

- All together, these 16 HI-runs take $\pm 34'$
(14' Set 1 + 6' recovery + 14' Set 2)

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

Total duration: 84'

Wed. 15th: REST or PASSIVE RECOVERY

Thu. 16th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)

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* Warm up - 20' extensive warm up, mobilisation and stretching

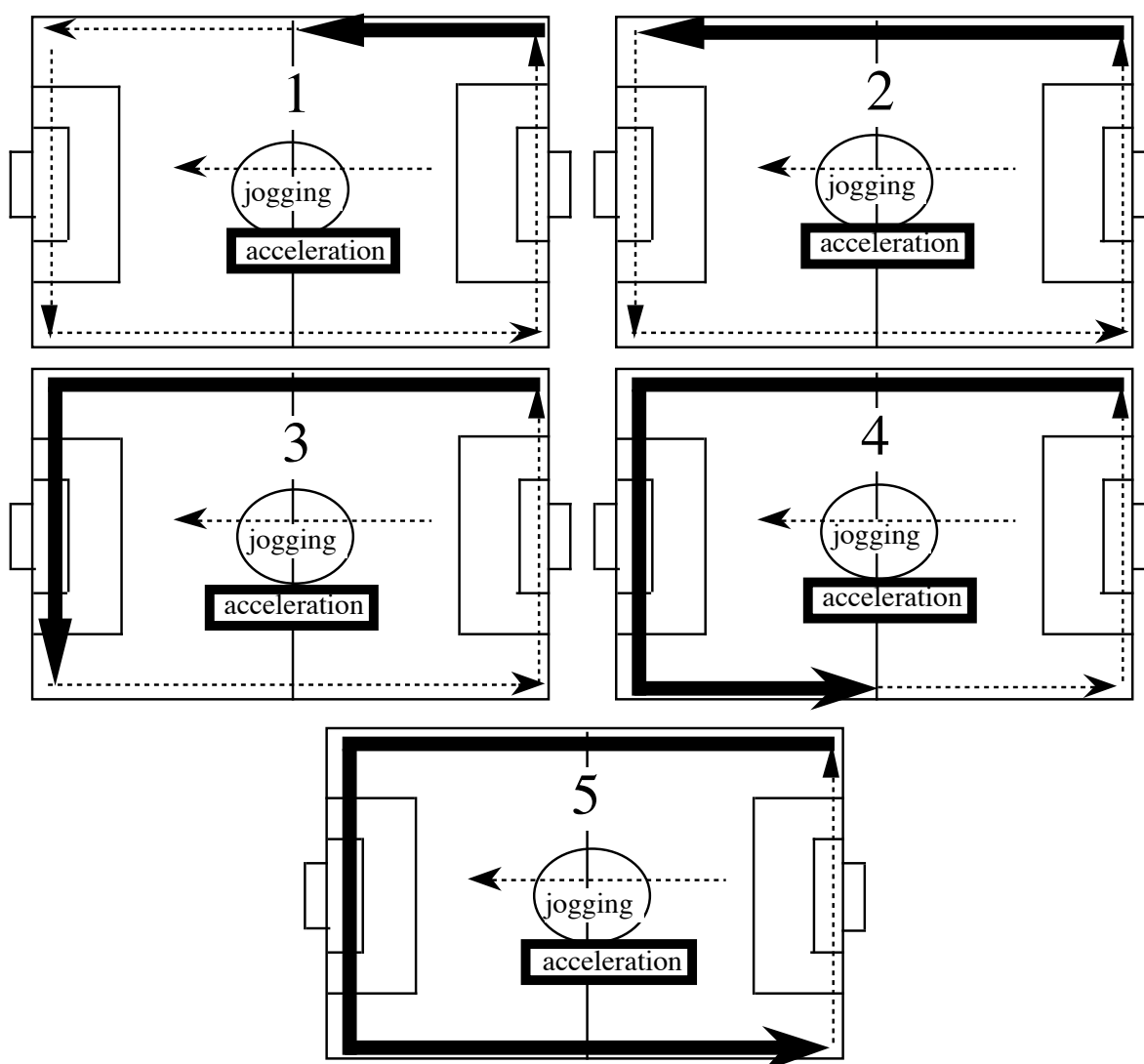
* Strength - 6 x 30 sit-ups, separated by 6 x 10 push-ups (10')

* Speed End. - 50 m acceleration, followed by 270 m jogging (Set 1)
- 100 m acceleration, followed by 220 m jogging
- 160 m acceleration, followed by 160 m jogging
- 210 m acceleration, followed by 110 m jogging
- 260 m acceleration, followed by 60 m jogging

- 260 m acceleration, followed by 60 m jogging (Set 2)
- 210 m acceleration, followed by 110 m jogging
- 160 m acceleration, followed by 160 m jogging
- 100 m acceleration, followed by 220 m jogging
- 50 m acceleration, followed by 270 m jogging

- It takes $\pm 13'$ to perform Set 1 and 2.

- 4' passive recovery (until bpm $< 65\%$ HR_{max})



* Speed End.

- 260 m acceleration, followed by 60 m jogging (Set 3)
- 210 m acceleration, followed by 110 m jogging
- 160 m acceleration, followed by 160 m jogging
- 100 m acceleration, followed by 220 m jogging
- 50 m acceleration, followed by 270 m jogging

- 50 m acceleration, followed by 270 m jogging (Set 4)
- 100 m acceleration, followed by 220 m jogging
- 160 m acceleration, followed by 160 m jogging
- 210 m acceleration, followed by 110 m jogging
- 260 m acceleration, followed by 60 m jogging

- It takes $\pm 13'$ to run set 3 and 4.

- All together this exercise takes $\pm 30'$
(13' Set 1 & 2 + 4' recovery + 13' Set 3 & 4)

* Match

- If referees have a training session in group, then a 10' match can be played (2-touch or 'control & pass')

- Alternatively, if it is not possible to play a match, referees may perform a 10' MI jogging ($80\% HR_{max}$)

* Cool down

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

Total duration: 90'

Fri. 17th:

REST or PASSIVE RECOVERY

Sat. 18th:

* Warm up

- 20' extensive warming up, mobilisation and stretching

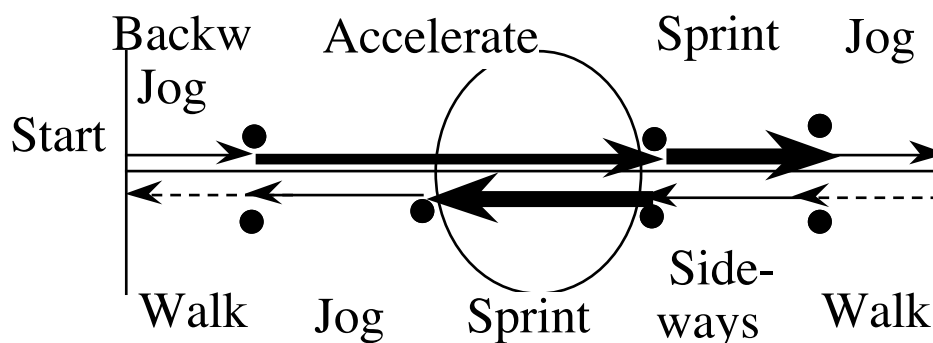
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* Speed

- Variations on the centre circle sprint:

- Set 1: 5', followed by 3' recovery and stretching

- Set 2: 5', followed by 3' recovery and stretching



- The total exercise time is 15'

* Cool down

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

Total duration: 51'

Sun. 19th: Next match day of the football competition. For those referees who don't have a competitive game in the weekend, it is a good idea to do some intermittent activities such as playing tennis, badminton, squash, or 5-a-side football,....

WEEK 41 Macrocycle VII, week 5 Training Objective	Session 1 Monday	Session 2 Tuesday HI	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	25.5%
High Int.	0	28	0	0	28	10.2%
Low Int.	0	5	5	0	10	3.6%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	26	0	26	9.5%
Speed	0	0	0	10	10	3.6%
Match practice	0	0	10	0	10	3.6%
Act. Recovery	30	0	0	0	30	10.9%
Strength	0	10	10	0	20	7.3%
Pass. Recovery	0	6	4	6	16	5.8%
Cool down & Str.	10	15	15	15	55	20.0%
TOTAL	50	84	90	51	275	100.0%