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 13
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 4)
- \* Speed End. - Set 1: 6 reps with 40" recovery in between  
- 2' active recovery



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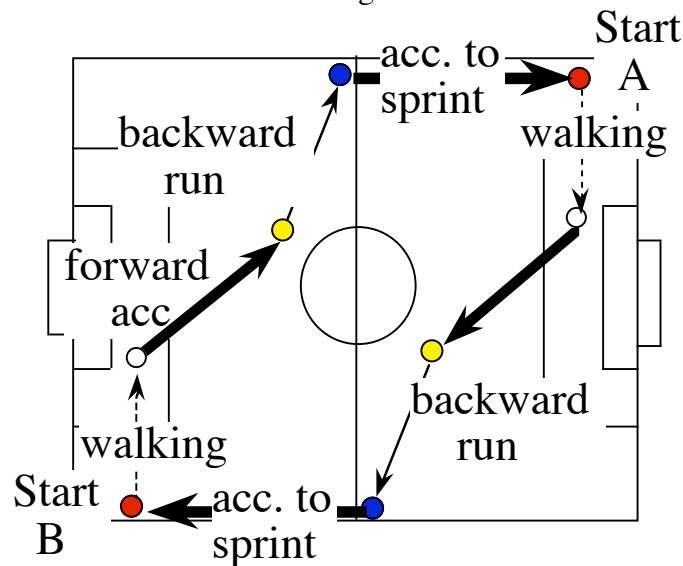
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- Set 2: again 6 reps with 40" recovery in between
- 2' active recovery

- All together, this exercise takes 16'.

- \* Speed End. - 8' of the following referee run.



- \* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 74'

Fri. 30<sup>th</sup>: REST or PASSIVE RECOVERY

Sat. 1<sup>st</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)

Tr. 14

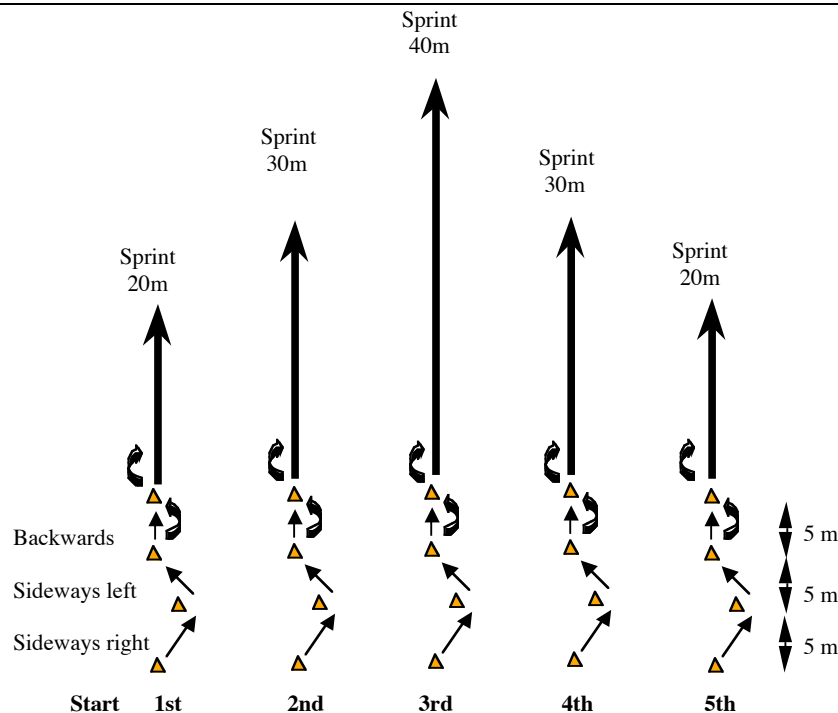
- \* Warm up - 20' extensive warming up, mobilisation and stretching

- \* Speed - Set 1 of the following speed and agility exercise



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- 5' active recovery

- Set 2 of the same exercise

- In total, this exercise takes 15'. The total sprint distance is 280 m.

\* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done on a soft ground or on any surface that is not too demanding for articulations and tendons.

- 1' at 90%  $HR_{max}$ , followed by 30" active recovery (jogging)

- 2' at 90%  $HR_{max}$ , followed by 1' active recovery (jogging)

- 3' at 90%  $HR_{max}$ , followed by 1'30" active recovery (jogging)

- 3' at 90%  $HR_{max}$ , followed by 1'30" active recovery (jogging)

- 2' at 90%  $HR_{max}$ , followed by 1' active recovery (jogging)

- 1' at 90%  $HR_{max}$ , followed by 30" active recovery (jogging)

- All together, this exercise takes 18'.

\* Cool down

- 5' jogging and walking, followed by 10' extensive stretching

Total duration: 73'

Sun. 2<sup>nd</sup>:

Officiating exhibition games to get match experience in order to prepare for the UEFA Intertoto Cup. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.



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## WEEK 27 from Monday 3<sup>rd</sup> to Sunday 9<sup>th</sup> of July Macrocycle I, week 5 (Training week 5)

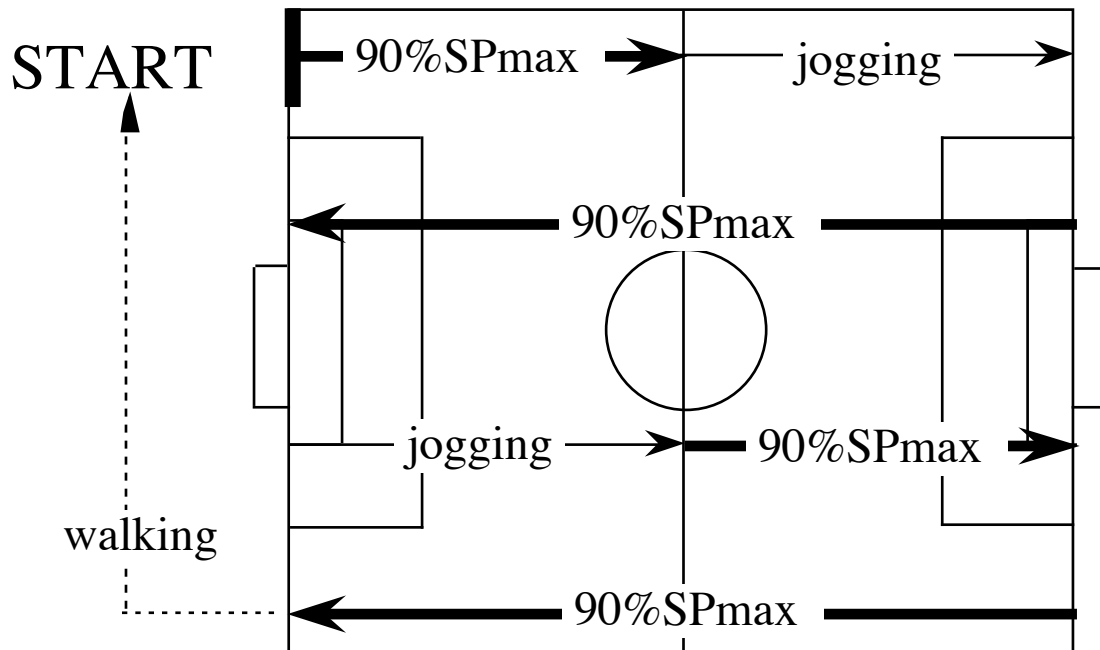
- Mon. 3<sup>rd</sup>:  
Tr. 15
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
  - \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Medium Int. - 45' run at 80% HR<sub>max</sub> ( $\pm$  9 km)  
In the middle of each 5' of running, an acceleration over 50 m to 90% SP<sub>max</sub> has to be covered, or 9 accelerations in total
  - \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 85'
- Tue. 4<sup>th</sup>:  
Tr. 16
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
  - \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Strength - Basic set of strength and injury prevention exercises (week 5)
  - \* High Int. - 1' run at 90% HR<sub>max</sub>, 30" jogging, 12 sets  
- This exercise has to be performed in the normal range of the HI-training zone (85 to 95% HR<sub>max</sub>), on any soft surface  
- All together this exercise takes  $\pm$  18'  
(1' per Set + 30" jogging) x 12
  - \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 68'
- Wed. 5<sup>th</sup>:  
REST or PASSIVE RECOVERY
- Thu. 6<sup>th</sup>:  
Tr. 17
- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)
  - \* Warm up - 20' extensive warming up, mobilisation and stretching
  - \* Strength - Basic set of strength and injury prevention exercises (week 5)
  - \* Speed End. - Set 1: 4 laps of approximately 3' each.  
- Depending on the age and/or fitness level, the start of a new lap may be timed as follows:



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Top: Starting a new lap every 3'  
Intermediate: Starting a new lap every 3'15''



- 4' active recovery

- Set 2: again 4 laps of approximately 3' each

- All together, this exercise takes  $12' + 4' + 12' = 28'$ .

\* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 78'

Fri. 7<sup>th</sup>:

REST or PASSIVE RECOVERY

Sat. 8<sup>th</sup>:

\* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)

Tr. 18

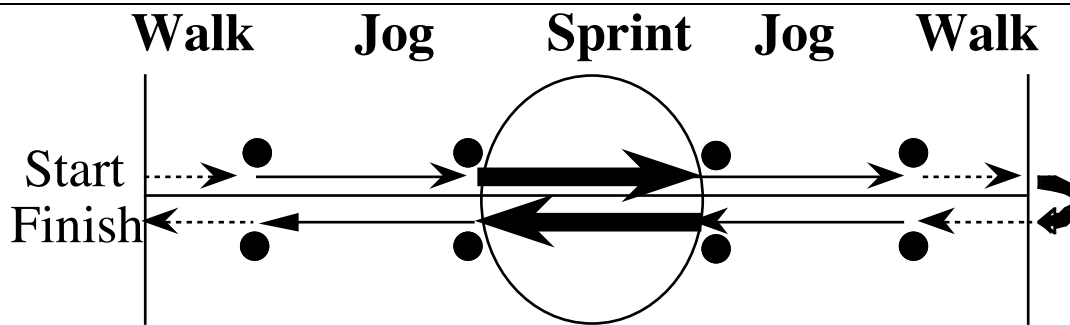
\* Warm up - 20' extensive warming up, mobilisation and stretching

\* Speed - Set 1 of the following centre circle exercise, 4 x from start to finish



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- 5' passive recovery

- Set 2 of the same exercise, again 4 x from start to finish

- In total, this exercise takes 15'. The total sprint distance is 288 m.

\* High Int.

- For those referees who don't have a match to officiate in the weekend, the following exercise can be done on a soft ground or on any surface that is not too demanding for articulations and tendons.

- 5' at 90%  $HR_{max}$ , followed by 3' active recovery (jogging)

- 4' at 90%  $HR_{max}$ , followed by 2' active recovery (jogging)

- 3' at 90%  $HR_{max}$ , followed by 1'30" active recovery (jogging)

- 2' at 90%  $HR_{max}$ , followed by 1' active recovery (jogging)

- 1' at 90%  $HR_{max}$ , followed by 30" active recovery (jogging)

- All together, this exercise takes 23'.

\* Cool down

- 5' jogging and walking, followed by 10' extensive stretching

Total duration: 80'

Sun. 9<sup>th</sup>:

Officiating exhibition games to get match experience in order to prepare for the UEFA Intertoto Cup. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis.

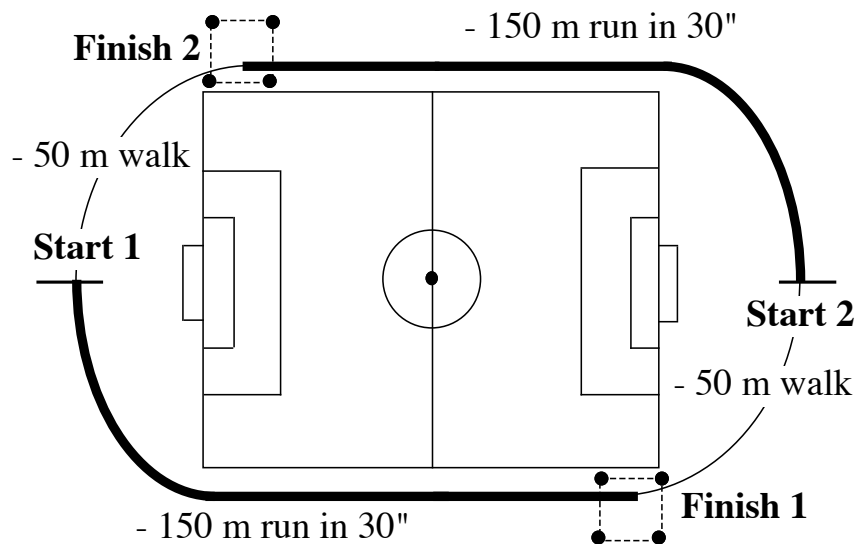


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## WEEK 28 from Monday 10<sup>th</sup> to Sunday 11<sup>th</sup> of July Macrocycle I, week 6 (Training week 6)

- Mon. 10<sup>th</sup>: REST or PASSIVE RECOVERY
- Tue. 11<sup>th</sup>: \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm$  1 km)  
Tr. 19
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 6)
- \* Speed - 6 x 40 m sprint from a 1.5 m dynamic start, with max 1'30"  
recovery in between sprints. The reference time for international referees is 6.2", and for international assistant referees 6.0"
- 5' passive recovery (until bpm < 65% HR<sub>max</sub>)
- \* High Int. - The target zone of the next exercise is the normal range of the HI-training zone (85 to 95% HR<sub>max</sub>). It can be performed either indoor on a treadmill or outdoor in a forest, or on a regular field of play. To prepare for an eventual fitness test, the exercise can easily be completed on a track



- on the first whistle, referees have to cover 150 m in 30" from the start position on (1). Then they have 30 to 40" (in the case of assistant referees) to cover 50 m walking (2). On the next whistle, referees have to run again 150 m in 30" (3), followed by 50 m walking in 30 to 40" (4). This equals 1 lap.



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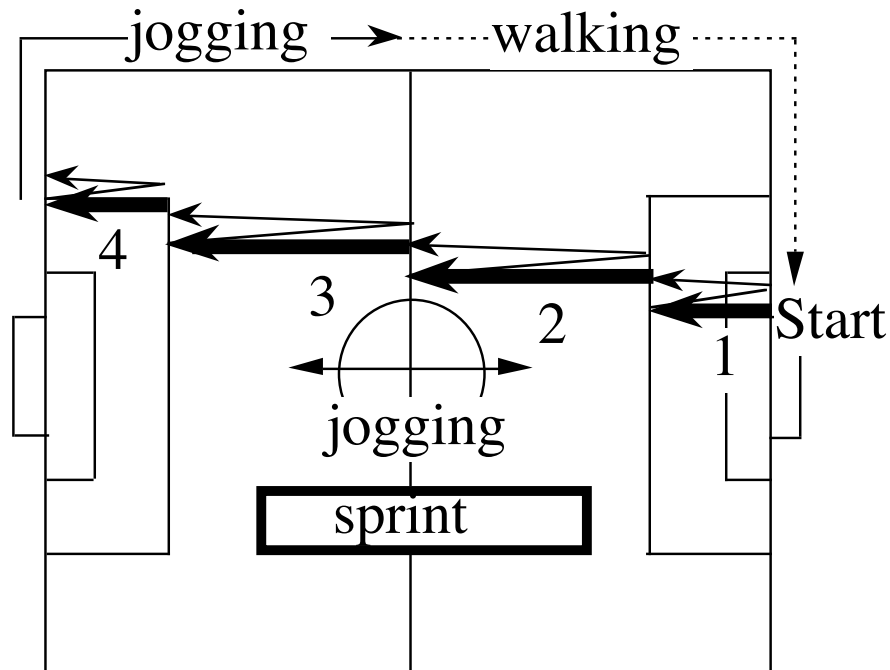
- The total exercise consists of 10 laps, resulting in 20 high intensity runs, each followed by a 30 to 40" walk.
  - Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.
  - The total duration of this HI run equals 20' (with 30" recovery).
  - \* Cool down - 5' jogging and walking, followed by 10' extensive stretching
- Total duration: 85'

Wed. 12<sup>th</sup>:

REST or PASSIVE RECOVERY

Thu. 13<sup>th</sup>:  
Tr. 20

- \* Low Int. - 5' jogging slowly building up to 70% HR<sub>max</sub> ( $\pm 1$  km)
- \* Warm up - 20' extensive warming up, mobilisation and stretching
- \* Strength - Basic set of strength and injury prevention exercises (week 6)
- \* Ext. Speed - Set 1: 4 laps of the next exercise in the length of the pitch:
  - Referees start on the goal line from a dynamic position (e.g., knee lifts). Then they sprint to the 16 m box, return to the goal line jogging backward and then they continue jogging forward to the 16 m box (1)
  - From the 16 m box, referees sprint to the midline, then they return jogging to the 16 m box and continue jogging to the midline (2)
  - From the midline, referees sprint to the opposite penalty box, then they return jogging to the midline and continue jogging to the penalty box (3)
  - From the 16 m box, referees sprint to the goal line, then they return jogging backward to the 16 m box and continue jogging forward to the goal line (4)
  - They continue jogging to the midline and then walk back to the start position. This constitutes 1 lap. For each lap of 320 m, referees accelerate to sprint approximately 110 m (duration 1 lap  $\pm 2'30''$ )



- 4' passive recovery (until bpm < 65% HR<sub>max</sub>)
- Set 2: again 4 laps of 2'30" each
- All together, this exercise takes 10' + 4' rec + 10' = 24'

**\* Match play**

- If referees have a group training session then a 10' regular match can be played with the restriction that the ball can only be touched twice ('control & pass'). If the game is not played fast enough, another restriction can be implemented, i.e. to score all members of a team have to be on the attacking part.

- Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR<sub>max</sub>).

**\* Cool down**

- 5' jogging and walking, followed by 10' extensive stretching

Total duration: 84'

Fri. 14<sup>th</sup>:

REST or PASSIVE RECOVERY

Sat. 15<sup>th</sup>:

\* Low Int.

- 5' jogging slowly building up to 70% HR<sub>max</sub> (± 1 km)

Tr. 21

\* Warm up

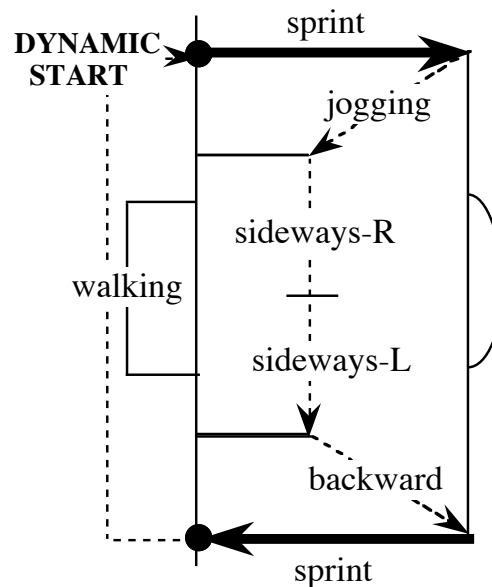
- 20' extensive warming up, mobilisation and stretching



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- \* Speed
  - Set 1: Sprint exercise in the penalty box, 5 laps in total
  - 5' passive recovery (until bpm < 65% HR<sub>max</sub>)
  - Set 2: Sprint exercise in the penalty box, again 5 laps in total



- In total, this exercise takes 15'. The total sprint distance is 320 m.
- \* High Int.
  - For those referees who don't have a match to officiate in the weekend, the following exercise is scheduled that is similar to, but also different from the high-intensity exercise in training 10.
  - Referees run 6' at 80% HR<sub>max</sub>. This corresponds to ± 1.2 km. Then the same distance is covered but now at 90% HR<sub>max</sub>, which corresponds to a running time of ± 4' (Set 1).
  - 2' passive recovery
  - Referees run again 6' at 80% HR<sub>max</sub> (± 1.2 km). Then they run the same distance but now at 90% HR<sub>max</sub>, so that they are back at the start after ± 4'.
- \* Cool down
  - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 77'

Sun. 16<sup>th</sup>: Officiating exhibition games to get match experience in order to prepare for the UEFA Intertoto Cup. Alternatively, intermittent activities can be done such as playing badminton, football, squash, or tennis