

Date	Weekday	The first training session	Training plan	The second training session	Training plan
April 1	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Easy triple jump: hops, steps, classic 15 - 20 times</li> <li>Acceleration run 5x50</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	
April 2	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hurdles walking - 5x10</li> <li>Power hall 2-3 exercise x 3 set</li> <li>Acceleration run 3x200,</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	
April 3	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
April 4	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times</li> <li>Triple deep jump from the box with 2 steps approach - 10 times</li> <li>Running 4x60 (80% )</li> <li>Hamstring exercise 3x20 each leg</li> <li>The exercise with rubber 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jumps 10 multiple - 5 set each leg</li> <li>Kangaroo - 10 multiple - 5 set</li> <li>Frogs - 10-multiples - 3 set</li> <li>Throwing forward 15 times</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>
April 5	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo</li> <li>Run 3x120, rest for 5 min between run</li> <li>Crunches - 3x20</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series</li> <li>Shot put throwing 2 positions x15 times</li> <li>Exercises with rubber 3x20 on each leg</li> <li>jogging, stretching</li> </ol>
April 6	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hops with a mini hurdles - 5x10 each leg</li> <li>Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg</li> <li>Jerk 5x10</li> <li>Standing up the box (h-35) - 5x10 on each leg</li> <li>Squat jumps - 5x6</li> <li>Exercises for shin with a bar - 5x15</li> <li>Exercise on a back with a weight in the machine - 5x10</li> <li>Acceleration run - 4x60</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games

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April 7	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Exersice "ranning hands" - 4x10 sec - 4 set</li> <li>Acceleration run - 3x120 - 2 set</li> <li>Shot put throwing -2 positions x15 times</li> <li>Exercises on back 3x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 8	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Triple jump with 6 steps approach - 10 times</li> <li>Kangaroo 10-fold with 4-5 steps approach - 5 set</li> <li>Frog 10-fold - 3 set</li> <li>Running 4x60 (80% )</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Hurdles walking 10x10</li> <li>Smith machine - 6X10 on each leg + deep jump - 10 times after each set</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>
April 9	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Long jump with 6-8 steps approach - 8 times each leg</li> <li>Running with weight resistance 3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min.</li> <li>Throwing - 2x15</li> <li>Exercises with rubber 3x20 on each leg.</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 10	Sunday		sauna, jacuzzi, massage, physio therapy, games		
April 11	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times</li> <li>Triple deep jump from the box with 2 steps approach - 10 times</li> <li>Running 4x60 (80% )</li> <li>Hamstring exersice 3x20 each leg</li> <li>The exercise with rubber 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jumps 10 multiple - 5 set each leg</li> <li>Kangaroo - 10 multiple - 5 set</li> <li>Frogs - 10-multiples - 3 set</li> <li>Throwing forward 15 times</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>

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April 12	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo</li> <li>Run 3x120, rest for 5 min between run</li> <li>Crunches - 3x20</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series</li> <li>Shot put throwing 2 positions x15 times</li> <li>Exercises with rubber 3x20 on each leg</li> <li>jogging, stretching</li> </ol>
April 13	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hops with a mini hurdles - 5x10 each leg</li> <li>Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg</li> <li>Jerk 5x10</li> <li>Standing up the box (h-35) - 5x10 on each leg</li> <li>Squat jumps - 5x6</li> <li>Exercises for shin with a bar - 5x15</li> <li>Exercise on a back with a weight in the machine - 5x10</li> <li>Acceleration run - 4x60</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 14	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Exersice "ranning hands" - 4x10 sec - 4 set</li> <li>Acceleration run - 3x120 - 2 set</li> <li>Shot put throwing -2 positions x15 times</li> <li>Exercises on back 3x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 15	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Triple jump with 6 steps approach - 10 times</li> <li>Kangaroo 10-fold with 4-5 steps approach - 5 set</li> <li>Frog 10-fold - 3 set</li> <li>Running 4x60 (80% )</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Hurdles walking 10x10</li> <li>Smith machine - 6X10 on each leg + deep jump - 10 times after each set</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>

Date	Weekday	The first training session	Training plan	The second training session	Training plan
April 16	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Long jump with 6-8 steps approach - 8 times each leg</li> <li>Running with weight resistance 3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min.</li> <li>Throwing - 2x15</li> <li>Exercises with rubber 3x20 on each leg.</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 17	Sunday		sauna, jacuzzi, massage, physio therapy, games		
April 18	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times</li> <li>Triple deep jump from the box with 2 steps approach - 10 times</li> <li>Running 4x60 (80% )</li> <li>Hamstring exercise 3x20 each leg</li> <li>The exercise with rubber 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jumps 10 multiple - 5 set each leg</li> <li>Kangaroo - 10 multiple - 5 set</li> <li>Frogs - 10-multiples - 3 set</li> <li>Throwing forward 15 times</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>
April 19	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo</li> <li>Run 3x120, rest for 5 min between run</li> <li>Crunches - 3x20</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series</li> <li>Shot put throwing 2 positions x15 times</li> <li>Exercises with rubber 3x20 on each leg</li> <li>jogging, stretching</li> </ol>
April 20	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hops with a mini hurdles - 5x10 each leg</li> <li>Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg</li> <li>Jerk 5x10</li> <li>Standing up the box (h-35) - 5x10 on each leg</li> <li>Squat jumps - 5x6</li> <li>Exercises for shin with a bar - 5x15</li> <li>Exercise on a back with a weight in the machine - 5x10</li> <li>Acceleration run - 4x60</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games

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April 21	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Exersice "ranning hands" - 4x10 sec - 4 set</li> <li>Acceleration run - 3x120 - 2 set</li> <li>Shot put throwing -2 positions x15 times</li> <li>Exercises on back 3x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 22	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Triple jump with 6 steps approach - 10 times</li> <li>Kangaroo 10-fold with 4-5 steps approach - 5 set</li> <li>Frog 10-fold - 3 set</li> <li>Running 4x60 (80% )</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Hurdles walking 10x10</li> <li>Smith machine - 6X10 on each leg + deep jump - 10 times after each set</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>
April 23	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Long jump with 6-8 steps approach - 8 times each leg</li> <li>Running with weight resistance 3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min.</li> <li>Throwing - 2x15</li> <li>Exercises with rubber 3x20 on each leg.</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 24	Sunday		sauna, jacuzzi, massage, physio therapy, games		
April 25	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times</li> <li>Triple deep jump from the box with 2 steps approach - 10 times</li> <li>Running 4x60 (80% )</li> <li>Hamstring exersice 3x20 each leg</li> <li>The exercise with rubber 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jumps 10 multiple - 5 set each leg</li> <li>Kangaroo - 10 multiple - 5 set</li> <li>Frogs - 10-multiples - 3 set</li> <li>Throwing forward 15 times</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>

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April 26	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo</li> <li>Run 3x120, rest for 5 min between run</li> <li>Crunches - 3x20</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series</li> <li>Shot put throwing 2 positions x15 times</li> <li>Exercises with rubber 3x20 on each leg</li> <li>jogging, stretching</li> </ol>
April 27	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hops with a mini hurdles - 5x10 each leg</li> <li>Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg</li> <li>Jerk 5x10</li> <li>Standing up the box (h-35) - 5x10 on each leg</li> <li>Squat jumps - 5x6</li> <li>Exercises for shin with a bar - 5x15</li> <li>Exercise on a back with a weight in the machine - 5x10</li> <li>Acceleration run - 4x60</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 28	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Exersice "ranning hands" - 4x10 sec - 4 set</li> <li>Acceleration run - 3x120 - 2 set</li> <li>Shot put throwing -2 positions x15 times</li> <li>Exercises on back 3x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 29	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hops 10-th with 4-5 steps approach - 5 set each leg</li> <li>Kangaroo 10-th with 4-5 steps approach - 5 set</li> <li>Frog 10-th - 3 set</li> <li>Running 4x60 (80% )</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>Hurdles walking 10x10</li> <li>Smith machine - 6X10 on each leg + deep jump - 10 times after each set</li> <li>Running 4x60 (80% )</li> <li>jogging, stretching</li> </ol>

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April 30	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. Long jump with 6-8 steps approach - 8 times each leg</li> <li>3. Running with weight resistance 3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min.</li> <li>4. Throwing - 2x15</li> <li>5. Exercises with rubber 3x20 on each leg.</li> <li>6. jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
May 1	Sunday		sauna, jacuzzi, massage, physio therapy, games		