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	1. Warm up, stretching drills, running drills. 2. Jogging, stretching.	1. Warm up, stretching drills, running drills. 2. Handlers walking drills X 3-4 times 3. Jogging, core drills, stretching.	1. Warm up for strength training 2. Strength training (low intensity): - 2 disks drills power warm up X 3 sets - Snatch X 2 sets X 80 % - Bench press X 3 sets X 60-80% - Half- squat jumps with body weight X 5t X 2 sets - Hamstring drills X 2 sets - Calf rises X 2 sets 3. Core stabilization drills X 2 sets 4. Jogging, stretching. Sauna, massage.	1. Warm up, stretching drills, running drills. 2. Yoga stretching. Relaxations drills.	1. Warm up, stretching drills, running drills standing X 3-4times 2. Long jumps session from 12 steps run up: - 4-5 jumps 3. Run up with enter (time check): -3 times 4.Shot put throwing: - 5-6 times front + backwards 5. Jogging, stretching	1. Warm up for strength training 2. Strength training(low intensity): - Half- squat jumps with body weight X 5times X 3 sets - hamstring drills with weight 5kg X 3 sets - Calf rises X 3 sets 3. Hurdlers jumps: 4 hurdler X 5 times pyramid. 4. Core stabilization drills X 3 sets. 5. Jogging, stretching. Sauna, massage	Rest

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	1. Warm up, stretching drills, running drills. 2. Technical imitations (3-4 drills) 3. Strength training: - 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 (kizak 5 kg) 4. Horizontal jumps - From box 30 cm to tartan, to to box 30 cm to tartan, to the send (90-95%) X 3-4 times 5. Acceleration run (Spikes): 40 m X 3 times (approach rhythm) 6. Jogging, stretching	1. Warm up, stretching drills, running drills. 2. Hurdlers walking drills (3-4 drills X 2-3 sets) 3. Long jump training: - 12 steps run up X 4 - 5 times 4. Approach run (checking time) - 3-4 times (full speed) 5. Feet blissing (prophylactics) X 3 sets 6. Jogging, static planks X 3 sets, stretching.	1. Warm up, stretching drills, running drills. 2. Strength training: - 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 3. Hurdlers jumps: 5 hurdlers X 5 times X2 sets 4. Run100 m X 2 times 95 % 5. Jogging, stretching. Sauna, massage.	1. Warm up, stretching drills, running drills. 2. Hurdlers walking drills (3-4 drills X 2-3 sets) 3. Static & core stabilization drills complex (about 6 drills including planks) 4. Jogging, Yoga stretching	1. Warm up, stretching drills, running drills. 2. Hurdlers walking drills (3-4 drills X 2-3 sets) 3. Long jump training: - 12 steps run up X 4 - 5 times 4. Approach run (checking time) - 3-4 times (full speed) 5. Feet blissing (prophylactics) X 3 sets 6. Jogging, static planks X 3 sets, stretching.	1. Warm up for strength training 2. Circuit training for all muscles groups (6 drills with 2 sets) 3. Horizontal jumps from 6 steps run up: - 5-th jump X 3 times - 5-th hops X 2 times each leg 4. 100 m X 2 times 90-95% 5. Jogging, stretching. Sauna, massage.	Rest

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

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning session	Morning session	Morning session	Morning session	Morning session		
C	1. Warm up,	1. Warm up, stretching	1. Warm up,	Rest	1. Warm up,	1. Warm up,	Rest
	stretching drills,	drills, running drills.	stretching drills,		stretching drills,	stretching drills,	
O	running drills.	2. Hurdlers walking	running drills.		running drills.	running drills.	
	2. Technical	drills (3-4 drills X 2-3	2. Run 80m X 1-2		2. Approach run	2. Warm up for	
N	imitations (3-4 drills)	sets)	times (90 – 95 %)		- 1-2 times 90%	competition	
	3. Strength training:	3. Long jump	3. Jogging, static		3. Power tonization:	- run up – 1-2 times	
T	- 2 disks drills power	training:	planks X 1-2 set,		- explosive quarter	- long jump from	
	warm up X 2 sets	- 12 steps run up X 3 -	stretching		squat X 5-6 times X 2	free approach (to	
E	- Clean up X 3 sets X	4 times			sets	feel take off)	
	80 - 95 %	4. Full run up by			- jerk from chest 30%	- 2 times	
N	- Bench press X 3	time:			X 10 times X 2 sets	3.	
	sets X 85-95%	- 3- times 100% with			- hamstring tonization	COMPETITIONS	
T	- Explosive quarter	good rhythm.			X 2 sets		
	squat one and two	5. Shot put throwing :			- feet tonization (easy		
	legs 80-90% X 3 sets	- 5+5 times front and			jumps) X 2 sets		
	5+5+5rep	backwards.			4. Jogging, stretching		
	- Hamstring drills X						
	2 sets (weight 5 kg)	6. Jogging, static					
	4. Horizontal jumps	planks X 3 sets,					
	- 6 steps approach 3	stretching.					
	jumps CONGOURU						
	X 3-4 times						
	5. Acceleration run						
	(Spikes): 40 m X 3						
	times (approach						
	rhythm)						
	6. Jogging, stretching.						
	o. Jogging, succeimig.						

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

Morning session C	DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
stretching drills, running drills. 2. Technical drills (3-4 drills) 2. Hurdlers walking sets) 3. Strength training: - 2 disks drills power warm up X 2 sets - Clean up X 3 sets X 80 - 95 % N - Bench press X 3 sets X 85-95% N - Explosive quarter squat one and two legs 80-90% X 3 sets 5+5+5rep - Hamstring drills X 2 sets (0.5 Jogging, static planks X 3 sets 5+5+5rep - Hamstring drills X 2 sets (0.6 Jogging, static planks X 3 sets 5-6 steps approach 3 jumps CONGOURU X 3-4 times 5. Acceleration run (Spikes): 40 m X 3 stretching drills, running drills. 2. Hurdlers walking drills, running drills. 2. Run 80m X 1 - 2 times 80m X 1 - 2 times 90 - 95 %) 3. Jogging, static planks X 1-2 set, stretching 90 - 95 %) 3. Jogging, static planks X 1-2 set, stretching 90 - 95 %) 3. Jogging, static planks X 1-2 set, stretching 90 - 95 %) 3. Jogging, static planks X 1-2 set, stretching 90 - 95 %) 3. Jogging, static planks X 1-2 set, stretching 90 - 95 %) 4. Hurizontal jumps - 6 steps approach 3 jumps CONGOURU X 3-4 times 5. Acceleration run (Spikes): 40 m X 3		Morning session	Morning session	Morning session	Morning session	Morning session		
rhythm) 6. Jogging, stretching.	O N T E	1. Warm up, stretching drills, running drills. 2. Technical imitations (3-4 drills) 3. Strength training: - 2 disks drills power warm up X 2 sets - Clean up X 3 sets X 80 - 95 % - Bench press X 3 sets X 85-95% - Explosive quarter squat one and two legs 80-90% X 3 sets 5+5+5rep - Hamstring drills X 2 sets (weight 5 kg) 4. Horizontal jumps - 6 steps approach 3 jumps CONGOURU X 3-4 times 5. Acceleration run (Spikes): 40 m X 3 times (approach rhythm)	1. Warm up, stretching drills, running drills. 2. Hurdlers walking drills (3-4 drills X 2-3 sets) 3. Long jump training: - 12 steps run up X 2 - 3 times 4. Full run up by time: - 3- times 100% with good rhythm. 5. Shot put throwing: - 5+5 times front and backwards. 6. Jogging, static planks X 3 sets,	1. Warm up, stretching drills, running drills. 2. Run 80m X 1 - 2 times (90 - 95 %) 3. Jogging, static planks X 1-2 set,		1. Warm up, stretching drills, running drills. 2. Approach run - 1-2 times 90% 3. Power tonization: - explosive quarter squat X 5-6 times X 2 sets - jerk from chest 30% X 10 times X 2 sets - hamstring tonization X 2 sets - feet tonization (easy jumps) X 2 sets	stretching drills, running drills. 2. Warm up for competition - run up – 1-2 times - long jump from free approach (to feel take off) - 2 times 3.	Rest

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

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