



FIBA
We Are Basketball

REFEREES' PHYSICAL TRAINING PLAN PRESEASON 2017-2018



Forewords

The purpose of this **Physical Training Plan** is to help you with your preparation in order to get there in the best shape as possible to the beginning of the 2017-2018 season.

In this plan you will find a calendar with your training activities.

The descriptions of various workouts and exercises are available in the **Manual for Basketball Referees' Physical Training** (downloadable at www.fiba.com and iRef App). We have added reference to the page in the Manual after every workout or exercise.

This plan has been adjusted as much as it is possible to reality with 3 workouts a week. If you have any preseason game please adjust it to this calendar. Days can be switched; for example Monday for Tuesday or Wednesday for Thursday,....what it is important is the number of training sessions

In the strength workouts you can choose between elastic bands, general workout, suspension training or weight room. It is recommended to realize at least two strength workouts a week.

If you have a Polar Sport watch you will be able to upload your training sessions. Later during the season training sessions will be analyzed by FIBA Fitness Referee Coordinators. Anyway it is needed for all of you to have your account prepared.

This training plan **CAN BE REALIZED** with or without Polar watch

Uploading your training sessions; Creating your Polar Flow account and upload to the Flow web service.

To start using the Flow web service, go to flow.polar.com/start, and create your Polar account. Download and install FlowSync software from the same place to allow you to sync data between your Polar watch and Flow web service.

Also get the Flow app for your mobile for instant analysis and data sync to the web service. Flow app is the easiest way to sync your training data from your Polar watch with the Flow web service.

It is really important that you know how to use it and how to upload the information to your account because it will be the only way of communication.

Training with your Sport watch following your Training Plan.

In this Training Plan you will find the specific training sessions to be realized during these 5 weeks. Every session planned in your Training Plan **MUST** be recorded with you Polar watch and you have also to wear the heart rate band (not necessary in the new models). The Heart rate band needs to be paired before you use it the first time (please check in Polar User Manual how to do it).

The training sessions show you type of workout to realize, duration and also the intensity.

Eg.- Running 30' (60-65%).

If your Max HR is 200 that means that the intensity during the 30' has to be between 120-130 bpm.

How to obtain your MaxHR? You need to realize the FIBA Fitness Test trying to get to the maximum number of laps as possible (not just to 86, you can have 97, 102,...) and the Max HR achieved in this Training session will be your Max HR.

If for any reason, and **AFTER CHECKING** with FIBA Referees Fitness Coordinators, you have to realize a different workout (for example in the bike, cross trainer, water workout,..) please select the correct training mode in your watch. Remember that the GPS only works outside but the watch allows you to do these different activities.

Recording Games

During the Training period you may have some friendly or official games. We will use the games as the most specific workout, please try use the sport watch in ALL these games. If you have any further problem please contact us.

This information will help us in the training process and in the control of your training load.

The watch can be either in your ankles, socks, pants,... but make sure to start recording the game just 20 minutes before when you start the specific warm up on the court.

If you have the new H10 memory belt, you just need to wear the belt and it will synchronize after the game with your cell phone.

I hope this will help you in your preparation and ensuring that everybody will get in the best conditions to beginning of the season.

If you have any further questions, please do not hesitate to contact me as I will remain at your disposal.

Enjoy training,



Alejandro Vaquera

FIBA Referees Fitness Coordinator
(referees.fitness@fiba.com)

Calendar

September/October 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 5	4	5	6	7	8	9	10
WEEK 4	11	12	13	14	15	16	17
WEEK 3	18	19	20	21	22	23	24
WEEK 2	25	26	27	28	29	30	1
WEEK 1	2	3	4	5	6	7	8

TRAINING
GAMES (IN CASE YOU HAVE THEM)
Workouts
WEEK 5
Day 1
Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging (50% Max HR)	9
3 x 10' running medium speed (60% Max HR)	9
Recovery between sets: 2x45 sit ups	
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 8' jogging (50% Max HR)	9
Fartlek 24' (Slow-Fast): (60-80% Max HR) 4'+1'+1'+2'+1'+1'+2'+1'+3'+2'+6'	9
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
28' running (60% Max HR)	9
Speed (full recovery 1'-2') (80-90% Max HR) 4x40m / 4x20m / 4x10m	11

Cool down: 5´ jogging (50% Max HR)	9
Stretching drills	21-22

WEEK 4

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5´ jogging (50% Max HR)	9
Fitness Test (as a workout) (90% Max HR)	Run your MAXIMUM number of 20m laps.
Cool down: 5´ jogging (50% Max HR)	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 10´ jogging (50% Max HR)	9
Oregon Workout: (80-90% Max HR) <ul style="list-style-type: none"> • 1 repetition (30" work) • Sit ups, Push ups • Jumping Jacks, • Core (side abd), • Half squat, • Sit ups, • Knees-chest, • Push ups, 	13

<ul style="list-style-type: none"> • Lunges, • Lower back. 	
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
34' running (60% Max HR)	9
Speed (full recovery 1'-2') (90% Max HR) 3x50m / 3x30m / 3x20m / 3x10m	11
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

WEEK 3

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging (50% Max HR)	9
4 x 8' running medium speed (60% Max HR) Recovery between sets: 2x45 sit ups	9
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 8' jogging (50% Max HR)	9
Fartlek 24' (Slow-Fast): (60-80% Max HR) 4'+1'+1'+2'+1'+1'+2'+1'+2'+1'+6'	9
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
24' running (60% Max HR)	9
RSA Workout (80% Max HR) (Incomplete recovery. Walk back recovery) 4x30m/5x20m/6x10m/7x5m	12
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

WEEK 2

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging (50% Max HR)	9
4 x 8' running medium-hard speed (70% Max HR) Recovery between sets: 2x60 sit ups	9
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20

Warm up: 10' jogging (50% Max HR)	9
Oregon Workout: (80-90% Max HR)	13
<ul style="list-style-type: none"> • 2 repetitions (20" / 20" work) • Sit ups, Push ups • Jumping Jacks, • Core (side abd), • Half squat, • Sit ups, • Knees-chest, • Push ups, • Lunges, 	
Lower back.	
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging (50% Max HR)	9
3 x 9' running medium speed (70% Max HR)	9
Recovery between sets: 2x50 sit ups	
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

WEEK 1

Day 1

Pages in the Manual

Stretching drills	21-22
Strength workout	14-20
Warm up: 5' jogging (50% Max HR)	9
3 x 9' running medium speed (60% Max HR)	9
Recovery between sets: 2x45 sit ups	
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 2

Stretching drills	21-22
Strength workout	14-20
Warm up: 10' jogging (50% Max HR)	9
Fartlek 20' (Slow-Fast): (60-80% Max HR) 4'+1'+1'+1'+1'+1'+1'+1'+1'+1'+5'	9
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

Day 3

Stretching drills	21-22
Strength workout	14-20
18 running (60% Max HR)	9
Speed (full recovery 1'-2') (80% Max HR) 2x50m / 3x30m / 4x20m / 5x10m	11
Cool down: 5' jogging (50% Max HR)	9
Stretching drills	21-22

International Basketball Federation
 FIBA
 Route Suisse 5 - PO Box 29
 1295 Mies
 Switzerland

Tel: +41 22 541 00 00
 Fax: +41 22 545 00 99

STANDARD QUALITY

GLOBAL CONNECTION