

Date	Weekday	The first training session	Training plan	The second training session	Training plan
DECEMBER 1	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Hurdles walking - 10x10 Hurdles jumping - 10x10 Accelerations run - 5x50 jogging, stretching 		
December 2	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching Fartlek - 4 km Fitness hall - 10 exercise x 3 set for all muscle groups 		
December 3	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
December 4	Friday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drill Accelerations run - 3x50 Long jump, approach 8-10 step: left leg - 6-8 times, right leg - 6-8 times, Shot put 2 position x 8 times jogging, stretching 		
December 5	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching Sprint 6x100 (80%-85%-90%-95%-2x100%) - chronometer fixation Fitness hall - 10 exercise x 3 set for all muscle groups 		
December 6	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
December 7	Monday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Double jump with 8 step approach: hop-step - 8 times, step-jump - 8 times Triple jump with 8 step approach - 6 times Acceleration run 4x60 (85%) approach stile jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Snatch 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Squat jump - 5 x 5 set Hurdles jump - 5x5 two legs, 5x5 each leg Acceleration run 4 x 60 jogging, stretching
December 8	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 5 set x 10 times each leg Shot put trowing - 2 position: 10+10 times jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Half squats 5 times + deep jump from the box + jumps over 3 hurdles - 2 times after each series - all together 6 set Stand up the box - 4 x 10 each leg Lunges 5x5 per each leg Calf exercises - 3x10 each leg Crunches 3x10 Acceleration run 4 x 60 jogging, stretching

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December 9	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Accelerations run - 4x50 Long jump, approach 10 step: left leg - 6-8 times, right leg - 6-8 times, Hurdles run - 5 hurdles x 10 times Shot put 2 position x 8 times jogging, stretching 		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
December 10	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Double jump with 8 step approach: hop-step - 3 times, step-jump - 3 times Kangaroo with 8 step approach - 3 times Triple jump with 8 step approach - 6-8 times Acceleration run 5x80 (85%) jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Snatch 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Squat jump - 5 x 5 set Hurdles jump - 5x5 two legs, 5x5 each leg Acceleration run 4 x 60 jogging, stretching
December 11	Friday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 5 set x 10 times each leg Shot put trowing - 2 position: 10+10 times jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Half squats 5 times + deep jump from the box + jumps over 3 hurdles - 2 times after each series - all together 6 set Stand up the box - 4 x 10 each leg Lunges 5x5 per each leg Calf exercises - 3x10 each leg Crunches 3x10 Acceleration run 4 x 60 jogging, stretching
December 12	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Accelerations run - 4x50 Long jump, approach 10 step: left leg - 6-8 times, right leg - 6-8 times, Hurdles run - 5 hurdles x 10 times Shot put 2 position x 8 times jogging, stretching 		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
December 13	Sunday		massage, physio therapy, games		
December 14	Monday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 5 set x 10 times each leg Shot put trowing - 2 position: 10+10 times jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Snatch 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Squat jump - 5 x 5 set Hurdles jump - 5x5 two legs, 5x5 each leg Acceleration run 4 x 60 jogging, stretching

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December 15	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Double jump with 10 steps approach: hop-step - 3 times, step-jump - 3 times Triple jump with 10 step approach - 10 times Acceleration run 5x80 (85%) jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Half squats 5 times + deep jump from the box + jumps over 3 hurdles - 2 times after each series - all together 6 set Stand up the box - 4 x 10 each leg Lunges 5x5 per each leg Calf exercises - 3x10 each leg Crunches 3x10 Acceleration run 4 x 60 jogging, stretching
December 16	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Accelerations run - 4x50 Hurdles run - 10 hurdles x 10 times Smith machine - 10 times x 6 set each leg Deep jumps - 5 set x 10 times each leg jogging, stretching 	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
December 17	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 5 set x 10 times each leg Shot put trowing - 2 position: 10+10 times jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Snatch 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Squat jump - 5 x 5 set Hurdles jump - 5x5 two legs, 5x5 each leg Acceleration run 4 x 60 jogging, stretching
December 18	Friday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Double jump with 10 step approach: hop-step - 3 times, step-jump - 3 times Kangaroo with 10 step approach - 3 times Triple jump with 10 step approach - 6 - 8 times Acceleration run 5x80 (85%) jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Half squats 5 times + deep jump from the box + jumps over 3 hurdles - 2 times after each series - all together 6 set Stand up the box - 4 x 10 each leg Lunges 5x5 per each leg Calf exercises - 3x10 each leg Crunches 3x10 Acceleration run 4 x 60 jogging, stretching
December 19	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Accelerations run - 4x50 Hurdles run - 5 hurdles x 10 times Smith machine - 10 times x 6 set each leg Deep jumps - 5 set x 10 times each leg Run 200 m - chronometer jogging, stretching 	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
December 20	Sunday		massage, physio therapy, games	16:00 - 18:30	

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December 21	Monday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 10 times each leg Shot put trowing - 2 position: 10+10 times jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Snatch 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Squat jump - 5 x 5 set Hurdles jump - 5x5 two legs, 5x5 each leg Acceleration run 4 x 60 jogging, stretching
December 22	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Double jump with 10 steps approach: hop-step - 3 times, step-jump - 3 times Triple jump with 10 step approach 6-8 times Acceleration run 5x80 (85%) jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Half squats 5 times + deep jump from the box + jumps over 3 hurdles - 2 times after each series - all together 6 set Stand up the box - 4 x 10 each leg Lunges 5x5 per each leg Calf exercises - 3x10 each leg Crunches 3x10 Acceleration run 4 x 60 jogging, stretching
December 23	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Accelerations run - 4x50 Hurdles run - 5 hurdles x 10 times Smith machine - 10 times x 6 set each leg Deep jumps - 5 set x 10 times each leg jogging, stretching 	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
December 24	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Standing jumps - 8 times Sprint 2x20; 2x40; 2x60; 2x30 Deep jumps - 5 set x 10 times each leg Shot put trowing - 2 position: 10+10 times jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Snatch 5 set - 5-4-3-2-1 times Clean 5 set - 5-4-3-2-1 times Squat jump - 5 x 5 set Hurdles jump - 5x5 two legs, 5x5 each leg Acceleration run 4 x 60 jogging, stretching
December 25	Friday	9:45 - 12:15	<ol style="list-style-type: none"> warm up, stretching, drills Double jump with 10 step approach: hop-step - 3 times, step-jump - 3 times Kangaroo with 10 step approach - 3 times Triple jump with 10 step approach - 6 - 8 times Acceleration run 5x80 (85%) jogging, stretching 	16:00 - 18:30	<ol style="list-style-type: none"> warm up, stretching, drill Half squats 5 times + deep jump from the box + jumps over 3 hurdles - 2 times after each series - all together 6 set Stand up the box - 4 x 10 each leg Lunges 5x5 per each leg Calf exercises - 3x10 each leg Crunches 3x10 Acceleration run 4 x 60 jogging, stretching

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December 26	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Accelerations run - 4x50 3. Hurdles run - 5 hurdles x 10 times 4. Smith machine - 10 times x 6 set each leg 5. Deep jumps - 5 set x 10 times each leg 6. Run 200 m - chronometer 7. jogging, stretching 	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
December 27	Sunday		massage, physio therapy, games		
December 28	Monday	9:45 - 12:15	<ol style="list-style-type: none"> 1. warm up, stretching, drill 2. Standing jumps: single - 5 times, triple - 5 times, 10-th - 3 times 3. Accelerations run - 5x50 4. Shot put 2 position x 8 times 5. jogging, stretching 		
December 29	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> 1. warm up, stretching, drills 2. Hurdles walking - 5x10 3. Triple jump with 10-12 steps approach - 6-8 times 4. Acceleration run 4x50 approach stile 5. jogging, stretching 		
December 30	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> 1. warm up, stretching, drill 2. Jerk 5 set - 5-4-3-2-1 times 3. Clean 5 set - 5-4-3-2-1 times 4. Half squats 6 set x 5 times 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration run 4 x 60 10. jogging, stretching 		
December 31	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> 1. warm up, stretching 2. Fartlek - 4 km 3. Fitness hall - 10 exercise x 3 set for all muscle groups 		

