



FIBA EUROPE REFEREES' HOME-BASED EXERCISE TRAINING PROGRAM

APRIL 2020



Forewords

The purpose of this **home-based exercise training program** is to help you with your preparation during the quarantine in order to reach and maintain your best performance on the court.

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 FIBA 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, understanding that, as long as you stay at home, you are able to take the time to perform some exercise on a daily basis.

The monthly plan is intended to maintain to some extent the fitness level you have already achieved. It includes 5 workouts/week, but remember you can train more days per week, if you feel recovered enough. We provided you a weekly schedule for the training sessions (5/week), but of course, you should do the sessions that fit your private life schedule the best. It means that they have not to be on Monday and Thursday as we put in the schedule, but any other day that fits in your weekly schedule.

Please upload your training sessions as soon as you have the chance (maximum every week) and these training sessions will be analyzed by the FIBA Europe Fitness Coordinators. Please follow the instructions below to create your Polar Flow account.

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

In order to follow the program you **MUST** upload the Training sessions every week (latest **every Saturday**) to the Flow web service.

The training sessions to upload are **AT LEAST** the training sessions designed in this training plan.

If you want to train more, it is ok but in order to analyze your sessions in the best way as possible we need to have the designed ones.

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.

Once you create your account please send an email to the FIBA Europe Fitness Coordinators (europefitnesscoordinatorharis@gmail.com or europefitnesscoordinator david@gmail.com) either to Haris or David depends on which group you are. In the next days you will receive an invitation from the Polar Coaching Online solution by the Europe Fitness Coordinators to join the group. You need to accept the invitation into your Polar Flow account to be part of the group (click on the up-right side message button and you will find there the invitation to confirm).

Once you join the training group, Europe Fitness Coordinators will be able to analyze all your sessions, interact with you with some comments, ...

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 performed during these 8 weeks.

Every session planned in your Training Plan **MUST** be recorded with your 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 perform, 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 HR_{max}? You need to perform 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 HR_{max} achieved in this Training session will be your HR_{max}.

If for any reason, and **AFTER CHECKING** with FIBA Europe Fitness Coordinators, you have to perform 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.

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

Enjoy training,

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Calendar

APRIL 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	30 DAY 1	31 DAY 2	1 REST	2 DAY 3	3 DAY 4	4 REST	5 DAY 5
WEEK 2	6 DAY 1	7 DAY 2	8 REST	9 DAY 3	10 DAY 4	11 REST	12 DAY 5
WEEK 3	13 DAY 1	14 DAY 2	15 REST	16 DAY 3	17 DAY 4	18 REST	19 DAY 5
WEEK 4	20 DAY 1	21 DAY 2	22 REST	23 DAY 3	24 DAY 4	25 REST	26 DAY 5
WEEK 5	27 DAY 1	28 DAY 2	29 REST	30 DAY 3	1 DAY 4	2 REST	3 DAY 5

TRAINING

WEEK 1

Day 1 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 12s)	38-40
General Strength Workout (Exercises: 7; Set: 2; reps: 9, intensity/load: 75-80%; Total: 126 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 2 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
HIIT – cardio session^d (Choose one type of activity: treadmill/stationary bike/bodyweight exercise: burpees or mountain climbers or jumping jacks or squats; Intensity: 90- 100% HR _{max} , Sets: 10)	15-24
Circuit training^c (6 exercises x 2 rounds + 2' passive recovery + 6 exercises x 2 rounds) (see the explanation below)	15-24
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 3 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 12s)	38-40
General Strength Workout (Exercises: 9; Set: 2; reps: 7, intensity/load: 75-80%; Total: 126 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 4 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Calisthenics: 10 sets of 4 exercises: 12 burpees + 12 squats + 10 situps + 20 jumping jacks (no rest between sets or exercises, except you really need it)	
Set 1: 12 burpees, then 12 squats, then 10 situps, then 20 jumping jacks	
Set 2: 12 burpees, then 12 squats, then 10 situps, then 20 jumping jacks	
Etc.	
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 5 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 12s)	38-40

General Strength Workout (Exercises: 8; Set: 2; reps: 8, intensity/load: 75-80%; Total: 128 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28

WEEK 2

Day 1 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 13s)	38-40
General Strength Workout (Exercises: 6; Set: 2; reps: 11, intensity/load: 75-80%; Total: 132 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 2 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
HIIT – cardio session^d (Choose one type of activity: treadmill/stationary bike/bodyweight exercise: burpees or mountain climbers or jumping jacks or squats; Intensity: 90- 100% HR _{max} , Sets: 10)	15-24
Circuit training^e (4 exercises x 3 rounds + 2' passive recovery + 4 exercises x 3 rounds) (see the explanation below)	15-24
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 3 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 13s)	38-40
General Strength Workout (Exercises: 7; Set: 2; reps: 10, intensity/load: 75-80%; Total: 140 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 4 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Oregon workout (skips/high knees/stationary running instead of real sprints)	13
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 5 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 14s)	38-40
General Strength Workout (Exercises: 10; Set: 2; reps: 7, intensity/load: 75-80%; Total: 140 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28

WEEK 3

Day 1 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 3; Surface: stable; Sets 3; Reps/Duration: 15s)	38-40
General Strength Workout (Exercises: 6; Set: 2; reps: 12, intensity/load: 75-80%; Total: 144 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 2 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
HIIT – cardio session^d (Choose one type of activity: treadmill/stationary bike/bodyweight exercise: burpees or mountain climbers or jumping jacks or squats; Intensity: 90- 100% HR _{max} , Sets: 10)	15-24
Circuit training^c (3 exercises x 4 rounds + 2' passive recovery + 3 exercises x 4 rounds) (see the explanation below)	15-24
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 3 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable; Sets 3; Reps/Duration: 12s)	38-40
General Strength Workout (Exercises: 6; Set: 3; reps: 8, intensity/load: 75-80%; Total: 144 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 4 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Calisthenics: 10 sets of 3 exercises: 14 burpees + 14 lunges + 14 mountain climbers (no rest between sets or exercises, except you really need it)	
Set 1: 14 burpees, then 14 lunges, then 14 mountain climbers	
Set 2: 14 burpees, then 14 lunges, then 14 mountain climbers	
Etc.	
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 5 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable; Sets 3; Reps/Duration: 13s)	38-40
General Strength Workout (Exercises: 8; Set: 2; reps: 9, intensity/load:	14-16

75-80%; Total: 144 reps)

Cool down: 10-15' Foam rolling and/or Stretching drills

WEEK 4

Day 1 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable; Sets 3; Reps/Duration: 14s)	38-40
General Strength Workout (Exercises: 9; Set: 2; reps: 8, intensity/load: 75-80%; Total: 144 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 2 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
HIIT – cardio session^d (Choose one type of activity: treadmill/stationary bike/bodyweight exercise: burpees or mountain climbers or jumping jacks or squats; Intensity: 90- 100% HR _{max} , Sets: 10)	15-24
Circuit training^c (5 exercises x 3 rounds + 2' passive recovery + 4 exercises x 3 rounds) (see the explanation below)	15-24
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 3 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable; Sets 3; Reps/Duration: 15s)	38-40
General Strength Workout (Exercises: 7; Set: 3; reps: 7, intensity/load: 75-80%; Total: 147 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 4 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Oregon workout (skips/high knees/stationary running instead of real sprints)	13
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 5 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable and unstable; Sets 3; Reps/Duration: 12s)	38-40
General Strength Workout (Exercises: 7; Set: 2; reps: 11, intensity/load: 75-80%; Total: 154 reps)	14-16

Cool down: 10-15' Foam rolling and/or Stretching drills

9, 28

WEEK 5

Day 1 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable and unstable; Sets 3; Reps/Duration: 13s)	38-40
General Strength Workout (Exercises: 8; Set: 2; reps: 10, intensity/load: 75-80%; Total: 160 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 2 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
HIIT – cardio session^d (Choose one type of activity: treadmill/stationary bike/bodyweight exercise: burpees or mountain climbers or jumping jacks or squats; Intensity: 90- 100% HR _{max} , Sets: 10)	15-24
Circuit training^c (5 exercises x 3 rounds + 2' passive recovery + 3 exercises x 4 rounds) (see the explanation below)	15-24
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 3 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable and unstable; Sets 3; Reps/Duration: 14s)	38-40
General Strength Workout (Exercises: 10; Set: 2; reps: 8, intensity/load: 75-80%; Total: 160 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 4 (45-60')	Pages in the Manual
Warm up: Dynamic stretching (3-5')	9
Calisthenics: 10 sets of 5 exercises: 10 burpees + 10 lunges + 10 mountain climbers + 10 jumping jacks + 10 squats (no rest between sets or exercises, except you really need it)	
Set 1: 10 burpees, then 10 lunges, then 10 mountain climbers, then 10 jumping jacks, then 10 squats	
Set 2: 10 burpees, then 10 lunges, then 10 mountain climbers, then 10 jumping jacks, then 10 squats	
Etc.	
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28
Day 5 (45-60')	Pages in the Manual

Warm up: Dynamic stretching (3-5')	9
Balance and proprioception: 10-12' (Exercises: 4; Surface: stable and unstable; Sets 3; Reps/Duration: 15s)	38-40
General Strength Workout (Exercises: 9; Set: 2; reps; 9, intensity/load: 75-80%, Total: 162 reps)	14-16
Cool down: 10-15' Foam rolling and/or Stretching drills	9, 28

Additional explanations:

^a Stretching for warm-up should be based on dynamic drills, active stretching, whereas those for cool down should be focused on static exercises.

^b Strength drills for warm-up should be performed with focus on technique rather than on intensity. It is recommended doing every movement with proper body control and controlled pace. Once you are sure you are familiar with every drill, then you can adjust intensity in order to increase your HR, so it can meet the demands of the rest of the workout.

^c Circuit training (is a form of body conditioning training using resistance-based exercises). One circuit is consisted of 6-10 strength exercises done consecutively without a rest period between them. The exercises are done 30-45 seconds each. There are usually 2-4 circuits with 2-3 minutes rest between them in one circuit training session. *Exercise selection:* you can choose any of the described exercises in the manual (Body weight / Free weights / Suspension training / Elastic band workout). *Exercise order:* combine upper / lower / core body exercises (do not do exercises that activate the same muscle group(s) in a row (e.g. squats and the next one lunges). Also, try to combine and make the exercise pairing of the push and pull exercises (e.g. pull-ups and military press; bench press and rowing exercise). *Intensity:* find a load that you can repetitively lift for 30-45 seconds.

^d HIIT – cardio session (Activity: treadmill/stationary bike/bodyweight exercise: burpees/mountain climbers/jumping jacks/squats; Intensity: 90-100% HR_{max}, Sets: 10)

Work: Rest ratio depending on your fitness level and complete consecutively as many sets as possible during 20 min. Work: Rest ratios are as following:

low fitness (1:4 → 30":120", 8 sets max),

fair fitness (1:3 → 30":90", 10 sets max),

good fitness (1:2 → 30":60", 13 sets max),

excellent fitness (1:1 → 30":30", 20 sets max).

Work: Rest intensities → 90%:60% HR_{max}.

STANDARD QUALITY

GLOBAL CONNECTION

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