

Fitness training plan for 2016 Referees Seminar – Miami

From 25 July to 2 September 2016

COLOMBIA

From 25 to 29 July (week - 1)

Training 1

Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)
- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.

Training 2

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- HI exercise:
 - 5 time 1000mts. in 4minutes
 - Recovery between 4 minutes
 - Core stability exercises 15 minutes
- Cool down: 10 minutes jogging. Static stretching.

Training 3

Speed training:

- 15 minutes:
Warming up: jogging and mobility exercises + dynamic stretching

- Running technic exercises 20 minutes
- **Speed exercise:**
 - Set 1: 6 accelerations – 20m (90 to 95% the maximal speed)
 - Set 2: 5 accelerations – 30m
 - Sets 3: 4 accelerations – 40m
 - Recovery between reps – 1 minute
 - 4 minutes rest between sets
- Cool down: 5 minutes jogging. Static stretching.

Training 4

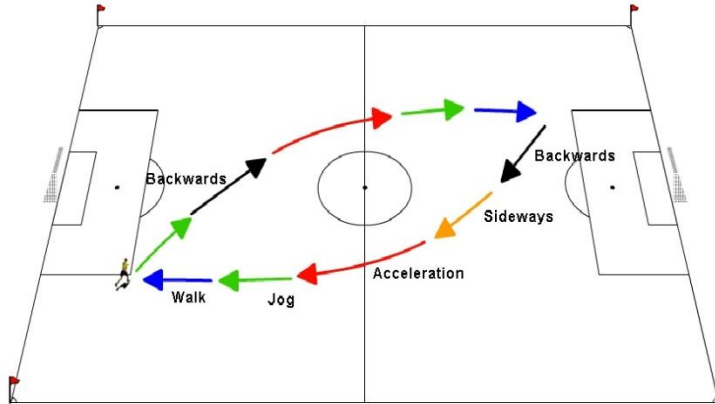
Running technic and HI aerobic endurance:

- 15 minutes:
 - Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercises 15 minutes
- 8 minutes on interval running: 15 seconds fast/ 20 second jogging
- 8 minutes of interval running: 15 seconds fast/ 15 second jogging
- 8 minutes of interval running: 20 seconds fast/ 15 second jogging
- 4 minutes rest between sets
- 15 minutes of injury prevention exercises “core stability”.
- Cool down: 10 minutes jogging. Static stretching.

Training 5

Running technic & Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercise 20 minutes
- Speed exercise:
 - 2 sets of 4 laps
 - 4 minutes rest between sets



- 15 minutes of injury prevention exercises “core stability”.
- Cool down: 5 minutes jogging. Static stretching.

From 1 to 5 August (week - 2)

Training 1

Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)
- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.

Training 2

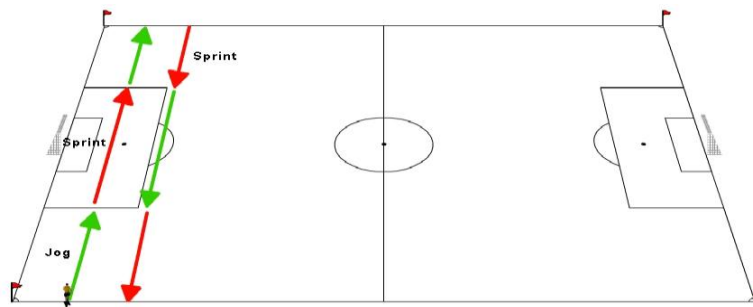
HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- HI exercise:
- 5 time 1000mts. in 4minutes
- Recovery between 4 minutes
- Core stability exercises 15 minutes
- Cool down: 10 minutes jogging. Static stretching.

Training 3

Running Technic & Repeated Sprint Ability: RSA

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercise 20 minutes
- RSA exercise:
 - 5 sets of 3 sprint (15 sprints)
 - Recovery between each sprint - 30 sec. (dynamic recovery like on the picture below)
 - 4minutes rest between sets



- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching.

Training 4

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- HI exercise:
 - Set 1: 12 x 75m HI run – 15 sec. / 15 sec. recovery
 - Set 2: 6 x 150m HI run – 30 sec. / 30 sec. recovery
 - Set 3: 4 x 225m HI run – 45 sec. / 45 sec. recovery
 - Recovery between sets – 3 minutes
 - Intensity – to 90% of your HR max

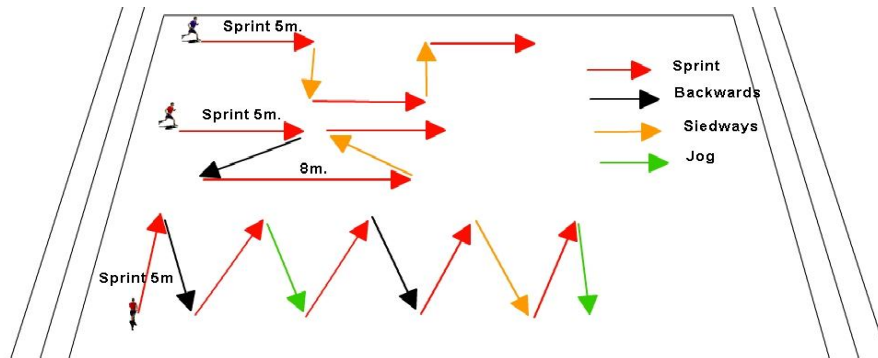


Cool down: 5 minutes jogging. Static stretching

Training 5

Agility & sprint Exercise:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Agility & RSA exercise:
- 4 sets.
 - Recovery between each repetition: 45 sec.



- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

From 8 to 12 August (week - 3)

Training 1

Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)

- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.

Training 2

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- HI exercise:
 - 5 time 1000mts. in 4minutes
 - Recovery between 4 minutes
 - Core stability exercises 15 minutes
 - Cool down: 10 minutes jogging. Static stretching.

Training 3

Speed training:

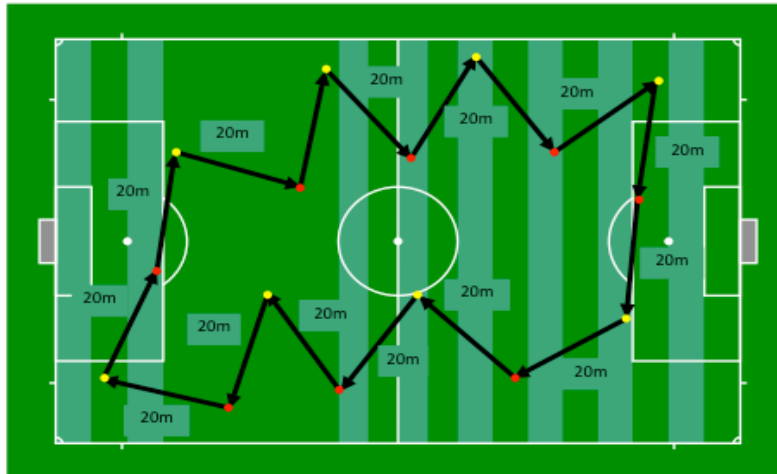
- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercises 20 minutes
- **Speed exercise:**
 - Set 1: 6 accelerations – 20m (90 to 95% the maximal speed)
 - Set 2: 5 accelerations – 30m
 - Sets 3: 4 accelerations – 40m
 - Recovery between reps – 1 minute
 - 4 minutes rest between sets
- Cool down: 5 minutes jogging. Static stretching.

Training 4

Repeated Sprint Ability:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- **Dynamic yo-yo**
 - **Set 1:** level 5 to 16.5 (4 laps)
 - **Set 2:** level 15.6 to 17.5 (2 laps)

- **Set 3:** level 17.6 to 19.5 (2 laps)
- **Recovery:** 2 minutes between sets

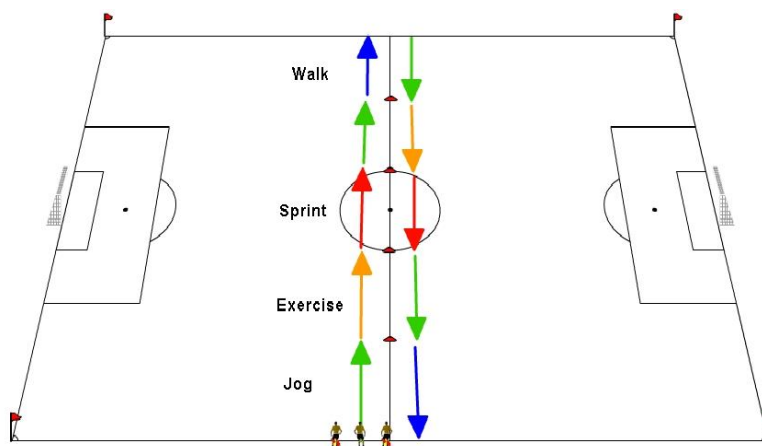


- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

Training 5

Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercises 20 minutes
- Speed exercise:
 - 2 sets of 4 laps
 - 4 minutes rest between sets



- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching.

From 15 to 19 August (week - 4)

Training 1

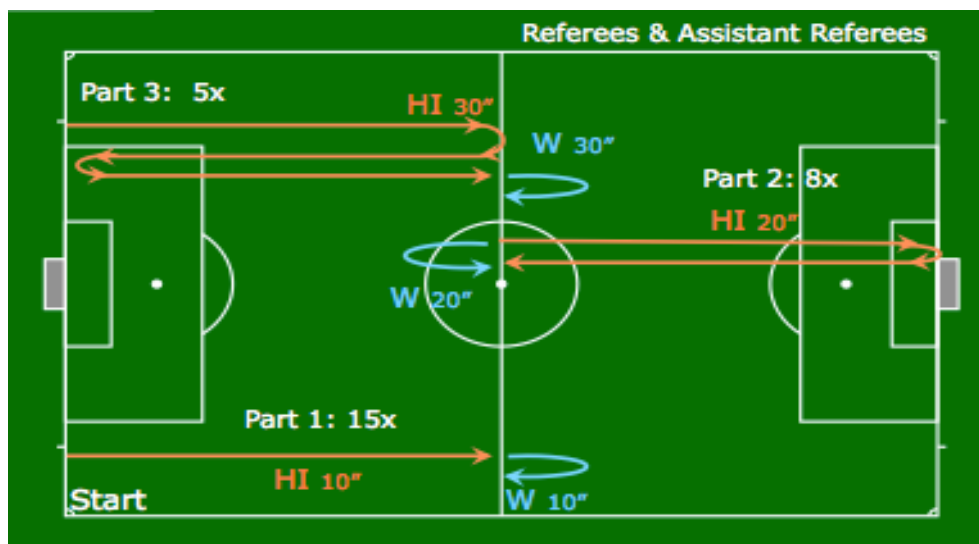
Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)
- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.

Training 2

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- HI exercise: (Follow the graphic)
- Set 1: 12rep. de 10x10seg. “Part 1”
- Set 2: 8rep. de 20x20seg. “Part 2”
- Set 3: 5rep. de 30x30seg. “Part 3”
- Recovery between sets: 3 minutes.

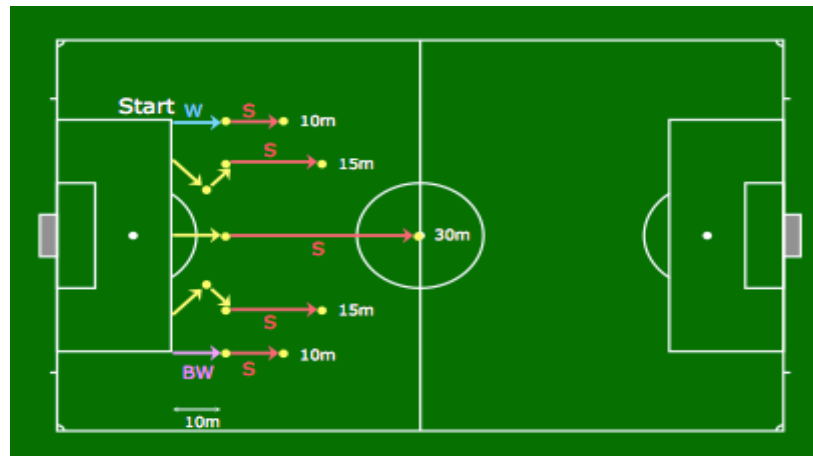


- Core stability exercises 15 minutes
- Cool down: 10 minutes jogging. Static stretching.

Training 3

Running technic, Agility and Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercise 20minutes
- **Speed exercise:**
- 5 sets: 5 repetitions the different distances (follow the graphic)
- Recovery between repetitions 45 seconds
- Recovery between sets: 4 minutes

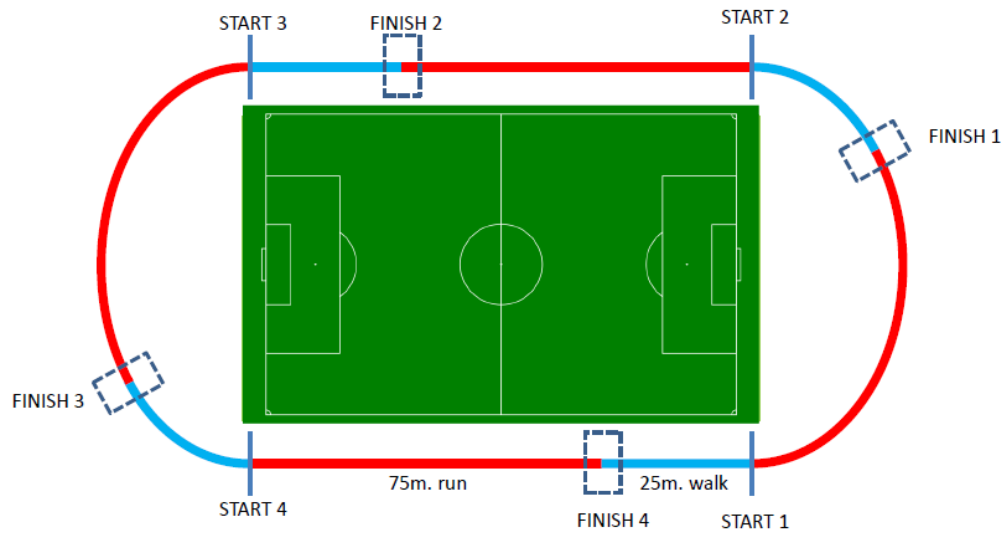


- Core stability exercises 15 minutes
- Cool down: 10 minutes jogging. Static stretching.

Training 4

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Fitness test simulations:
- 8 laps on the track
- 32 time: 75x25m (15x18sec.) - (Follow the graphic)

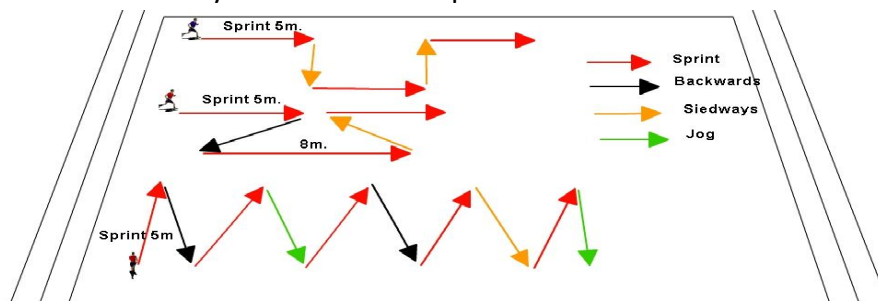


- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

Training 5

Agility & sprint Exercise:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Agility & RSA exercise:
- 3 to 4 sets.
 - Recovery between each repetition: 45 sec.



- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

From 22 to 26 August (week - 5)

Training 1

Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)
- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.

Training 2

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- HI exercise:
 - Set 1: 12 x 75m HI run – 15 sec. / 15 sec. recovery
 - Set 2: 6 x 150m HI run – 30 sec. / 30 sec. recovery
 - Set 3: 4 x 225m HI run – 45 sec. / 45 sec. recovery
 - Recovery between sets – 3 minutes
 - Intensity – to 90% of your HR max



Cool down: 5 minutes jogging. Static stretching

Training 3

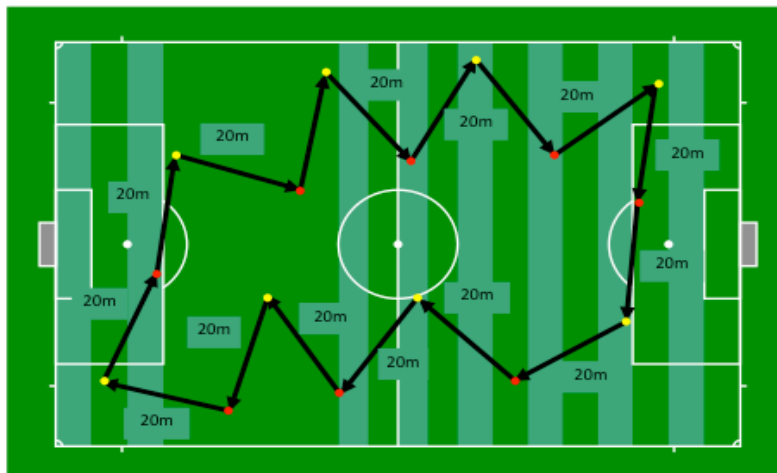
Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercises 20 minutes
- **Speed exercise:**
 - Set 1: 6 accelerations – 20m (90 to 95% the maximal speed)
 - Set 2: 5 accelerations – 30m
 - Sets 3: 4 accelerations – 40m
 - Recovery between reps – 1 minute
 - 4 minutes rest between sets
- Cool down: 5 minutes jogging. Static stretching.

Training 4

Repeated Sprint Ability:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- **Dynamic yo-yo**
 - **Set 1:** level 5 to 16.5 (4 laps)
 - **Set 2:** level 15.6 to 17.5 (2 laps)
 - **Set 3:** level 17.6 to 19.5 (2 laps)
 - **Recovery:** 2 minutes between sets

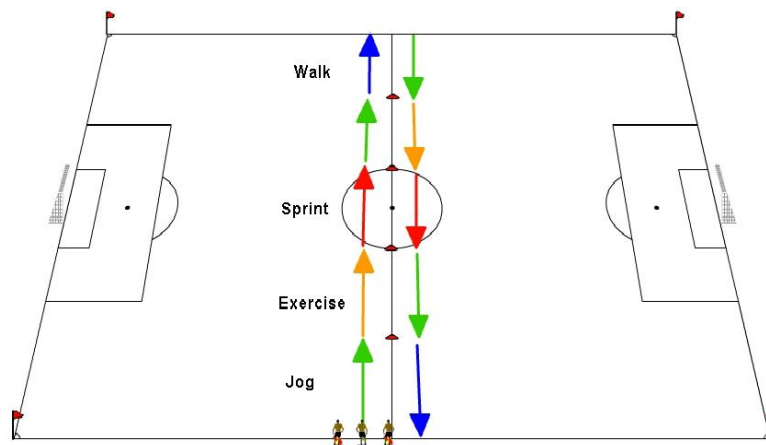


- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

Training 5

Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercises 20 minutes
- Speed exercise:
 - 2 sets of 4 laps
 - 4 minutes rest between sets



- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching.

From 29 August to 2 September (week - 6)

Training 1

Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)
- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.

Training 2

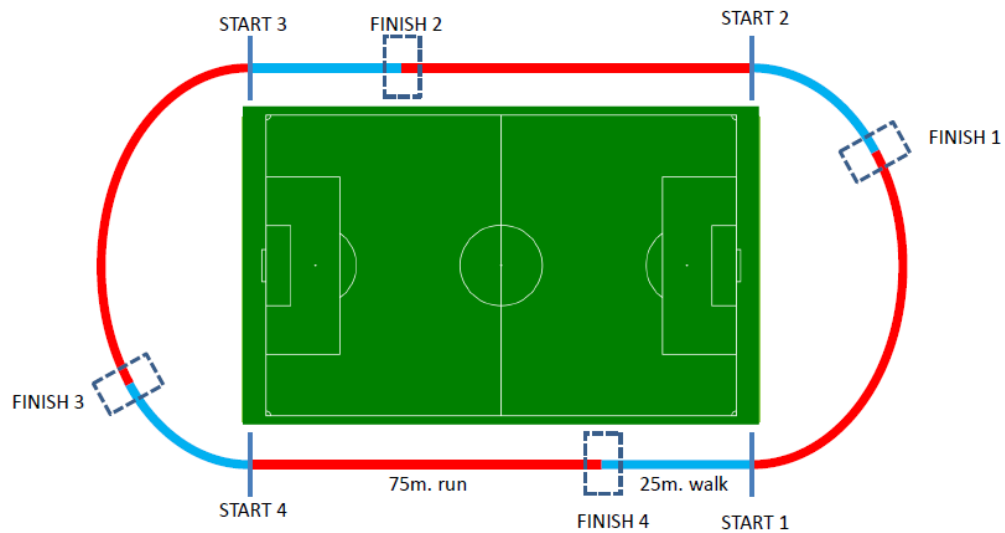
Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercises 20 minutes
- **Speed exercise:**
 - Set 1: 8 accelerations – 20m (90 to 95% the maximal speed)
 - Set 2: 6 accelerations – 30m
 - Sets 3: 4 accelerations – 40m
 - Recovery between reps – 1 minute
 - 4 minutes rest between sets
- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

Training 3

HI aerobic endurance:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Fitness test simulations:
- 8 laps on the track
- 32 time: 75x25m (15x18sec.) - (Follow the graphic)



- Core stability exercises 15 minutes
- Cool down: 5 minutes jogging. Static stretching

Training 4

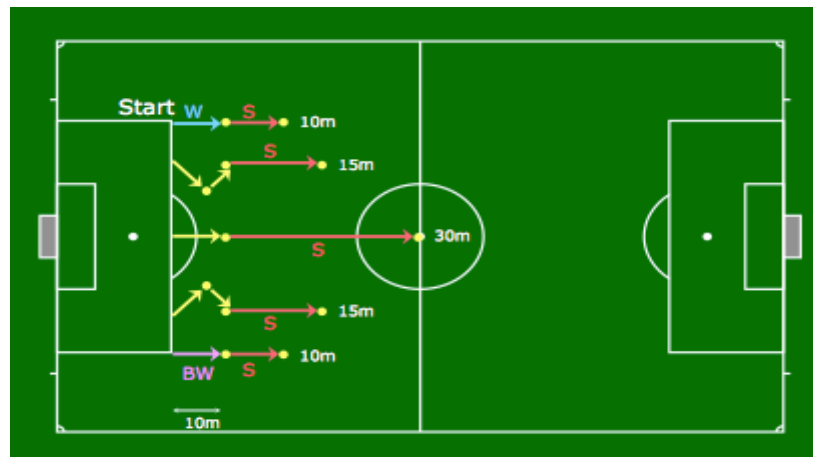
Recovery session:

- 30 minutes of low intensity jogging (approx. 70% HR max.)
- 15 minutes of static stretching exercises (holding stretching positions for 20sec.)
Or
- 30 minutes recovery session on the swimming pool (aqua jogging with combination of mobility exercises and static stretching)
- 15 minutes of injury prevention exercises “core stability”.
- Cool down: 5 minutes jogging. 15minutes Static stretching

Training 5

Running technic, Agility and Speed training:

- 15 minutes: Warming up: jogging and mobility exercises + dynamic stretching
- Running technic exercise 20minutes
- **Speed exercise:**
- 5 sets: 5 repetitions the different distances (follow the graphic)
- Recovery between repetitions 45 seconds
- Recovery between sets: 4 minutes



- Core stability exercises 15 minutes
- Cool down: 10 minutes jogging. Static stretching.