

Second Pre competition, Mesocycle №9 (Microcycle №32-35) 02.05.2016 to 29.05.2016 (High jump)

| DAY | MONDAY | TUSDAY | WEDNSDAY | THERSDAY | FRIDAY | SATT | SUN |
|---------------------------------|--|--|--|--|--|--|-------------|
| C O N T E N T | <p>Morning Stadium training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump imitation (3-4 takeoff drills)</p> <p>3. Power tonization complex X 3 - 4 sets</p> <p>4. Jogging, stretching</p> <p>Evening training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump training medium run up 15-20 jumps</p> <p>3. Shot put throwing drills front and back (up to 20 times)</p> <p>4. Jogging, stretching.</p> | <p>Morning Grass training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Horizontal & high jump drills: - alternate jumps & hopes from 3-6 steps run up, - hurdlers hopes one & two legs, take off drills (2-3 drill X 3-5 sets)</p> <p>3. Accelerations run in approach rhythm.</p> <p>4. Jogging, stretching</p> <p>Evening training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Sprint with resistant behind (5-7 kg): - 40m X 3times + 2 times without weight X 2 sets.</p> <p>3. Core stabilization drills X 3 sets.</p> <p>4. Jogging, stretching</p> | <p>Morning Strength training</p> <p>1. Warm up for strength training</p> <p>2. Strength complex training: - clean up X 3-5 sets, -power jerk X 3-5 sets, -step up two steps X 5 sets + step up one step X 3-5 sets, - Half squat & quarter squat X 5 - 6 sets.</p> <p>4. Core stretching drills.</p> <p>5. Jogging, stretching.</p> <p>Sauna, massage.</p> | <p>Morning Stadium training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump (3-4 takeoff drills)</p> <p>3. Sprint training fly start curve: - 30m X 4 times X 2 sets.</p> <p>4. Medicine balls complex X 3 sets</p> <p>5. Core stabilization drills X 3 sets.</p> <p>6. Jogging, stretching</p> <p>Evening training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Yoga complex.</p> | <p>Morning Stadium training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump imitation (3-4 takeoff drills)</p> <p>3. Power tonization complex X 3 - 4 sets</p> <p>4. Jogging, stretching</p> <p>Evening training</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump training full run up 15-20 jumps</p> <p>3. Shot put throwing drills front and back (up to 20 times)</p> <p>4. 100 m curve run 80% X 3-4 times</p> <p>5. Jogging, stretching.</p> | <p>Morning Strength training</p> <p>1. Warm up for strength training</p> <p>2. Power training: -power jerk X 5 sets, -step up two steps X 5 sets + step up one step X 5 sets + deep jumps from low high box one leg X 5 sets - Half & quarter squat jumps X 3-5 sets. - Static power drills (to prevent injury)</p> <p>4. Core stretching drills.</p> <p>5. Jogging, stretching.</p> <p>Sauna, massage.</p> | Rest |

Mesocycle including 4 Microcycles with difference load (80% - 90% -50% - 70%), 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.