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	 warm up, stretching, drills Hurdles walking - 5x10 Triple jump with 10-12 steps approach - 6-8 times Acceleration run 4x50 approach stile jogging, stretching 		
January 3	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
January 4	Monday	9:45 - 12:15	 warm up, stretching, drill Standing jumps: single - 5 times, triple - 5 times, 10-th - 3 times Accelerations run - 5x50 Shot put 2 position x 8 times jogging, stretching 		
January 5	Tuesday	9:45 - 12:15	 warm up, stretching, drills Hurdles walking - 5x10 Triple jump with 10-12 steps approach - 6-8 times Acceleration run 4x50 approach stile 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	 warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 5 set x 10 times each leg Shot put trowing - 2 position: 10+10 times 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 January 11	Sunday		sauna, jacuzzi, massage, physio therapy, games 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		 warm up, stretching, drill Hurdles run (80%) - 5h - 6 times Deep jumps 3 x 10 each leg Exersice with elastic jogging, stretching

Date	Weekday	The first training session	Training plan	The second training session	Training plan
January 12	Tuesday	0.45 12.15	 warm up, stretching, drills Hurdles walking - 5x10 Triple jump with 10-12 steps approach - 6-8 times Acceleration run 4x50 approach stile 	16:00 19:20	1. warm up, stretching, drill
January 12	Tuesday	9:45 - 12:15	5. jogging, stretching 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	16:00 - 18:30	 warm up, stretching, drill Run (80%) - 3 x 120m Hurdles jump - 10 x 5h Exersice with elastic jogging, stretching
January 13	Wednesday	9:45 - 12:15	8. Crunches 3x10 9. Acceleration run 4 x 60 10. jogging, stretching	16:00 - 18:30	
January 14	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games	16:00 - 18:30	
, -			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		 warm up, stretching, drill Run (80%) - 3 x 120m Deep jumps 3 x 10 each leg Exersice with elastic jogging, stretching
January 15	Friday	9:45 - 12:15	6. jogging, stretching	16:00 - 18:30	
January 16	Saturday	9:45 - 12:15	 warm up, stretching, drills Triple jump with 10-12 steps approach - 6-8 times (OR COMPETITION) Acceleration run 5x80 (85%) jogging, stretching 	16:00 - 18:30	
January 10	Saturday	J.4J - 12.1J	sauna, jacuzzi, massage, physio therapy,	10.00 - 10.50	
January 17	Sunday	9:45 - 12:15	games	16:00 - 18:30	
January 18	Monday	9:45 - 12:15	 warm up, stretching, drill Standing jumps: single - 5 times, triple - 5 times, 10-fold - 3 times Accelerations run - 5x50 Shot put 2 position x 8 times jogging, stretching 	16:00 - 18:30	 warm up, stretching, drill Hurdles run (80%) - 5h - 6 times Deep jumps 3 x 10 each leg Exersice with elastic jogging, stretching
			 warm up, stretching, drills Hurdles walking - 5x10 Triple jump with 10-12 steps approach - 6-8 times Acceleration run 4x50 approach stile 		1. warm up, stretching, drill
January 19	Tuesday	9:45 - 12:15	5. jogging, stretching 1. warm up, stretching, drill	16:00 - 18:30	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		 2. Run (80%) - 3 x 120m 3. Hurdles jump - 10 x 5h 4. Exersice with elastic 5. jogging, stretching
January 20	Wednesday	9:45 - 12:15	10. jogging, stretching	16:00 - 18:30	

Date	Weekday	The first training session	Training plan	The second training session	Training plan
1	Th	0.45 42.45	sauna, jacuzzi, swimming in the pool,	16:00 10:20	
January 21	Thursday	9:45 - 12:15	massage, physio therapy, games	16:00 - 18:30	
			 warm up, stretching, drills Standing jumps - 8 times 		1. warm up, stretching, drill
			3. Sprint 2x20; 2x40; 2x60; 2x30		2. Run (80%) - 3 x 120m 3. Deep jumps 3 x 10 each leg
			4. Deep jumps - 5 set x 10 times each leg		4. Exersice with elastic
			5. Shot put trowing - 2 position: 10+10		5. jogging, stretching
			times		J. Jogging, stretching
January 22	Friday	9:45 - 12:15	6. jogging, stretching	16:00 - 18:30	
	, , , ,		1. warm up, stretching, drills		
			2. Triple jump with 10-12 steps		
			approach - 6-8 times (OR		
			COMPETITION)		
			3. Acceleration run 5x80 (85%)		
January 23	Saturday	9:45 - 12:15	4. jogging, stretching	16:00 - 18:30	
			sauna, jacuzzi, massage, physio therapy,		
January 24	Sunday	9:45 - 12:15	games	16:00 - 18:30	
			1. warm up, stretching, drill		1. warm up, stretching, drill
			2. Standing jumps: single - 5 times,		2. Hurdles run (80%) - 5h - 6 times
			triple - 5 times, 10-fold - 3 times		3. Deep jumps 3 x 10 each leg
			3. Accelerations run - 5x50		4. Exersice with elastic
. 25		0.45 42.45	4. Shot put 2 position x 8 times	16.00 10.00	5. jogging, stretching
January 25	Monday	9:45 - 12:15	5. jogging, stretching	16:00 - 18:30	
			 warm up, stretching, drills Hurdles walking - 5x10 		1. warm up, stretching, drill
			3. Triple jump with 10-12 steps		
			approach - 6-8 times		
			4. Acceleration run 4x50 approach stile		
January 26	Tuesday	9:45 - 12:15	5. jogging, stretching	16:00 - 18:30	
January 20	racsaay	3.13 12.13	1. warm up, stretching, drill	10.00 10.00	1. warm up, stretching, drill
			2. Jerk 5 set - 5-4-3-2-1 times		2. Run (80%) - 3 x 120m
			3. Clean 5 set - 5-4-3-2-1 times		3. Hurdles jump - 10 x 5h
			4. Half squats 6 set x 5 times		4. Exersice with elastic
			5. Stand up the box - 4 x 10 each leg		5. jogging, stretching
			6. Squat jump 5x5		
			7. Calf exercises - 3x10 each leg		
			8. Crunches 3x10		
			9. Acceleration run 4 x 60		
January 27	Wednesday	9:45 - 12:15	10. jogging, stretching	16:00 - 18:30	
			sauna, jacuzzi, swimming in the pool,		
January 28	Thursday	9:45 - 12:15	massage, physio therapy, games	16:00 - 18:30	
			1. warm up, stretching, drills		1. warm up, stretching, drill
			2. Standing jumps - 8 times		2. Run (80%) - 3 x 120m
			3. Sprint 2x20; 2x40; 2x60; 2x30		3. Deep jumps 3 x 10 each leg
			4. Deep jumps - 5 set x 10 times each leg 5. Shot put trowing - 2 position: 10+10		4. Exersice with elastic
			times		5. jogging, stretching
January 29	Friday	9:45 - 12:15	6. jogging, stretching	16:00 - 18:30	
, 25	,		1. warm up, stretching, drills	1.10 10.00	
			2. Triple jump with 10-12 steps		
			approach - 6-8 times (OR		
			COMPETITION)		
			3. Acceleration run 5x80 (85%)		
January 30	Saturday	9:45 - 12:15	4. jogging, stretching	16:00 - 18:30	
			sauna, jacuzzi, massage, physio therapy,		
January 31	Sunday	9:45 - 12:15	games	16:00 - 18:30	