DAYMONDAYTUSDAYWEDNSDAYTHERSDAYFRIDAYSATT1Cstretching drills, running drills.1. Warm up, stretching drills, running drills.1. Warm up, stretching drills, 2. High Jump running drills (4-6 drills X 2 sets)1. Warm up, for strength training 2. Strength training (low intensity):1. Warm up, for stretching drills, running drills.1. Warm up, for stretching drills, running drills, running drills.1. Warm up, for stretching drills, stretching, stretching, stretching, stretching,1. Warm up, for stretching drills, stretching, <b< th=""></b<>
4. Core stretching & stabilization drills. 4. Core stretching & stabilization drills.   5. Jogging, stretching. 5. Jogging, stretching.   Sauna, massage. Sauna, massage

## Mesocycle #4 (Microcycle №15) 28.12.2015 to 03.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning	Morning	Morning	Morning	Morning	Morning	
	1. Warm up,	<b>1.</b> Warm up, stretching	<b>1.</b> Warm up, stretching	<b>1.</b> Warm up,	<b>1.</b> Warm up, stretching	Strength training	
C	stretching drills,	drills, running drills.	drills, running drills.	stretching drills,	drills, running drills.	<b>1.</b> Warm up for	Rest
	running drills.	2. Strength training	<b>2.</b> Curves drills in	running drills.	2. High jump training	strength training	
0	2. Imitation drills	(85-95%):	approach rhythm.	2. Short	full approach 12-15	2. Strength training	
	<b>-</b> 2-3 sets	- Shoulders jerk X 3-4	3. High jump	strength tonus	jumps	(85-95%):	
Ν	3. Short strength	sets	- short run up and drills	training:	3. Core stretching &	- shoulders jerk X 4	
	tonus training:	- Step-up 2 steps X 3	(up to 10-15 jumps)	- 2-3 drills X 2	stabilization drills.	sets	
Т	- 2 drills with 2 sets	sets (80-90%)	4. Sprint run	sets	<b>4.</b> Jogging, stretching.	- snech X 3sets	
	<b>4. Curve run</b> : 30m X	- Half and quarter	- 30 m X 2 times +	3. Yoga		- step-up X 3 sets	
Ε	3 times (85%)	squats from stands one	20m fly start X 2times	stretching.		- hamstring drills X 3	
	<b>5.</b> Jogging, stretching.	and two legs	+ 30m virage X 2 times	4. Relaxations		sets	
Ν		(explosive)X 3-4 set	<b>5.</b> Power drills	drills.	Evening	- Bulgarian quarter	
	Evening	- deep jumps between	- hamstring drills X 3		1. Warm up, stretching	squat jumps X 3sets	
Т	1. Warm up, stretching	boxes 30-50 cm X 5	- half rises X 3 sets		drills, running drills	each leg	
	drills, running drills.	times each leg X 3-4	- abdominal X 3 sets		2. Sprint run	- calf rises X 3 sets	
	<b>2.</b> High Jump running	sets	- hyperextension X 3		- 30 m X 2 times +	- hurdlers jumps X 3-4	
	drills (2 drills X 3sets)	<b>3.</b> Abdominal and core	sets		20m fly start X 2times	sets	
	3. High jump	drills with Swedish	<b>6.</b> Jogging, stretching.		+ 30m virage X 2 times	- abdominal X 3 sets	
	training	stairs X 3 sets			3. Shot put throwing	- hyperextension X 3	
	- full approach 15-20	<b>4.</b> Jogging, stretching.			<b>4-5 kg</b> :	sets	
	jumps		Evening:		- 5 front	<b>3. Curve run</b> : 60m X	
	<b>4.</b> Jogging, stretching		Sauna, massage		- 5 backwards	3 times (80-85-90%)	
					4. Plyometric jumps	<b>4.</b> Core stretching &	
					with boxes and hurdlers	stabilization drills.	
					<b>5.</b> Jogging, stretching.	<b>5.</b> Jogging, stretching	
						Evening:	
						Sauna, massage.	
						_	

## Mesocycle #4 (Microcycles №16) 04.01.2016 to 10.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
DAY C O N T E N T	MONDAY 1. Warm up, stretching drills, running drills. 2. Imitation drills 3-4 drills - 2-3 sets 3. Short strength tonus training: - 2 drills with 2 sets 4. Curve run: 30m X 3 times (85-90%) 5. Jogging, stretching.				FRIDAY 1. Warm up, stretching drills, running drills. 2. Power tonization - Step-up 2 steps X 2 sets (80%) - Half and quarter squats from stands one and two legs (explosive) X 1-2 sets - hamstring tonus drill X 1-2 sets - foot easy tonus jumps 3. Jogging, stretching	SATT 1. Warm up, stretching drills, running drills. 2. Competitions 3. Core stretching & stabilization drills. 4. Jogging, stretching. Sauna, massage	SUN Rest

## Mesocycle #4 (Microcycle №17) 11.01.2016 to 17.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	<u> </u>	TUSDAY 1. Warm up, stretching drills, running drills. 2. High Jump running drills ( 2-3 drills X 2 sets) 3. High jump training full approach X 5-8 jumps 4. Acceleration run by virage: - 60 m X 2 - 3 times 5. Jogging, core drills, stretching.			FRIDAY 1. Warm up, stretching drills, running drills. 2. Power tonization - Step-up 2 steps X 2 sets (80%) - Half and quarter squats from stands one and two legs (explosive) X 1-2 sets - hamstring tonus drill X 1-2 sets - foot easy tonus jumps 3. Jogging, stretching	SATT 1. Warm up, stretching drills, running drills. 2. Competitions 3. Core stretching & stabilization drills. 4. Jogging, stretching. Sauna, massage	SUN Rest
			<ul><li>4. Core stretching &amp; stabilization drills.</li><li>5. Jogging,</li></ul>				

## Mesocycle #4 (Microcycle №18) 18.01.2016 to 24.01.2016 (High jump)

Mesocycle #4 (Microcycles №19)	25.01.2016	to 31.01.2016	(High jump)
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DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning				Morning	Morning	
	1. Warm up, stretching	1. Warm up, stretching	<b>1.</b> Warm up, stretching	1. Warm up,	<b>1.</b> Warm up, stretching	Strength training	
С	drills, running drills.	drills, running drills.	drills, running drills.	stretching drills,	drills, running drills.	1. Warm up for	Rest
	2. Imitation drills	2. Strength training	2. Curves drills in	running drills.	2. High jump training	strength training	
0	<b>-</b> 2-3 sets	(85-95%):	approach rhythm.	2. Short	full approach 12-15	2. Strength training	
	3. Short strength	- Shoulders jerk X 3-4	3. High jump	strength tonus	jumps	(85-95%):	
Ν	tonus training:	sets	- short run up and drills	training:	3. Core stretching &	- shoulders jerk X 4	
	- 2 drills with 2 sets	- Step-up 2 steps X 3	(up to 10-15 jumps)	- 2-3 drills X 2	stabilization drills.	sets	
Т	<b>4. Curve run</b> : 30m X	sets (80-90%)	4. Sprint run	sets	<b>4.</b> Jogging, stretching.	- snech X 3sets	
	3 times (85%)	- Half and quarter	- 30 m X 2 times +	3. Yoga		- step-up X 3 sets	
Ε	<b>5.</b> Jogging, stretching.	squats from stands one	20m fly start X 2times	stretching.		- hamstring drills X 3	
		and two legs	+ 30m virage X 2 times	4. Relaxations		sets	
Ν	Evening	(explosive)X 3-4 set	<b>5.</b> Power drills	drills.		- Bulgarian quarter	
	<b>1.</b> Warm up, stretching	- deep jumps between	- hamstring drills X 3		Evening	squat jumps X 3sets	
Т	drills, running drills.	boxes 30-50 cm X 5	- half rises X 3 sets		<b>1.</b> Warm up, stretching	each leg	
	<b>2.</b> High Jump running	times each leg X 3-4	- abdominal X 3 sets		drills, running drills	- calf rises X 3 sets	
	drills (2 drills X 3sets)	sets	- hyperextension X 3		2. Sprint run	- hurdlers jumps X 3-4	
	3. High jump	<b>3.</b> Abdominal and core	sets		- 30 m X 2 times +	sets	
	training	drills with Swedish	<b>6.</b> Jogging, stretching.		20m fly start X 2times	- abdominal X 3 sets	
	- full approach 15-20	stairs X 3 sets			+ 30m virage X 2 times	- hyperextension X 3	
	jumps	<b>4.</b> Jogging, stretching.			3. Shot put throwing	sets	
	<b>4.</b> Jogging, stretching				<b>4-5 kg</b> :	<b>3. Curve run</b> : 60m X	
					- 5 front	3 times (80-85-90%)	
			Evening:		- 5 backwards	<b>4.</b> Core stretching &	
			Sauna, massage		4. Plyometric jumps	stabilization drills.	
					with boxes and hurdlers	<b>5.</b> Jogging, stretching	
					<b>5.</b> Jogging, stretching.		
						Evening:	
						Sauna, massage.	