



PROFESSIONAL GAME
MATCH OFFICIALS

High Intensity Treadmill Training Sessions

Ideally match officials training sessions should be pitch based. However, during the winter months this is not always possible to environmental conditions and their effect upon the pitch surface. Therefore, with this problem in mind below are a series of high intensity, treadmill based training sessions that are perfect for a match official's fitness preparation when access to a pitch is not possible.

The structure and intensity of these types of training sessions have been demonstrated to improve a match official's physical match performance through an improved ability to perform high intensity running during a match, thus enabling them to better keep up with play and to obtain optimal viewing positions in relation to critical incidents.

If using a treadmill perform using a 1-3% incline

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

Warm Up

- 10' jogging slowly building up to 85% HR_{max} , then commence the HI session once your HR is at 85% HR_{max} to maximise training time over 85% HR_{max} .

Cool down

- 5' LI jogging / walking
- 10' static stretching & mobility exercises

SPEED –BASED LONG INTERVAL EXERCISES

EXERCISE 1:

- 10' running (13.5-14.5 km/h)
- 5' stretching break
- 10' running (13.5-14.5 km/h)

EXERCISE 2:

- 8' running (14-15 km/h)
- 4' active recovery / jogging
- Repeat
- Total HI aerobic exercise duration = 25' (20' HI & 5' recovery)

EXERCISE 3:

- 6' running (14.5-15.5 km/h)
- 1' recovery jogging
- Repeat x5
- Total HI Aerobic Exercise duration = 36' (30' HI & 6' recovery)

EXERCISE 4:

- 4' running (15-16km/h)
- 3' active recovery / jogging
- Repeat x4
- Total HI aerobic exercise duration = 28' (16' HI & 12' recovery)

EXERCISE 5:

- 4' running (15-16 km/h)
- 2' active recovery / jogging
- Repeat x4
- Total HI aerobic exercise duration = 24' (16' HI & 8' recovery)

EXERCISE 6:

- 4' running (15-16 km/h)
- 1' recovery jogging
- Repeat x5
- Total HI Aerobic Exercise duration = 25' (20' HI & 5' recovery)

SHORT INTERVAL EXERCISES

EXERCISE 1:

- 3' running (15 km/h)
- 1' jogging
- 2' running (16 km/h)
- 1' jogging
- 1' running (16.5 km/h)
- 1' jogging
- 1' running (16.5 km/h)
- 1' jogging
- 2' running (16 km/h)
- 1' jogging
- 3' running (15 km/h)
- 1' jogging
- 3' running (15 km/h)
- 1' jogging
- 2' running (16 km/h)
- 1' jogging
- 1' running (16.5 km/h)
- 1' jogging
- Total HI exercise duration = 27'

EXERCISE 2:

- 2' running (15-16 km/h)
- 1' active recovery / jogging
- Repeat x8
- Total HI aerobic exercise duration = 24' (16' HI & 8' recovery)

EXERCISE 3:

- 30" running (18.5 km/h)
- 1' jogging
- 1' running (16.5-17.5 km/h)
- 1' jogging
- 90" running (16-17 km/h)
- 1' jogging
- 2' running (15-16 km/h)
- 1' jogging
- 90" running (16-17 km/h)
- 1' jogging
- 1' running (16.5-17.5 km/h)
- 1' jogging
- 30" running (18.5 km/h)
- 1' jogging
- This equals 1 SET, 15' (8' HI running, 7' jogging)
- 5' Rest
- Perform a 2nd SET
- Total exercise duration = 35'

EXERCISE 4:

- 1' running (17-18km/h)
- 1' jogging
- 30" running (18-19 km/h)
- 30" jogging
- Repeat x8 for a total of 24' running

EXERCISE 5:

- 1' running (16-17 km/h)
- 30" active recovery / jogging
- Repeat x8
- 5' recovery (jogging / stretching)
- 1' running (16-17 km/h)
- 30" active recovery / jogging
- Repeat x8
- Total HI aerobic exercise duration = 24' (16' HI & 8' recovery)

EXERCISE 6:

- 30" running (16-17 km/h)
- 15" recovery jogging
- Repeat x24
- Total HI aerobic exercise duration = 18' (12' HI & 6' jogging)

DISTANCE BASED HI EXERCISES

EXERCISE 1:

- 400m in 90", followed by 2' active recovery
- 600m in 140", followed by 2'20" active recovery
- 800m in 190", followed by 2'40" active recovery
- 1000m in 240", followed by 3' active recovery
- 800m in 190", followed by 2'40" active recovery
- 600m in 140", followed by 2'20" active recovery
- 400m in 90", followed by 2' active recovery
- Total of 4600m; duration of 37' (20' HI & 17' recovery).

EXERCISE 2:

- 150m in 30", followed by 2' active recovery
- 300m in 65", followed by 2' active recovery
- 450m in 100", followed by 2' active recovery
- 600m in 140", followed by 2' active recovery
- 450m in 100", followed by 2' active recovery
- 300m in 65", followed by 2' active recovery
- 150m in 30", followed by 2' active recovery
- 300m in 65", followed by 2' active recovery
- 450m in 100", followed by 2' active recovery
- 600m in 140", followed by 2' active recovery
- Total of 3750m.

EXERCISE 3:

- 3x 1000m in 240"
- 3' active recovery in between each 1000m
- 3x 500m in 110 - 120"
- 2' active recovery in between each 500m
- Therefore, 21' HI running (with 15' active recovery).

VO₂MAX TRAINING SESSIONS

The aim of this type of training is to improve the delivery and rate of delivery of oxygen to the exercising muscles and also to improve the muscle ability to extract and utilise the oxygen. Although training at lower intensities will also initiate these adaptations, VO₂ max sessions provide a greater training stimulus as the heart and the muscles are working at their upper limit during this phase of training. Consequently, VO₂ max sessions provide a massive training stimulus to improve VO₂ max as they force the heart to send out as much O₂ as possible to the working muscles and also force the muscles to use the incoming O₂ at the highest possible rate. This creates a maximal stimulus to utilise O₂ as an energy source. This form of training will significantly improve aerobic, and to a lesser extent anaerobic endurance.

Intensity guide:

- HR should be over 90%HR_{max}
- RPE should be 8-10
- For VO₂ running the running pace should be the maximal pace that can be sustained over the interval duration
- Recovery periods should be very light jogging to facilitate recovery in between intervals.

Exercise 1:

- 5' VO₂ running, followed by 5' recovery jogging
- Repeat x3 for a session duration of 30'

Exercise 2:

- 4' VO₂ running, followed by 4' recovery jogging
- Repeat x4 for a session duration of 32'

Exercise 3:

- 3' VO₂ running, followed by 3' recovery jogging
- Repeat x5 for a session duration of 30'

Exercise 4:

- 1' VO₂ running, followed by 1' recovery jogging
- Repeat x15 for a session duration of 30'

Exercise 5:

- 30" VO₂ running, followed by 30" recovery jogging
- Repeat x20 for a session duration of 20'

Exercise 6:

- 15" VO₂ running, followed by 15" recovery jogging
- Repeat x30 for a session duration of 15'