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

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning	Morning	Morning	Morning	Morning	Morning	
	Stadium training	Grass training	Strength training	Stadium training	Grass training	Strength training	
C	1. Warm up,	<b>1.</b> Warm up, stretching	<b>1.</b> Warm up for	1. Warm up,	1. Warm up,	<b>1.</b> Warm up for	Rest
	stretching drills,	drills, running drills.	strength training	stretching drills,	stretching drills,	strength training	
O	running drills.	2. Horizontal & high	<b>2.</b> Strength complex	running drills.	running drills.	2. Strength complex	
	2. High jump (3-4	jump complex:	training:	2. High jump (3-4	2. One leg power	training:	
N	takeoff drills)	- curve running,	- clean up (one	takeoff drills)	jumps box complex:	- clean up (one	
	<b>3.</b> Sprint with	- alternate jumps,	&two legs) X 5 sets,	<b>3.</b> Sprint with	- one leg hopes X 10	&two legs) X 5 sets,	
T	resistant behind (7-10	- hurdlers hopes one &	-power jerk X 5 sets,	resistant behind (7-10	sets each leg	-power jerk X 5 sets,	
	kg):	two legs, take off drills	-step up two steps X	kg):	<b>3.</b> Accelerations run	-step up two steps X	
$\mathbf{E}$	- 40m X 4 times X 2	(8-10 drills in set, 3-5	5 sets + step up one	- 40m X 4 times X 2	in approach rhythm.	5 sets + step up one	
	sets.	sets)	step X 5 sets,	sets.	<b>4.</b> Jogging, stretching	step X 5 sets,	
N	4. Medicine balls	<b>3.</b> Accelerations run in	- Half squat X 5 - 6	4. Medicine balls		- Full squat X 5-6	
	complex X 3 - 4 sets	approach rhythm.	sets.	complex X 3 - 4 sets		sets.	
T	<b>5.</b> Core stabilization	<b>4.</b> Jogging, stretching	<b>4.</b> Core stretching	<b>5.</b> Core stabilization		- Static power drills	
	drills X 3 sets.		drills.	drills X 3 sets.		(to prevent injury)	
	<b>6.</b> Jogging, stretching		<b>5.</b> Jogging,	<b>6.</b> Jogging, stretching	Evening training	<b>4.</b> Core stretching	
			stretching.		<b>1.</b> Warm up,	drills.	
					stretching drills,	<b>5.</b> Jogging,	
	Evening training	Evening training	Sauna, massage.	Evening training	running drills.	stretching.	
	<b>1.</b> Warm up,	<b>1.</b> Warm up, stretching		1. Warm up,	2. Stadium stairs		
	stretching drills,	drills, running drills.		stretching drills,	jumps:	Sauna, massage.	
	running drills.	2. Stadium stairs		running drills.	- one leg hopes 50 -		
	2. Circuit training	jumps:		2. Circuit training	60 take offs each leg		
	for all muscles	- one leg hopes 100		for all muscles	<b>3.</b> Speed endurance		
	groups (8-10 drills	take offs each leg		groups (8-10 drills	(100m X 3 times		
	with 3-4 sets)	<b>3.</b> Speed endurance		with 3-4 sets)	curves) X 2 sets		
	<b>3.</b> Jogging, stretching.	(120m X 3 times		<b>3.</b> Jogging, stretching.	<b>4.</b> Jogging, stretching		
		curves) X 2 sets					
		<b>4.</b> Jogging, stretching					

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.