

### Mesocycle #3 (Microcycles №14) 28.12.2015 to 03.01.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Jogging, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Handlers walking drills X 3-4 times</p> <p>3. Jogging, core drills, stretching.</p>	<p>1. Warm up for strength training</p> <p><b>2. Strength training (low intensity):</b></p> <ul style="list-style-type: none"> <li>- 2 disks drills power warm up X 3 sets</li> <li>- Snatch X 2 sets X 80 %</li> <li>- Bench press X 3 sets X 60-80%</li> <li>- Half- squat jumps with body weight X 5t X 2 sets</li> <li>- Hamstring drills X 2 sets</li> <li>- Calf rises X 2 sets</li> </ul> <p><b>3. Core stabilization drills X 2 sets.</b></p> <p><b>4. Jogging, stretching.</b></p> <p><b>Sauna, massage.</b></p>	<p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Yoga stretching. Relaxations drills.</b></p>	<p>1. Warm up, stretching drills, running drills.</p> <ul style="list-style-type: none"> <li>- standing X 3-4times</li> </ul> <p><b>2. Long jumps session from 12 steps run up:</b></p> <ul style="list-style-type: none"> <li>- 4-5 jumps</li> </ul> <p><b>3. Run up with enter (time check):</b></p> <ul style="list-style-type: none"> <li>-3 times</li> </ul> <p><b>4. Shot put throwing:</b></p> <ul style="list-style-type: none"> <li>- 5-6 times front + backwards</li> </ul> <p><b>5. Jogging, stretching</b></p>	<p>1. Warm up for strength training</p> <p><b>2. Strength training(low intensity):</b></p> <ul style="list-style-type: none"> <li>- Half- squat jumps with body weight X 5times X 3 sets</li> <li>- hamstring drills with weight 5kg X 3 sets</li> <li>- Calf rises X 3 sets</li> </ul> <p><b>3. Hurdlers jumps:</b></p> <p>4 hurdler X 5 times pyramid.</p> <p><b>4. Core stabilization drills X 3 sets.</b></p> <p><b>5. Jogging, stretching.</b></p> <p><b>Sauna, massage</b></p>	<p><b>Rest</b></p>

## Mesocycle #3 (Microcycles №15) 04.01.2015 to 10.01.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Technical imitations (3-4 drills)</p> <p>3. <b>Strength training:</b> - 2 disks drills power warm up X 2 sets - Clean up X 3 sets X 80 - 95 %</p> <p>4. Bench press X 3-4 sets X 85-95% - Step up 80-90% X 3 sets 5+5 rep - Hamstring drills X 3 sets (kizak 5 kg)</p> <p>4. <b>Horizontal jumps</b> - <b>From box 30 cm to tartan, to to box 30 cm to tartan, to the send (90-95%) X 3-4 times</b></p> <p>5. Acceleration run (Spikes): 40 m X 3 times (approach rhythm)</p> <p>6. Jogging, stretching</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. <b>Long jump training:</b> - 12 steps run up X 4 - 5 times</p> <p>4. Approach run (checking time) - 3-4 times (full speed)</p> <p>5. Feet blissing (prophylactics) X 3 sets</p> <p>6. Jogging, static planks X 3 sets, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. <b>Strength training:</b> - 2 disks drills power warm up X 3 sets - Snatch X 4 sets X 90 %</p> <p>3. Bench press X 4 sets X 85-95% - Half squat X 90-95% X 3 -4 rep X 3 sets - Hamstring drills X 3 sets</p> <p>3. <b>Hurdlers jumps:</b> 5 hurdlers X 5 times X2 sets</p> <p>4. Run 100 m X 2 times 95 %</p> <p>5. Jogging, stretching.</p> <p><b>Sauna, massage.</b></p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. Static &amp; core stabilization drills complex (about 6 drills including planks)</p> <p>4. Jogging, <b>Yoga stretching</b></p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. <b>Long jump training:</b> - 12 steps run up X 4 - 5 times</p> <p>4. Approach run (checking time) - 3-4 times (full speed)</p> <p>5. Feet blissing (prophylactics) X 3 sets</p> <p>6. Jogging, static planks X 3 sets, stretching.</p>	<p>1. Warm up for strength training</p> <p>2. <b>Circuit training for all muscles groups (6 drills with 2 sets)</b></p> <p>3. Horizontal jumps from 6 steps run up: - 5-th jump X 3 times - 5-th hops X 2 times each leg</p> <p>4. 100 m X 2 times 90-95%</p> <p>5. Jogging, stretching.</p> <p><b>Sauna, massage.</b></p>	Rest

## Mesocycle #4 (Microcycle №16) 11.01.2016 to 17.01.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Technical imitations (3-4 drills)</p> <p><b>3. Strength training:</b></p> <ul style="list-style-type: none"> <li>- 2 disks drills power warm up X 2 sets</li> <li>- Clean up X 3 sets X 80 - 95 %</li> <li>- Bench press X 3 sets X 85-95%</li> <li>- Explosive quarter squat one and two legs 80-90% X 3 sets 5+5+5rep</li> <li>- Hamstring drills X 2 sets (weight 5 kg)</li> </ul> <p><b>4. Horizontal jumps</b></p> <ul style="list-style-type: none"> <li>- 6 steps approach 3 jumps CONGOURU X 3-4 times</li> </ul> <p><b>5. Acceleration run (Spikes):</b> 40 m X 3 times (approach rhythm)</p> <p><b>6. Jogging, stretching.</b></p>	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p><b>3. Long jump training:</b></p> <ul style="list-style-type: none"> <li>- 12 steps run up X 3 - 4 times</li> </ul> <p><b>4. Full run up by time:</b></p> <ul style="list-style-type: none"> <li>- 3- times 100% with good rhythm.</li> </ul> <p><b>5. Shot put throwing :</b></p> <ul style="list-style-type: none"> <li>- 5+5 times front and backwards.</li> </ul> <p><b>6. Jogging, static planks X 3 sets, stretching.</b></p>	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Run 80m X 1-2 times (90 – 95 %)</b></p> <p>3. Jogging, static planks X 1-2 set, stretching</p>	<p><b>Rest</b></p>	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Approach run - 1-2 times 90%</b></p> <p><b>3. Power tonization:</b></p> <ul style="list-style-type: none"> <li>- explosive quarter squat X 5-6 times X 2 sets</li> <li>- jerk from chest 30% X 10 times X 2 sets</li> <li>- hamstring tonization X 2 sets</li> <li>- feet tonization (easy jumps) X 2 sets</li> </ul> <p><b>4. Jogging, stretching</b></p>	<p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Warm up for competition</b></p> <ul style="list-style-type: none"> <li>- run up – 1-2 times</li> <li>- long jump from free approach (to feel take off) - 2 times</li> </ul> <p><b>3. COMPETITIONS</b></p>	<p><b>Rest</b></p>

## Mesocycle #4 (Microcycle №17) 18.01.2016 to 24.01.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Technical imitations (3-4 drills)</p> <p><b>3. Strength training:</b></p> <ul style="list-style-type: none"> <li>- 2 disks drills power warm up X 2 sets</li> <li>- Clean up X 3 sets X 80 - 95 %</li> <li>- Bench press X 3 sets X 85-95%</li> <li>- Explosive quarter squat one and two legs 80-90% X 3 sets 5+5+5rep</li> <li>- Hamstring drills X 2 sets (weight 5 kg)</li> </ul> <p><b>4. Horizontal jumps</b></p> <ul style="list-style-type: none"> <li>- 6 steps approach 3 jumps CONGOURU X 3-4 times</li> </ul> <p><b>5. Acceleration run (Spikes):</b> 40 m X 3 times (approach rhythm)</p> <p><b>6. Jogging, stretching.</b></p>	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p><b>3. Long jump training:</b></p> <ul style="list-style-type: none"> <li>- 12 steps run up X 2 - 3 times</li> </ul> <p><b>4. Full run up by time:</b></p> <ul style="list-style-type: none"> <li>- 3- times 100% with good rhythm.</li> </ul> <p><b>5. Shot put throwing :</b></p> <ul style="list-style-type: none"> <li>- 5+5 times front and backwards.</li> </ul> <p><b>6. Jogging, static planks X 3 sets, stretching.</b></p>	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Run 80m X 1 - 2 times (90 – 95 %)</b></p> <p><b>3. Jogging, static planks X 1-2 set, stretching</b></p>	<p><b>Rest</b></p>	<p><b>Morning session</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Approach run - 1-2 times 90%</b></p> <p><b>3. Power tonization:</b></p> <ul style="list-style-type: none"> <li>- explosive quarter squat X 5-6 times X 2 sets</li> <li>- jerk from chest 30% X 10 times X 2 sets</li> <li>- hamstring tonization X 2 sets</li> <li>- feet tonization (easy jumps) X 2 sets</li> </ul> <p><b>4. Jogging, stretching</b></p>	<p>1. Warm up, stretching drills, running drills.</p> <p><b>2. Warm up for competition</b></p> <ul style="list-style-type: none"> <li>- run up – 1-2 times</li> <li>- long jump from free approach (to feel take off) - 2 times</li> </ul> <p><b>3. COMPETITIONS</b></p>	<p><b>Rest</b></p>

## Mesocycle #4 (Microcycle №18) 25.01.2016 to 31.01.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p><b>1.</b> Warm up, stretching drills, running drills.</p> <p><b>2.</b> Technical imitations (3-4 drills)</p> <p><b>3. Strength training:</b> - 2 disks drills power warm up X 2 sets - Clean up X 3 sets X 80 - 95 % - Bench press X 3-4 sets X 85-95% - Step up 80-90% X 3 sets 5+5 rep - Hamstring drills X 3 sets (weight 5 kg)</p> <p><b>4. Horizontal jumps</b> - <b>From box 30 cm to tartan, to box 30 cm to tartan, to the send (90-95%)</b> X 3-4 times</p> <p><b>5.</b> Acceleration run (Spikes): 40 m X 3 times (approach rhythm)</p> <p><b>6.</b> Jogging, stretching</p>	<p><b>1.</b> Warm up, stretching drills, running drills.</p> <p><b>2.</b> Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p><b>3. Long jump training:</b> - 12 steps run up X 2 - 3 times</p> <p><b>4.</b> Approach run (checking time) - 3 times (full speed)</p> <p><b>5.</b> Feet blissing (prophylactics) X 3 sets</p> <p><b>6.</b> Jogging, static planks X 3 sets, stretching.</p>	<p><b>1.</b> Warm up, stretching drills, running drills.</p> <p><b>2. Strength training:</b> - 2 disks drills power warm up X 3 sets - Snatch X 4 sets X 90 % - Bench press X 4 sets X 85-95% - Half squat X 90-95% X 3 -4 rep X 3 sets - Hamstring drills X 3 sets</p> <p><b>3. Hurdlers jumps:</b> 5 hurdlers X 5 times X2 sets</p> <p><b>4.</b> Run 80 m X 3 times 95 %</p> <p><b>5.</b> Jogging, stretching.</p> <p><b>Sauna, massage.</b></p>	<p><b>1.</b> Warm up, stretching drills, running drills.</p> <p><b>2.</b> Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p><b>3.</b> Static &amp; core stabilization drills complex (about 6 drills including planks)</p> <p><b>4.</b> Jogging, <b>Yoga stretching</b></p>	<p><b>1.</b> Warm up, stretching drills, running drills.</p> <p><b>2.</b> Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p><b>3. Long jump training:</b> - 12 steps run up X 4 - 5 times</p> <p><b>4.</b> Approach run (checking time) - 3-4 times (full speed)</p> <p><b>5.</b> Feet blissing (prophylactics) X 3 sets</p> <p><b>6.</b> Jogging, static planks X 3 sets, stretching.</p>	<p><b>1.</b> Warm up for strength training</p> <p><b>2. Circuit training for all muscles groups (6 drills with 2 sets)</b></p> <p><b>3.</b> Horizontal jumps from 6 steps run up: - 5-th jump X 3 times - 5-th hops X 2 times each leg</p> <p><b>4.</b> 80 m X 3 times 90-95%</p> <p><b>5.</b> Jogging, stretching.</p> <p><b>Sauna, massage.</b></p>	Rest