

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 1. Warm up, stretching drills, running drills. 2. High jump imitation (3-4 takeoff drills) 3. Power tonization complex X 3 - 4 sets 4. Jogging, stretching</p> <p>Evening training 1. Warm up, stretching drills, running drills. 2. High jump training medium run up 15-20 jumps 3. Shot put throwing drills front and back (up to 20 times) 4. Jogging, stretching.</p> | <p>Morning Grass training 1. Warm up, stretching drills, running drills. 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) 3. Accelerations run in approach rhythm. 4. Jogging, stretching</p> <p>Evening training 1. Warm up, stretching drills, running drills. 2. Sprint with resistant behind (5-7 kg): - 40m X 3times + 2 times without weight X 2 sets. 3. Core stabilization drills X 3 sets. 4. Jogging, stretching</p> | <p>Morning Strength training 1. Warm up for strength training 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. 4. Core stretching drills. 5. Jogging, stretching.</p> <p>Sauna, massage.</p> | <p>Morning Stadium training 1. Warm up, stretching drills, running drills. 2. High jump (3-4 takeoff drills) 3. Sprint training fly start curve: - 30m X 4 times X 2 sets. 4. Medicine balls complex X 3 sets 5. Core stabilization drills X 3 sets. 6. Jogging, stretching</p> <p>Evening training 1. Warm up, stretching drills, running drills. 2. Yoga complex.</p> | <p>Morning Stadium training 1. Warm up, stretching drills, running drills. 2. High jump imitation (3-4 takeoff drills) 3. Power tonization complex X 3 - 4 sets 4. Jogging, stretching</p> <p>Evening training 1. Warm up, stretching drills, running drills. 2. High jump training full run up 15-20 jumps 3. Shot put throwing drills front and back (up to 20 times) 4. 100 m curve run 80% X 3-4 times 5. Jogging, stretching.</p> | <p>Morning Strength training 1. Warm up for strength training 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) 4. Core stretching drills. 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.