



PROFESSIONAL GAME
MATCH OFFICIALS

Recommended Pre-Season Training Plan May – August 2009

GENERAL PREPARATORY Week 1

All sessions should contain the following warm up and cool down:

Warm Up: 10' jogging / cycling / rowing slowly building up to 80-85%HR_{max}
Cool down: 5' low intensity jogging / cycling / rowing, followed by 10' static stretching & mobility exercises

MONDAY

REST DAY

TUESDAY

REST DAY

WEDNESDAY

EXERCISE 1 MEDIUM INTENSITY AEROBIC TRAINING

Exercise: 30' continuous cycling
Intensity: 70 – 80%HR_{max}, RPE 2 – 4

THURSDAY

EXERCISE 2 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

FRIDAY

REST DAY

SATURDAY

EXERCISE 3 INTERMITTENT AEROBIC TRAINING

Exercise: 30' intermittent game (Squash, badminton, tennis, 5-a-side etc.)
Intensity: 70-80%HR_{max}, RPE 3 – 5

SUNDAY

FLEXIBILITY TRAINING

Exercise: 5' jogging, followed by 30' static stretching

GENERAL PREPARATORY Week II

MONDAY

EXERCISE 1 MEDIUM INTENSITY AEROBIC TRAINING

Exercise: 25' continuous run
Intensity: 76 – 84%HR_{max}, RPE 2 – 4

TUESDAY

FLEXIBILITY TRAINING

Exercise: 5' jogging, followed by 30' static stretching

WEDNESDAY

EXERCISE 2 MEDIUM INTENSITY AEROBIC TRAINING

Exercise: 30' cycling (intermittent program)
Intensity: 70 – 80%HR_{max}, RPE 2 – 4

THURSDAY

EXERCISE 3 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

FRIDAY *REST DAY*

SATURDAY

EXERCISE 4 MEDIUM / HIGH INTENSITY AEROBIC TRAINING

Exercise: 12'30" on 5' off x2
Intensity: 84 – 88%HR_{max}, RPE 3 – 5

SUNDAY *REST DAY*

GENERAL PREPARATORY Week III

MONDAY

EXERCISE 1 MEDIUM INTENSITY AEROBIC TRAINING

Exercise: 35' cycling (intermittent program) or Spinning class
Intensity: 76 – 84%HR_{max}, RPE 3 – 5

TUESDAY

FLEXIBILITY TRAINING

Exercise: 5' jogging, followed by 30' static stretching

WEDNESDAY

EXERCISE 2 HIGH INTENSITY AEROBIC TRAINING

Exercise: 12' on, 4' off x2
Intensity: 86 – 88%HR_{max}, RPE 4 – 6

THURSDAY

EXERCISE 3 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

FRIDAY

EXERCISE 4 INTERMITTENT AEROBIC TRAINING

Exercise: 30' intermittent game (Squash, badminton, tennis, 5-a-side etc.)
Intensity: 70-80%HR_{max}, RPE 3 – 5

SATURDAY

EXERCISE 5 HIGH INTENSITY AEROBIC TRAINING

Exercise: 4' on, 1' off x5
Intensity: 86 – 90%HR_{max}, RPE 5 – 7

SUNDAY *REST DAY*

SPECIFIC PREPARATORY Week I

MONDAY

EXERCISE 1 ¾ PACE SPEED TRAINING

Exercise: 5x 20m sprints, with 30" rest in between each sprint
 4' recovery
 5x 25m sprints, with 30" rest in between each sprint
 4' recovery
 5x 30m sprints, with 40" rest in between each sprint
 Total sprint distance 375m

Intensity: ¾ pace, RPE 2 – 4

TUESDAY

EXERCISE 2 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises

Intensity: RPE 2 – 4

WEDNESDAY

EXERCISE 3 HIGH INTENSITY AEROBIC TRAINING

Exercise: 6' on, 1' off x5

Intensity: 86 – 90%HR_{max}, RPE 5 – 7

THURSDAY

EXERCISE 4 MEDIUM INTENSITY AEROBIC TRAINING

Exercise: 40' continuous cycling (or rowing; 4x 10')

Intensity: 70 - 80%HR_{max}, RPE 3 – 5

FRIDAY REST DAY

SATURDAY

EXERCISE 5 HIGH INTENSITY AEROBIC TRAINING

Exercise: 150m, 300m, 450m, 600m, 450m, 300m, 150m, 300, 450, 600m intervals Each interval to be followed by 2' recovery jogging

Total of 3750m

Record and note the time taken for each individual HI run

Exercise duration of ± 36' (16' HI & 20' recovery jogging)

Intensity: 88 – 92%HR_{max}, RPE 7 - 9

SUNDAY REST DAY

SPECIFIC PREPARATORY Week II

MONDAY

EXERCISE 1 *CONDITIONING EXERCISES*

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

TUESDAY

EXERCISE 2 *SPEED ENDURANCE TRAINING*

Exercise: 8 x 150m maximal sprints with 60" rec. between each. Perform a 2nd set after 10' rec.
Intensity: >90% HR_{max} RPE 7 – 8

WEDNESDAY *REST DAY*

THURSDAY

EXERCISE 3 *HIGH INTENSITY AEROBIC TRAINING*

Exercise: 2' HI running with 2' recovery X 10
Intensity: 86-90% HR_{max}, RPE 7 – 8

FRIDAY *REST DAY*

SATURDAY

EXERCISE 4 *HIGH INTENSITY AEROBIC TRAINING*

Exercise: 25' Continuous HI running
Intensity: 86 – 88%HR_{max}, RPE 7 - 8

SUNDAY *REST DAY*

SPECIFIC PREPARATORY Week III

MONDAY

EXERCISE 1 SPEED ENDURANCE TRAINING

Exercise: 8x 100m in 17-19", followed by 30" recovery
 5' Rest
 Repeat
Intensity: 90-95% Maximal Speed, RPE 7 - 9

TUESDAY *REST DAY*

WEDNESDAY

EXERCISE 2 HIGH INTENSITY TRAINING

Exercise: Using a rowing machine
 4 x 2000m
 5' rest in between each interval
 Pace 1'50" – 2'10" per 500m
 Stroke Rate 26 to 28 spm
Intensity: 85-90%HR_{max}, RPE 7 - 9

THURSDAY

EXERCISE 3 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

FRIDAY

EXERCISE 4 SPEED TRAINING

Exercise: 5x 20m sprints, with 30" rest in between each sprint
 4' recovery
 5x 25m sprints, with 30" rest in between each sprint
 4' recovery
 5x 30m sprints, with 40" rest in between each sprint
 Total sprint distance 375m
Intensity: Maximal pace, RPE 3 - 5

SATURDAY

EXERCISE 5 HIGH INTENSITY AEROBIC TRAINING

Exercise: 3x 1000m in <4'30"
 3' recovery jogging in between each 1000m
 Followed by 3x 500m in <2'15"

2' recovery jogging in between each 500m
Total exercise duration of $\pm 36'$ (21' HI running, with 15' recovery jogging)
85 - 95%HR_{max}, RPE 7 - 9

Intensity:

SUNDAY

REST DAY

SPECIFIC PREPARATORY Week IV

MONDAY

EXERCISE 1 HIGH INTENSITY AEROBIC TRAINING

Exercise: 4' on, 3' off x4
Record the distance for each interval

Intensity: 90-95%HR_{max}, RPE 8 - 9

TUESDAY

EXERCISE 2 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises

Intensity: RPE 2 – 4

WEDNESDAY

EXERCISE 3 SPEED TRAINING

Exercise: 5x 25m sprints, with 30" rest in between each sprint
4' recovery
5x 30m sprints, with 40" rest in between each sprint
4' recovery
4x 40m sprints, with 60" rest in between each sprint
Total sprint distance 435m

Intensity: Maximal pace, RPE 3 - 5

THURSDAY REST DAY

FRIDAY

EXERCISE 4 HIGH INTENSITY TRAINING

Exercises: Using a rowing machine
Pace 1'50" – 2'00" per 500m
3x 1000m, with 2' recovery in between
4x 500m, with 1' recovery in between
5x 250m, with 30" recovery in between

Intensity: 85-95%HR_{max}, RPE 5 - 7

SATURDAY

EXERCISE 5 SPEED ENDURANCE TRAINING

Exercise: 6x 7" intervals, followed by 20" recovery
3' Rest
Repeat x4

Intensity: 90-95% Maximal Speed, RPE 7 – 9

SUNDAY

REST DAY

SPECIFIC PREPARATORY Week V

MONDAY

EXERCISE 1 HIGH INTENSITY AEROBIC TRAINING

Exercise: 3x 1000m, with 3' recovery jogging in between each 1000m – aim to run the intervals 5-10" faster than Ex 5 Sp prep week 3
Followed by 3x 500m, with 2' recovery jogging in between each 500m –aim to run the intervals 3-7" faster than Ex 5 Sp prep week 3
Total exercise duration of ±34' (19' HI running, with 15' recovery jogging)

Intensity: 85 - 95%HR_{max}, RPE 7 - 9

TUESDAY

EXERCISE 2 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

WEDNESDAY

EXERCISE 3 SPEED TRAINING

Exercise: 5x 25m sprints, with 30" rest in between each sprint
4' recovery
5x 30m sprints, with 40" rest in between each sprint
4' recovery
4x 40m sprints, with 60" rest in between each sprint
Total sprint distance 435m

Intensity: Maximal pace, RPE 3 - 5

THURSDAY REST DAY

FRIDAY

EXERCISE 4 HIGH INTENSITY AEROBIC TRAINING

Exercise: 2' on, 1' off x8
Record the distance for each interval

Intensity: 90 - 92%HR_{max}, RPE 7 - 9

SATURDAY

EXERCISE 5 SPEED ENDURANCE TRAINING

Exercise: From a 5m rolling start, perform a 40m run at maximal speed, followed by a slow deceleration and 25" recovery
Repeat x5 for a total of 5 x40m sprints (± 3')
4' active recovery jogging & stretching. This equals 1 SET
Perform a total of 4 SETS

Intensity: SE exercise duration (inc. recovery) = $\pm 28'$
> 90%HR_{max}, RPE 6 - 8

SUNDAY *REST DAY*

SPECIFIC PREPARATORY Week VI

MONDAY

EXERCISE 1 HIGH INTENSITY AEROBIC TRAINING

Exercise: 1' on, 30' off x8
Record the distance for each interval
5' recovery
Repeat

Intensity: 90 - 92%HR_{max}, RPE 7 - 9

TUESDAY

EXERCISE 2 CONDITIONING EXERCISES

Exercise: 20 – 30' conditioning exercises
Intensity: RPE 2 – 4

WEDNESDAY

EXERCISE 3 SPEED TRAINING

Exercise: 15x 10m sprints, with 30" rest in between each sprint
4' recovery
6x 40m sprints, with 60" rest in between each sprint
Total sprint distance 390m

Intensity: Maximal pace, RPE 3 - 5

THURSDAY *REST DAY*

FRIDAY

EXERCISE 4 HIGH INTENSITY AEROBIC TRAINING

Exercise: 30' on, 30" off x 12
Record the distance for each interval
5' recovery
Repeat

Intensity: 90 - 92%HR_{max}, RPE 7 - 9

SATURDAY *REST DAY*

SUNDAY *REST DAY*