

Second GPP, Mesocycle #8 (Microcycle №29-31) 04.04.2016 to 01.05.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	Morning Stadium training 1. Warm up, stretching drills, running drills. 2. Long jump takeoff drills from 4-6 steps run up X 6 sets 3. Sprint with resistant behind (7-10 kg): - 60m X 4 times X 2 sets. 4. Medicine balls complex X 3 - 4 sets 5. Core stabilization drills X 3 sets. 6. Jogging, stretching Evening training 1. Warm up, stretching drills, running drills. 2. Circuit training for all muscles groups (8-10 drills with 3-4 sets) 3. Jogging, stretching.	Morning Grass training 1. Warm up, stretching drills, running drills. 2. Horizontal jumps - alternate jumps & hopes from 3-6 steps approach; - hurdlers hopes one & two legs, - take off drills from small boxes. 3. Accelerations run in approach rhythm. 4. Jogging, stretching Evening training 1. Warm up, stretching drills, running drills. 2. Stadium stairs jumps: - one leg hopes 100 take offs each leg 3. Speed endurance (150m X 3 times curves) X 2 sets 4. Jogging, stretching	Morning Strength training 1. Warm up for strength training 2. Strength complex training: - clean up (one &two legs) X 5 sets, -power jerk X 5 sets, -step up two steps X 5 sets - Bulgarian split squat X 5 - 6 sets. -hamstring X 5-6 sets 4. Core stretching drills. 5. Jogging, stretching.	Morning Stadium training 1. Warm up, stretching drills, running drills. 2. Long jump takeoff drills from 8-10 steps run up X 6 sets 3. Sprint with resistant behind (7-10 kg): - 60m X 4 times X 2 sets. 4. Medicine balls complex X 3 - 4 sets 5. Core stabilization drills X 3 sets. 6. Jogging, stretching Evening training 1. Warm up, stretching drills, running drills. 2. Stadium stairs jumps: - one leg hopes 50 - 60 take offs each leg 3. Speed endurance (120m X 3 times curves) X 2 sets 4. Jogging, stretching	Morning Grass training 1. Warm up for strength training 2. Strength complex training: - clean up (one &two legs) X 5 sets, -power jerk X 5 sets, -step up two steps X 5 sets 3. Sprint with resistant behind (7-10 kg): - 60m X 4 times X 2 sets. 4. Accelerations run in approach rhythm. 4. Jogging, stretching Evening training 1. Warm up, stretching drills, running drills. 2. Stadium stairs jumps: - one leg hopes 50 - 60 take offs each leg 3. Speed endurance (120m X 3 times curves) X 2 sets 4. Jogging, stretching	Morning Strength training 1. Warm up for strength training 2. Strength complex training: - clean up (one &two legs) X 5 sets, -power jerk X 5 sets, -step up two steps X 5 sets 3. Sprint with resistant behind (7-10 kg): - 60m X 4 times X 2 sets. 4. Accelerations run in approach rhythm. 4. Jogging, stretching Evening training 1. Warm up, stretching drills, running drills. 2. Stadium stairs jumps: - one leg hopes 50 - 60 take offs each leg 3. Speed endurance (120m X 3 times curves) X 2 sets 4. Jogging, stretching	Rest

Mesocycle including 4 Microcycles with difference load (70% - 80% -90% - 50%), depending of athletes qualifications (beginners intermediate or advance). Intensity is middle, volume from medium to big. Recovery should be providing with supplements and physio procedures, sauna, massage.