

Date	Weekday	The first training session	Training plan	The second training session	Training plan
2016 JANUARY 1	Friday	9:45 - 12:15	1. warm up, stretching, drills		
January 2	Saturday	9:45 - 12:15	1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Triple jump with 10-12 steps approach - 6-8 times 4. Acceleration run 4x50 approach stile 5. jogging, stretching		
January 3	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
January 4	Monday	9:45 - 12:15	1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 10-th - 3 times 3. Accelerations run - 5x50 4. Shot put 2 position x 8 times 5. jogging, stretching		
January 5	Tuesday	9:45 - 12:15	1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Triple jump with 10-12 steps approach - 6-8 times 4. Acceleration run 4x50 approach stile 5. jogging, stretching		
January 6	Wednesday	9:45 - 12:15	1. warm up, stretching, drill 2. Jerk 5 set - 5-4-3-2-1 times 3. Clean 5 set - 5-4-3-2-1 times 4. Half squats 6 set x 5 times 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration run 4 x 60 10. jogging, stretching		
January 7	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
January 8	Friday	9:45 - 12:15	1. warm up, stretching, drills 2. Standing jumps - 8 times 3. Sprint 2x20; 2x40; 2x60; 2x30 4. Deep jumps - 5 set x 10 times each leg 5. Shot put trowing - 2 position: 10+10 times 6. jogging, stretching		
January 9	Saturday	9:45 - 12:15	1. warm up, stretching, drills 2. Triple jump with 10-12 steps approach - 6-8 times 3. Acceleration run 5x80 (85%) 4. jogging, stretching		
January 10	Sunday	9:45 - 12:15	sauna, jacuzzi, massage, physio therapy, games	16:00 - 18:30	
January 11	Monday	9:45 - 12:15	1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 10-fold - 3 times 3. Accelerations run - 5x50 4. Shot put 2 position x 8 times 5. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drill 2. Hurdles run (80%) - 5h - 6 times 3. Deep jumps 3 x 10 each leg 4. Exersice with elastic 5. jogging, stretching

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January 12	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. Hurdles walking - 5x10</li> <li>3. Triple jump with 10-12 steps approach - 6-8 times</li> <li>4. Acceleration run 4x50 approach stile</li> <li>5. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> </ol>
January 13	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Jerk 5 set - 5-4-3-2-1 times</li> <li>3. Clean 5 set - 5-4-3-2-1 times</li> <li>4. Half squats 6 set x 5 times</li> <li>5. Stand up the box - 4 x 10 each leg</li> <li>6. Squat jump 5x5</li> <li>7. Calf exercises - 3x10 each leg</li> <li>8. Crunches 3x10</li> <li>9. Acceleration run 4 x 60</li> <li>10. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Run (80%) - 3 x 120m</li> <li>3. Hurdles jump - 10 x 5h</li> <li>4. Exersice with elastic</li> <li>5. jogging, stretching</li> </ol>
January 14	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games	16:00 - 18:30	
January 15	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. Standing jumps - 8 times</li> <li>3. Sprint 2x20; 2x40; 2x60; 2x30</li> <li>4. Deep jumps - 5 set x 10 times each leg</li> <li>5. Shot put trowing - 2 position: 10+10 times</li> <li>6. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Run (80%) - 3 x 120m</li> <li>3. Deep jumps 3 x 10 each leg</li> <li>4. Exersice with elastic</li> <li>5. jogging, stretching</li> </ol>
January 16	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. Triple jump with 10-12 steps approach - 6-8 times (OR COMPETITION)</li> <li>3. Acceleration run 5x80 (85%)</li> <li>4. jogging, stretching</li> </ol>	16:00 - 18:30	
January 17	Sunday	9:45 - 12:15	sauna, jacuzzi, massage, physio therapy, games	16:00 - 18:30	
January 18	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Standing jumps: single - 5 times, triple - 5 times, 10-fold - 3 times</li> <li>3. Accelerations run - 5x50</li> <li>4. Shot put 2 position x 8 times</li> <li>5. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Hurdles run (80%) - 5h - 6 times</li> <li>3. Deep jumps 3 x 10 each leg</li> <li>4. Exersice with elastic</li> <li>5. jogging, stretching</li> </ol>
January 19	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. Hurdles walking - 5x10</li> <li>3. Triple jump with 10-12 steps approach - 6-8 times</li> <li>4. Acceleration run 4x50 approach stile</li> <li>5. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> </ol>
January 20	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Jerk 5 set - 5-4-3-2-1 times</li> <li>3. Clean 5 set - 5-4-3-2-1 times</li> <li>4. Half squats 6 set x 5 times</li> <li>5. Stand up the box - 4 x 10 each leg</li> <li>6. Squat jump 5x5</li> <li>7. Calf exercises - 3x10 each leg</li> <li>8. Crunches 3x10</li> <li>9. Acceleration run 4 x 60</li> <li>10. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Run (80%) - 3 x 120m</li> <li>3. Hurdles jump - 10 x 5h</li> <li>4. Exersice with elastic</li> <li>5. jogging, stretching</li> </ol>

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January 21	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games	16:00 - 18:30	
January 22	Friday	9:45 - 12:15	1. warm up, stretching, drills 2. Standing jumps - 8 times 3. Sprint 2x20; 2x40; 2x60; 2x30 4. Deep jumps - 5 set x 10 times each leg 5. Shot put trowing - 2 position: 10+10 times 6. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drill 2. Run (80%) - 3 x 120m 3. Deep jumps 3 x 10 each leg 4. Exersice with elastic 5. jogging, stretching
January 23	Saturday	9:45 - 12:15	1. warm up, stretching, drills 2. Triple jump with 10-12 steps approach - 6-8 times (OR COMPETITION) 3. Acceleration run 5x80 (85%) 4. jogging, stretching	16:00 - 18:30	
January 24	Sunday	9:45 - 12:15	sauna, jacuzzi, massage, physio therapy, games	16:00 - 18:30	
January 25	Monday	9:45 - 12:15	1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 10-fold - 3 times 3. Accelerations run - 5x50 4. Shot put 2 position x 8 times 5. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drill 2. Hurdles run (80%) - 5h - 6 times 3. Deep jumps 3 x 10 each leg 4. Exersice with elastic 5. jogging, stretching
January 26	Tuesday	9:45 - 12:15	1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Triple jump with 10-12 steps approach - 6-8 times 4. Acceleration run 4x50 approach stile 5. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drill
January 27	Wednesday	9:45 - 12:15	1. warm up, stretching, drill 2. Jerk 5 set - 5-4-3-2-1 times 3. Clean 5 set - 5-4-3-2-1 times 4. Half squats 6 set x 5 times 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration run 4 x 60 10. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drill 2. Run (80%) - 3 x 120m 3. Hurdles jump - 10 x 5h 4. Exersice with elastic 5. jogging, stretching
January 28	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games	16:00 - 18:30	
January 29	Friday	9:45 - 12:15	1. warm up, stretching, drills 2. Standing jumps - 8 times 3. Sprint 2x20; 2x40; 2x60; 2x30 4. Deep jumps - 5 set x 10 times each leg 5. Shot put trowing - 2 position: 10+10 times 6. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drill 2. Run (80%) - 3 x 120m 3. Deep jumps 3 x 10 each leg 4. Exersice with elastic 5. jogging, stretching
January 30	Saturday	9:45 - 12:15	1. warm up, stretching, drills 2. Triple jump with 10-12 steps approach - 6-8 times (OR COMPETITION) 3. Acceleration run 5x80 (85%) 4. jogging, stretching	16:00 - 18:30	
January 31	Sunday	9:45 - 12:15	sauna, jacuzzi, massage, physio therapy, games	16:00 - 18:30	