



PROFESSIONAL GAME  
MATCH OFFICIALS

## Recommended Pre-Season Training Plan May – August 2009

This is an 11-13 week programme that has been divided into 3 separate sections, each with its own aim.

### **2-4 weeks of Rest / Active Recovery Training**

Complete rest and/or cycling, football, tennis, squash etc.

#### **Aims**

- Psychological preparation for pre-season training

### **3 weeks of General Preparatory Training**

Medium intensity training with a structured re-introduction to running

#### **Aims**

- A structured reintroduction into regular physical training sessions
- Development of your aerobic fitness, which will provide sufficient fitness levels to cope with the increases in training intensity that follow during the specific preparation phase
- Development of general strength that will help to reduce the incidence of injury and also enable the attainment of greater levels of strength and a transition into power training as the weeks progress.

### **6 weeks of Specific Preparatory Training**

High Intensity, Speed Endurance and Speed training

#### **Aims**

- To train your aerobic energy system to cope with the demands of high intensity exercise along and to recover rapidly during and after training sessions.
- Develop anaerobic energy system to tolerate fatigue and to produce energy rapidly (speed) and frequently (speed endurance).
- To develop a good level of body strength and core stability which will help to reduce the incidence of injury and also enable the attainment of greater levels of strength and a transition into power training as the weeks progress.

Please contact your sports scientist if you need the plan tailored to your individual needs, i.e., rest, matches, holidays, fitness test etc.

## GENERAL TRAINING ADVICE:

- Try to perform all runs on a forgiving surface such as grass
- Do not underestimate the importance of your stretches during the warm down. Hold each stretch for 25 - 30", repeating each stretch 3-4x per muscle group
- Recent research on soccer players has demonstrated a strong relationship between pre-season range of motion (ROM) in the hip and knee (quadriceps) flexor muscles and incidence of muscle strain injury in these muscle groups.
- Specifically, those players who injured the knee or hip flexor muscles during the season had a lower pre-season ROM when compared to the uninjured players.
- Similar relationships have been reported for other lower limb muscle groups, e.g. hamstrings
- Therefore, place particular emphasis on your stretching during pre-season training in order to minimise the potential risk of soft tissue injury
- Try to perform at least one dedicated flexibility and conditioning per week. Most of the conditioning exercises can also be performed either at the end of your warm up or as part of your cool down

## SPECIFIC TRAINING ADVICE:

- This plan will not suit every individual. However, try to ensure that you have at least 6 weeks hard training in preparation for your PGMOL fitness test.
- Ensure you have 3 days rest (unloading) before the day of your fitness test.
- Those of you who need to work on your sprinting speed and therefore require more speed sessions than are detailed in the plan it is recommend that you cycle the below to routines 2-3x per week. These routines can easily be performed following your warm up but before the start of your aerobic training routine.

### **Speed Routine 1 (250m)**

10x5m, 8x10m, 6x20m

All sprints from a stationary start

20" recovery between 5m sprints, 30" between 10m sprints and 40" between 20m sprints.

### **Speed Routine 2 (300m)**

10x 10m sprints (stationary start) with 30" rest after each sprint

4' rest

5x 40m (1.5m lead-in start) with 75" after each sprint

- It is important to ensure a progressive overload in your training. This means that as you get fitter you need to raise the training intensity in order to gain the benefits from each and every training session. Therefore, on your HI and SE sessions keep track of the speed you are running at and the distance you are covering on each rep. Aim to beat this on your next session.
- This also applies to your sprint reps. Try to keep a record of your times (and recovery) so that you have a target to beat on each session.
- The running speed for the Interval Test is 18km/h (5m/s). With this in mind below are our recommended running speeds for HI reps of different durations. These speeds should be your aim / focus in training:

10' interval = 13.5-14.5 km/h

6' interval = 14.5-15.5 km/h

3' interval = 15km/h

1' interval = 16.5km/h

8' interval = 14-15 km/h

4' interval = 15-16km/h

2' interval = 16km/h

30" interval = 17.5-18.5km/h

- The PGMOL fitness test preparation routine is another viable alternative for your pre-fitness training routine.

## 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<sub>max</sub>

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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, RPE 3 – 5

### SATURDAY

#### *EXERCISE 5 HIGH INTENSITY AEROBIC TRAINING*

Exercise: 4' on, 1' off x5  
Intensity: 86 – 90%HR<sub>max</sub>, 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<sub>max</sub>, RPE 5 – 7

### **THURSDAY**

#### *EXERCISE 4      MEDIUM INTENSITY AEROBIC TRAINING*

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

Intensity:      70 - 80%HR<sub>max</sub>, 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<sub>max</sub>, 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 2<sup>nd</sup> set after 10' rec.  
Intensity: >90% HR<sub>max</sub> 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<sub>max</sub>, RPE 7 – 8

### FRIDAY      *REST DAY*

### SATURDAY

#### *EXERCISE 4      HIGH INTENSITY AEROBIC TRAINING*

Exercise: 25' Continuous HI running  
Intensity: 86 – 88%HR<sub>max</sub>, 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<sub>max</sub>, 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)

Intensity:

85 - 95%HR<sub>max</sub>, RPE 7 - 9

**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<sub>max</sub>, 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<sub>max</sub>, 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  $\pm 34'$  (19' HI running, with 15' recovery jogging)

Intensity: 85 - 95%HR<sub>max</sub>, 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<sub>max</sub>, 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 ( $\pm 3'$ )  
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<sub>max</sub>, 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<sub>max</sub>, 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<sub>max</sub>, RPE 7 - 9

### SATURDAY *REST DAY*

### SUNDAY *REST DAY*