

## Fitness training plan for 2014 FWC Candidate Assistant Referees From 7 January to 17 February 2013

### About this plan

This is a specific training plan that has been organised to prepare for the prospective Brasil 2014 FWC Assistant Referees and structured with a typical week that involves only one match on the week-end. In case you have a mid-week match, please make sure that you adapt the plan accordingly.

Match officials can use this plan in full, or apply some of the training sessions. We recommend that all training sessions are supervised by your local physical instructor and individual, specific adjustments are made to suit your individual needs. If you have any questions about the plan or the exercises, do not hesitate to contact your FIFA physical instructors.

We recommend to introduce agility exercises on each training session on the field, either during the warming up phase or, as part of the training session.

Please dedicate special attention to injury prevention exercises. If you have any musculoskeletal complaint and suspect you have an injury, make sure that you get specialised sports physio and/or sports medical advise. In any case, make sure you adjust the programme individually together with the advise of your physical instructor.

**Best wishes and good training!**  
**Your FIFA physical instructors**

Monday 7 January

Objectives: Recovery, regeneration

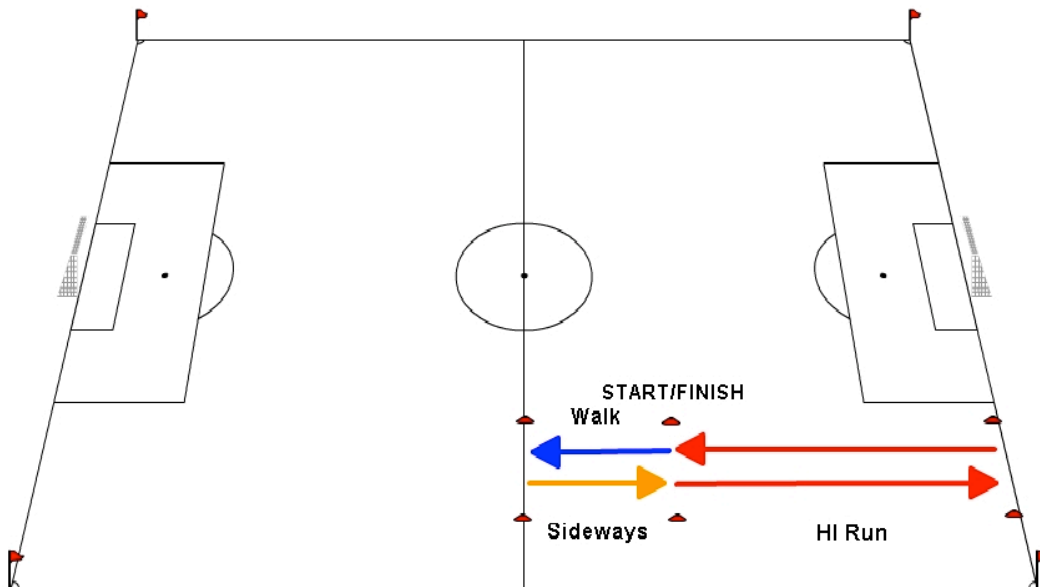
1. Warming up with mobility exercises and gentle stretching. 10' minutes.
2. Recovery type of exercises at medium intensity (approx. 70% HRmax) aqua-gym exercises (pool 90cm to 120cm depth), on a bicycle or combining walking with gentle jogging. Duration: 30' minutes.
3. Static stretching (focus on correct technique) exercises, holding stretching positions for 30" seconds. Important: work on your 'problem areas', such as hamstring shortenings, glutes and calves (Achilles). 15' minutes.

NB: If you are carrying muscular complaints or some form of injury, please manage with RICE (rest, ice, compression, elevation) if needed. And get specialised advise if you suspect the problem needs professional attention: **DO NOT** resume normal training if injured!

Tuesday 8 January

Objectives: Improvement of the aerobic capacity and ability to repeat bouts of high intensity exercise.

1. Warming up with mobility, jogging, dynamic stretching exercises 15' minutes. At the end of warm up, 3x60m strides or accelerations.
2. Intermittent HI exercise: 3 sets of 10 repetitions (laps). Sequence-lap: HI run (2x35m approx), slow walk, sideways and repeat! Rest between sets is 3' minutes.



Intensity reference: HI run: 7 out of 10 point Borg scale  
 Sideways: 4-5 out of 10 point Borg scale  
 Slow walk: 2 out of 10 point Borg scale

3. 10 minutes running at 70% of HRmax.
4. Cool down with abundant static stretching exercises (hold 20 seconds). 15 minutes.

Wednesday 9 January

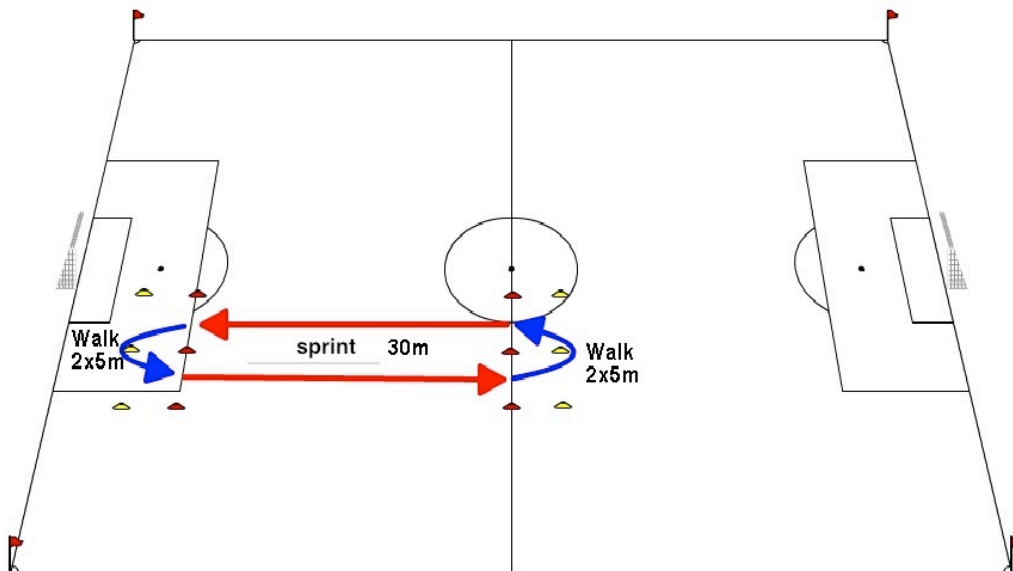
Objectives: Improve general strength

1. Strength training programme. Including core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total. Ask your coach or instructor.

Thursday 10 January

Objective: Improvement of speed endurance and changes of direction

1. Warming up with jogging, mobility, and dynamic stretching exercises. Also include some neuromuscular activation (skippings) drills.
2. Repeated sprint exercise: 4 sets of 6 sprints of 30m with 30" second recovery time between sprints, and 4 minute macropause between sets.



NB: Very important: Focus on correct sprinting technique (avoid overtension of the arms, etc.)

Intensity reference: Sprint: 9 out of 10 point Borg scale

Jog: 2 out of 10 point Borg scale

3. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
4. Cool down with jogging for 10 minutes and abundant static stretching exercises (hold 20 seconds). 15' minutes.

Friday 11 January: Rest or active recovery. Remember injury prevention programme 11+: Ex 7, 8, 9.

Saturday 12 January

1. Match preparation session. 40' minutes maximum.

Objective: Fine-tuning the body for peak performance at the match. Short type of session with slow jogging, mobility exercises and some short 15m strides or accelerations, followed by gentle stretching exercises. Avoid intense training.

Sunday 13 January: Match or active recovery.

Monday 14 January

Objectives: Recovery, regeneration

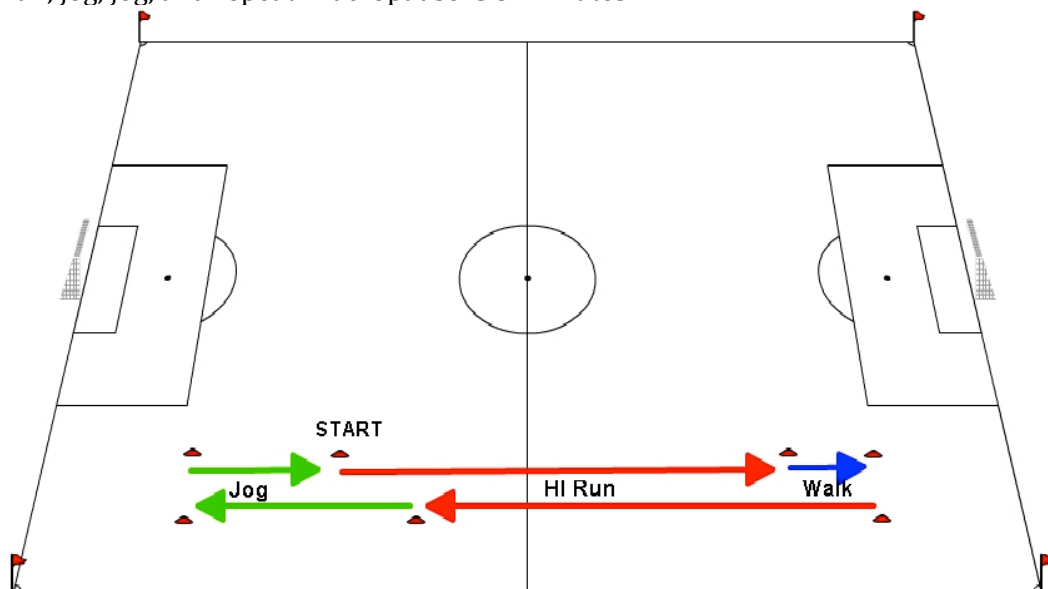
1. Warming up with mobility exercises and gentle stretching. 10 minutes
2. Recovery type of exercises at medium intensity (approx. 70% HRmax) aqua-gym exercises (pool 90cm to 120cm depth), on a bicycle or combining walking with gentle jogging. Duration: 30' minutes.
3. Static stretching (focus on correct technique) exercises, holding stretching positions for 30 seconds. Important: work on your 'problem areas', such as hamstring shortenings, glutes, and calves (Achilles). 15' minutes.

NB: If you are carrying muscular complaints or some form of injury, please manage with RICE (rest, ice, compression, elevation) if needed. And get specialised advise if you suspect the problem needs professional attention: **DO NOT** resume normal training if injured!

Tuesday 15 January

Objectives: Improvement of the aerobic capacity and ability to repeat bouts of high intensity exercise.

1. Warming up with mobility, jogging, dynamic stretching exercises 15' minutes. At the end of warm up, 3x60m strides or accelerations.
2. Intermittent HI exercise: 3 sets of 8 repetitions (laps). Sequence: HI run, walk, HI run, jog, jog, and repeat. Macropause is 3' minutes.



Intensity reference: HI run: 7 out of 10 point Borg scale  
Slow walk: 2 out of 10 point Borg scale

3. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
4. Cool down with 5 minute jogging and abundant static stretching exercises (hold 20 seconds). 15 minutes.

Wednesday 16 January

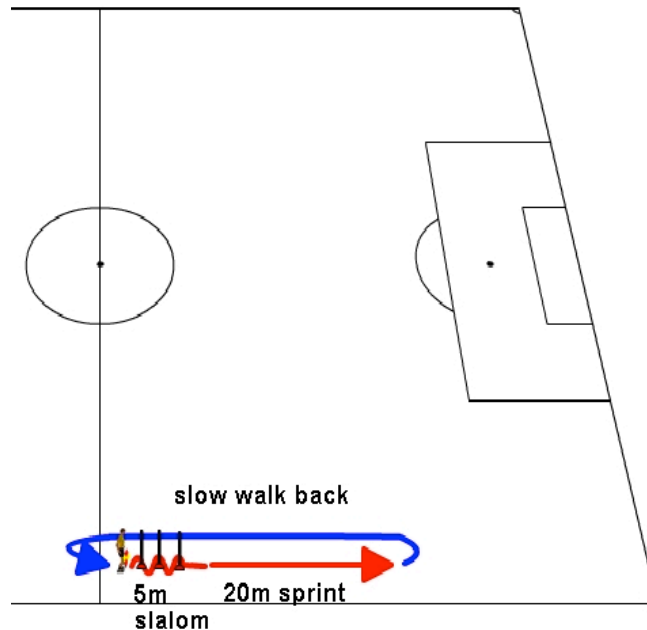
Objectives: Improve general strength

1. Strength training programme. Including core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total. Ask your coach or instructor.

Thursday 17 January

Objective: Improvement of speed endurance

1. Warming up with mobility, jogging and dynamic stretching exercises. Also include some neuromuscular activation (skippings) drills.
2. Speed endurance exercise: 3 sets of 8 repetitions with a 3' minute macropause (between sets). Sequence: slalom run for 5 metres, 15 metre sprint forwards with 45" seconds recovery by walking back to restart:



Intensity reference: Sprint: 9 out of 10 point Borg scale  
Walk: 2 out of 10 point Borg scale

3. 15' minute fartlek run @ range of: 70-80% HRmax. The aim is to interperse middle intensity running forward with recovery phases where the AR jogs forwards and sideways before resuming running forward.
4. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
5. Cool down with abundant static stretching exercises (hold 20" seconds). 15' minutes.

Friday 18 January

1. Rest or active recovery. Remember injury prevention programme 11+: Ex 7, 8, 9.

Saturday 19 January: Match preparation session. 40' minutes maximum.

Objective: Fine-tuning the body for peak performance at the match. Short type of session with slow jogging, mobility exercises and some short 15m strides or accelerations, followed by gentle stretching exercises. Avoid intense training.

Sunday 20 January: Match or active recovery.

Monday 21 January

Objectives: Recovery, regeneration

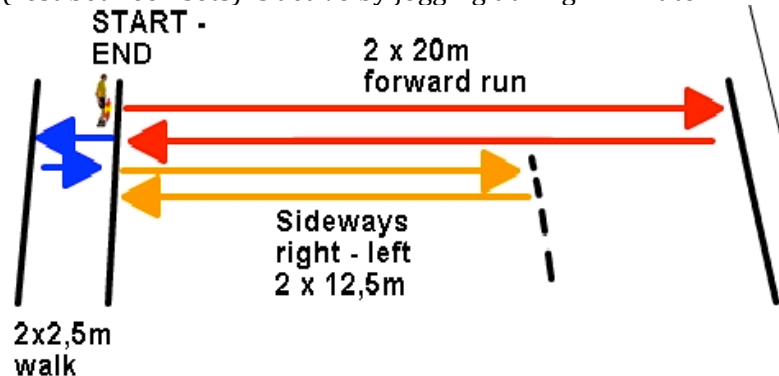
1. Warming up with mobility exercises and gentle stretching. 10' minutes.
2. Recovery type of exercises at medium intensity (approx. 70% HRmax) aqua-gym exercises (pool 90cm to 120cm depth), on a bicycle or combining walking with gentle jogging. Duration: 30' minutes.
3. Static stretching (focus on correct technique) exercises, holding stretching positions for 30 seconds. Important: work on your 'problem areas', such as hamstring shortenings, glutes, and calves (Achilles). 15' minutes.

NB: If you are carrying muscular complaints or some form of injury, please manage with RICE (rest, ice, compression, elevation) if needed. And get specialised advise you suspect the problem needs professional attention: **DO NOT** resume normal training if injured!

Tuesday 22 January

Objectives: Improvement of the aerobic capacity and ability to repeat bouts of high intensity exercise.

1. Warming up with mobility, jogging, dynamic stretching exercises 15' minutes. At the end of warm up, 3x60m strides or accelerations.
2. Intermittent ARIET exercise: 4 sets of 3-minute ARIET shuttle runs with 5m walk area. Rest (rest between sets) is active by jogging during 1' minute.



Running: The aim is to alternate 40m (20+20m) bout of shuttle running with 25m sideways running (12.5+12.5m) to be covered each in 10" (seconds)  
 Recovery: 5s" recovery time between each shuttle bout to cover 5m (2.5+2.5m).

Intensity reference: HI run: 7 out of 10 point Borg scale  
 Slow walk: 2 out of 10 point Borg scale

3. 15' minute fartlek run @ range of: 70-80% HRmax. The aim is to interperse middle intensity running forward with recovery phases where the AR jogs sideways before resuming running forward.

Intensity reference: Running forward: 6 out of 10 point Borg scale  
 Jog (sideways): 2-3 out of 10 point Borg scale

4. Cool down with abundant static stretching exercises (hold 20" seconds). 15' minutes.

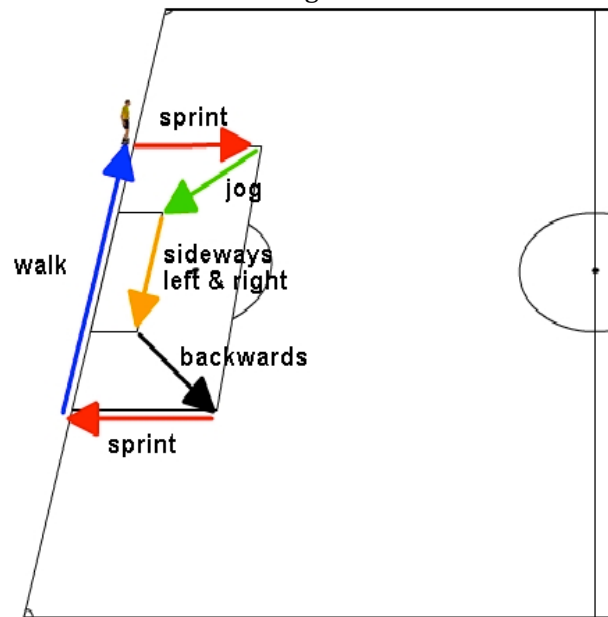
Wednesday 23 January

1. Strength training programme. Including core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total. Ask your coach or instructor.

Thursday 24 January

Objectives: Improvement of the aerobic, HI capacity and ability to repeat bouts of acceleration and decelerations.

1. Warming up with mobility, jogging, dynamic stretching exercises and balance & proprioception (see The 11+, exerc. 10). 15' minutes
2. Speed endurance exercise: 3 sets of 5 repetitions (laps) with a 3' minute macropause (between sets). Sequence: Sprint, jog, sideways un (L&R), backwards run, sprint forwards and walk slow during 45" seconds back to restart:



Intensity reference: Sprint: 9 out of 10 point Borg scale  
 Sideways/backwards: 4 out of 10 point Borg scale  
 Walk: 2 out of 10 point Borg scale

3. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
4. 15' minute fartlek run @ range of: 70-85% HRmax. The aim is to interperse middle intensity running forward with recovery phases where the AR can jog forwards and sideways before resuming running forward.
5. Cool down with abundant static stretching exercises (hold 20" seconds). 15' minutes.

Friday 25 January

1. Rest or active recovery. Remember injury prevention programme 11+: Ex 7, 8, 9.

Saturday 26 February: Match preparation session. 40 minutes maximum.

Objective: Fine-tuning the body for peak performance at the match. Short type of session with slow jogging, mobility exercises and some short 15m strides or accelerations, followed by gentle stretching exercises. Avoid intense training.

Sunday 27 January: Match or active rest.

Monday 28 January

Objectives: Recovery, regeneration

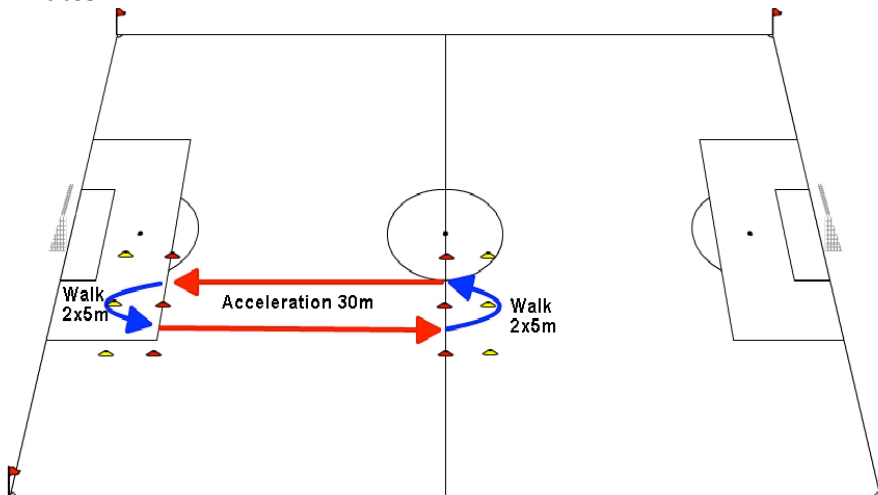
1. Warming up with mobility exercises and gentle stretching. 10 minutes
2. Recovery type of exercises at medium intensity (approx. 70% HRmax) aqua-gym exercises (pool 90cm to 120cm depth), on a bicycle or combining walking with gentle jogging. Duration: 30 minutes.
3. Static stretching (focus on correct technique) exercises, holding stretching positions for 30 seconds. Important: work on your 'problem areas', such as hamstring shortenings, glutes, and calves (Achilles). 15 minutes

NB: If you are carrying muscular complaints or some form of injury, please manage with RICE (rest, ice, compression, elevation) if needed. And get specialised advise if you suspect the problem needs professional attention: **DO NOT** resume normal training if injured!

Tuesday 29 January

Objectives: Improvement of the aerobic, HI capacity and ability to repeat bouts of acceleration and decelerations.

1. Warming up with mobility, jogging, dynamic stretching exercises and balance & proprioception (see The 11+, exerc. 10). 15' minutes
2. Intermittent exercise: 4 sets of 10x30m accelerations in approx 6" seconds, with 10m (5+5) walk area in approx 10" seconds. Macropause (between sets) is 3' minutes.



Intensity reference: Running forward: 6-7 out of 10 point Borg scale

Walk: 1 out of 10 point Borg scale

3. Cool down with 5' minutes jogging and abundant static stretching exercises (hold 20" seconds). 15' minutes.

Wednesday 30 January

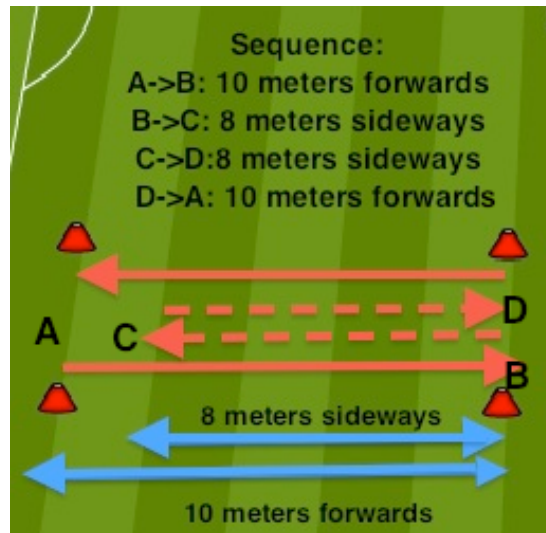
1. Strength training programme. Including core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total. Ask your coach or instructor.



Thursday 31 January

Objective: Improvement of speed endurance and RSA.

1. Warming up with jogging, mobility, and dynamic stretching exercises. Also include some neuromuscular activation (skippings) drills.
2. "10-8-8-10 Agility Drill": 4 repetitions of 10-8-8-10 drill with 2´ minute recovery between repetitions. Sprint forwards 10 meters (A-B), sideways run 8 meters (B-C), sideways run 8 meters (C-D), sprint forwards 10 meters (D-A). NB: Exercise must be done at maximum speed but respecting correct technique of sideways run and touching the course lines with the forward foot.



3. RSA (repeated sprint ability) session: 4 sets of 4´ minutes repeating the following drill: 3" seconds sprinting (any direction) followed by 27" seconds recovering by jogging slowly. 3´ minute rest between sets. (no diagram). This session is better done on a football pitch in optimal conditions.

NB: Focus on correct sprinting technique (avoid overtension of the arms, etc.) and make sure you really push to develop speed.

Intensity reference: Sprint: 9 out of 10 point Borg scale

Jog: 2 out of 10 point Borg scale

4. Cool down with 5´ minutes jogging and abundant static stretching exercises (hold 20 seconds). 15´ minutes.

Friday 1 February

1. Rest or active recovery. Remember injury prevention programme 11+: Ex 7, 8, 9.

Saturday 2 February: Match preparation session. 40´ minutes maximum.

Objective: Fine-tuning the body for peak performance at the match. Short type of session with slow jogging, mobility exercises and some short 15m strides or accelerations, followed by gentle stretching exercises. Avoid intense training.

Sunday 3 February: Match or active recovery.

Monday 4 February

Objectives: Recovery, regeneration

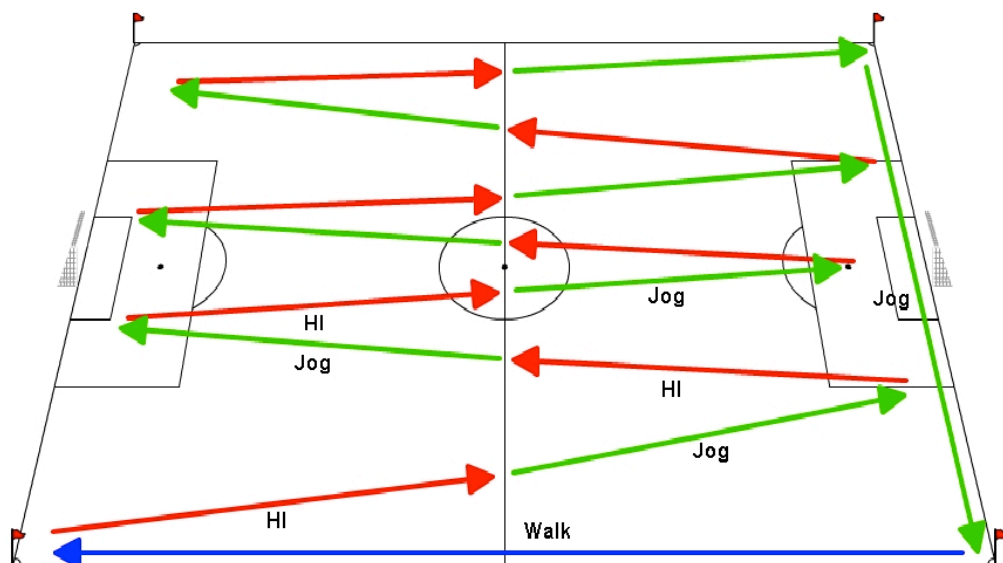
1. Warming up with mobility exercises and gentle static stretching. 10' minutes
2. Recovery type of exercises at medium intensity (approx. 70% HRmax) aqua-gym exercises (pool 90cm to 120cm depth), on a bicycle or combining walking with gentle jogging. 30' minutes.
3. Static stretching (focus on correct technique) exercises, holding stretching positions for 30" seconds. Important: work on your 'problem areas', such as hamstring shortenings, glutes, and calves (Achilles). 15' minutes.

NB: If you are carrying muscular complaints or some form of injury, please manage with RICE (rest, ice, compression, elevation) if needed. And get specialised advise if you suspect the problem needs professional attention: **DO NOT** resume normal training if injured!

Tuesday 5 February

Objectives: Improvement of the aerobic, HI capacity and ability to repeat bouts of acceleration and decelerations.

1. Warming up with mobility exercises and gentle static stretching. 10 minutes
2. High intensity exercise: 2 sets of 2 laps to the above diagram. Sequence: Walk, HI run, jog, HI run, and continue. Total is 7 HI runs per lap.



Intensity reference: HI: 7 out of 10 point Borg scale

Jog 2 out of 10 point Borg scale

3. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
4. Cool down with 10' minutes jogging and abundant static stretching exercises (hold 20 seconds). 20' minutes.

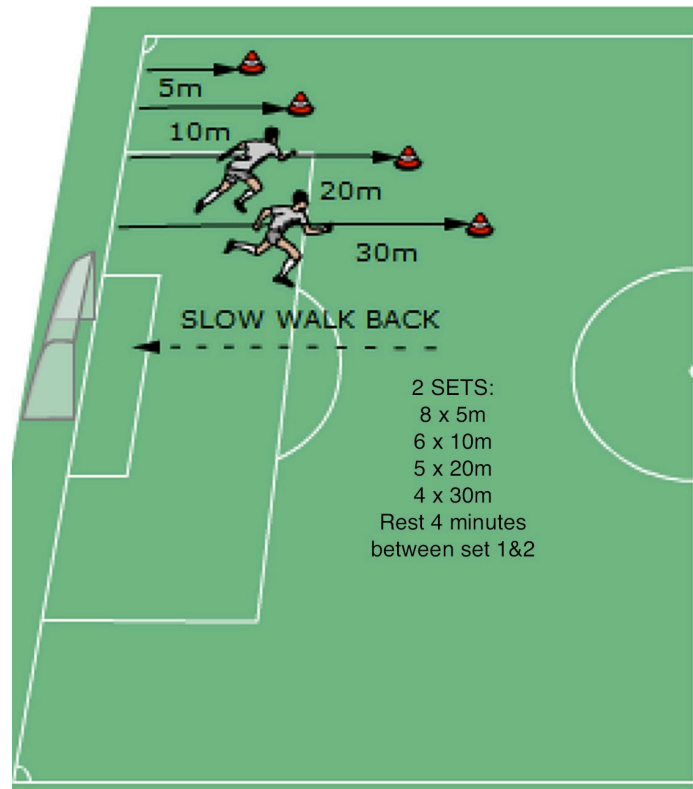
Wednesday 6 February

1. Strength training programme. Including core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total. Ask your coach or instructor.

Thursday 7 February:

Objective: Improvement of speed endurance

1. Warming up with jogging, mobility, and dynamic stretching exercises. Also include some neuromuscular activation (skippings) drills.
2. Speed exercise: 2 sets of 5, 10, 20 & 30-metre sprints with 4-minute rest.



NB: Focus on correct sprinting technique (avoid overtension of the arms, etc.). Explosive sprint. Slow walk back and dynamic or rolling start of each sprint.

Intensity reference: Sprint: 9 out of 10 point Borg scale

Walk: 1 out of 10 point Borg scale

3. 15 minute fartlek run @ range of: 70-85% HRmax. The aim is to interperse middle intensity running forward with recovery phases where the AR jogs sideways before resuming running forward.
4. Core stability exercises: static and dynamic. Target time for each repetition is 30" seconds. 8 different exercises in total.
5. Cool down with abundant static stretching exercises (hold 20" seconds). 15' minutes.

Friday 8 February

1. Rest or active recovery. Remember injury prevention programme 11+: Ex 7, 8, 9.

Saturday 9 February

1. Match preparation session. 40 minutes maximum.

Objective: Fine-tuning the body for peak performance at the match. Short type of session with slow jogging, mobility exercises and some short 15m strides or accelerations, followed by gentle stretching exercises. Avoid intense training.

Sunday 10 February: Match or active rest.

Monday 11 February

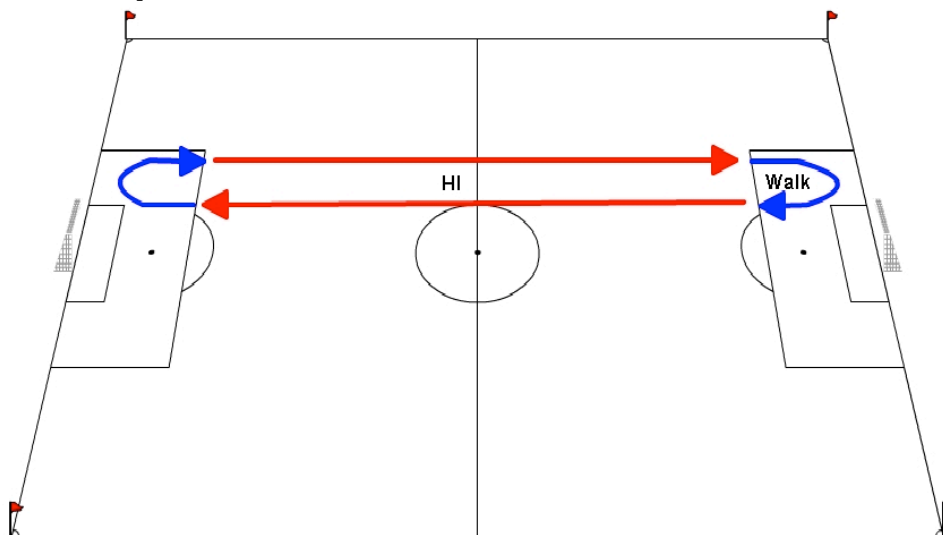
Objectives: Recovery, regeneration

1. Warming up with mobility exercises and gentle stretching. 10 minutes
2. Recovery type of exercises at medium intensity (approx. 70% HRmax) aqua-gym exercises (pool 90cm to 120cm depth), on a bicycle or combining walking with gentle jogging. Duration: 30 minutes.
3. Static stretching (focus on correct technique) exercises, holding stretching positions for 30 seconds. Important: work on your 'problem areas', such as hamstring shortenings, glutes, and calves (Achilles). 15 minutes

Tuesday 12 February

Objectives: Improvement of the aerobic, HI capacity and ability to repeat bouts of acceleration and decelerations.

1. Warming up with mobility, jogging, dynamic stretching exercises and balance & proprioception (see The 11+, exerc. 10). 15' minutes
2. High intensity exercise: 3 x 10 repetitions of 70m (approx) running at HI pace in 15" (seconds), followed by recovery by walking during 15" (seconds). Macropause is 4 minutes



Intensity reference: HI running: 6 out of 10 point Borg scale

3. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
4. Cool down with 5' minutes jogging and abundant static stretching exercises (hold 20" seconds). 15' minutes.

Wednesday 13 February

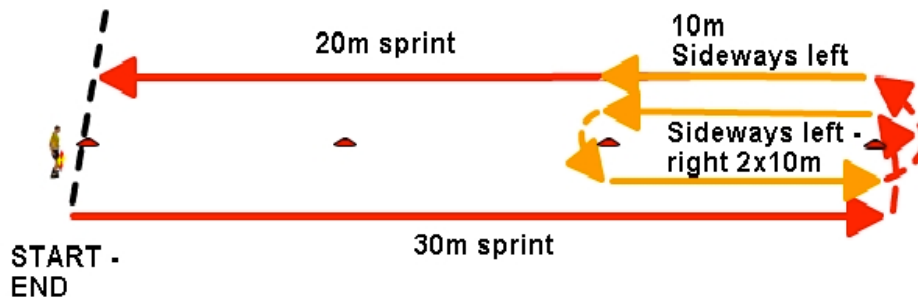
Objectives: Improve general strength

1. Strength training programme. Including core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total. Ask your coach or instructor.

Thursday 14 February

Objective: Improvement of speed endurance and RSA.

1. Warming up with jogging, mobility, and dynamic stretching exercises. Also include some neuromuscular activation (skippings) drills.
2. Speed endurance exercise: 3 sets of 6 repetitions, with a 1' minute active recovery (jogging) between repetitions and a 3' minute macropause. The sequence must be done at sprint pace: Forwards, sideways (x3), forwards:



NB: Focus on correct sprinting technique (avoid overtension of the arms, etc.) and appropriate sideways running, without crossing legs, etc.

Intensity reference: All circuit: 8-9 out of 10 point Borg scale

Reference time: <21" seconds for each circuit. \* Dynamic start 1,5 meters behind start line.

3. Cool down with 10' minutes jogging and abundant static stretching exercises (hold 20" seconds). 20' minutes.

NB: Focus on correct sprinting technique (avoid overtension of the arms, etc.) and make sure you really push to develop speed.

4. 15' minute fartlek run @ range of: 70-80% HRmax. The aim is to interperse middle intensity running forward with recovery phases where the AR can jog forwards and sideways before resuming running forward.
5. Core stability exercises: static and dynamic. Target time for each set is 40" seconds. 6 different exercises in total.
6. Cool down with abundant static stretching exercises (hold 20" seconds). 15' minutes.

Friday 15 February: Rest or active recovery. Remember injury prevention programme 11+: Ex 7, 8, 9

Saturday 15 February

1. Match preparation session. 40' minutes maximum.

Objective: Fine-tuning the body for peak performance at the match. Short type of session with slow jogging, mobility exercises and some short 15m strides or accelerations, followed by gentle stretching exercises. Avoid intense training.

Sunday 16 February: Match or active rest.