

## 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	<p><b>Morning</b> <b>Stadium training</b> 1. Warm up, stretching drills, running drills. 2. <b>Long jump takeoff drills from 4-6 steps run up X 6 sets</b> 3. Sprint with resistant behind (7-10 kg): - 60m X 4 times X 2 sets. 4. <b>Medicine balls complex X 3 - 4 sets</b> 5. Core stabilization drills X 3 sets. 6. Jogging, stretching</p> <p><b>Evening training</b> 1. Warm up, stretching drills, running drills. 2. <b>Circuit training for all muscles groups (8-10 drills with 3-4 sets)</b> 3. Jogging, stretching.</p>	<p><b>Morning</b> <b>Grass training</b> 1. Warm up, stretching drills, running drills. 2. <b>Horizontal jumps</b> - alternate jumps &amp; hopes from 3-6 steps approach; - hurdlers hopes one &amp; two legs, - take off drills from small boxes. 3. Accelerations run in approach rhythm. 4. Jogging, stretching</p> <p><b>Evening training</b> 1. Warm up, stretching drills, running drills. 2. <b>Stadium stairs jumps:</b> - <b>one leg hopes 100 take offs each leg</b> 3. Speed endurance (150m X 3 times curves) X 2 sets 4. Jogging, stretching</p>	<p><b>Morning</b> <b>Strength training</b> 1. Warm up for strength training 2. Strength complex training: - clean up (one &amp; 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.</p> <p><b>Sauna, massage.</b></p>	<p><b>Morning</b> <b>Stadium training</b> 1. Warm up, stretching drills, running drills. 2. <b>Long jump takeoff drills from 8-10 steps run up X 6 sets</b> 3. Sprint with resistant behind (7-10 kg): - 60m X 4 times X 2 sets. 4. <b>Medicine balls complex X 3 - 4 sets</b> 5. Core stabilization drills X 3 sets. 6. Jogging, stretching</p> <p><b>Evening training</b> 1. Warm up, stretching drills, running drills. 2. <b>Circuit training for all muscles groups (8-10 drills with 3-4 sets)</b> 3. Jogging, stretching.</p>	<p><b>Morning</b> <b>Grass training</b> 1. Warm up, stretching drills, running drills. 2. <b>One leg power jumps box complex:</b> - take off drills from small boxes; - <b>one leg hopes X 10 sets each leg</b> 3. Accelerations run in approach rhythm. 4. Jogging, stretching</p> <p><b>Evening training</b> 1. Warm up, stretching drills, running drills. 2. <b>Stadium stairs jumps:</b> - <b>one leg hopes 50 - 60 take offs each leg</b> 3. Speed endurance (120m X 3 times curves) X 2 sets 4. Jogging, stretching</p>	<p><b>Morning</b> <b>Strength training</b> 1. Warm up for strength training 2. Strength complex training: - clean up (one &amp; two legs) X 5 sets, -power jerk X 5 sets, -step up two steps X 5 sets - Bulgarian split squat X 5 - 6 sets. - Full squat X 5-6 sets. - hamstring X 5-6 sets - Static power drills (to prevent injury) 4. Core stretching drills. 5. Jogging, stretching.</p> <p><b>Sauna, massage.</b></p>	<b>Rest</b>

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.