

### Mesocycle #3 (Microcycle №11) 30.11.2015 to 06.12.2015 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p><b>Evening</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Circuit training for all muscles groups (6-7 drills with 1-2 sets)</p> <p>3. Running: -100 m X 2-3 times (80 %)</p> <p>4. Jogging, stretching.</p>	<p><b>Evening</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High Jump running drills ( 4-6 drills X 2 sets)</p> <p>3. <b>High jump training</b> (or run up with take-off) from 4-6 steps approach X 6-8 jumps</p> <p>4. <b>Shot put throwing:</b> - 5-6 times front + backwards.</p> <p>5. <b>Acceleration run</b> - 60 m X 2 - 3 times</p> <p>6. Jogging, core drills, stretching.</p>	<p><b>Evening</b></p> <p><b>Strength training</b></p> <p>1. Warm up for strength training</p> <p>2. <b>Strength training (low intensity):</b></p> <ul style="list-style-type: none"> <li>- shoulders jerk X 2 sets</li> <li>- snatch X 2 sets</li> <li>- step-up X 2 sets</li> <li>- Half squat X 2-3 sets</li> <li>- hamstring drills X 2</li> <li>- Calf rises X 1-2 sets</li> </ul> <p>3. Hurdlers walk and jumps</p> <p>4. Core stretching &amp; stabilization drills.</p> <p>5. Jogging, stretching.</p> <p><b>Sauna, massage.</b></p>	<p><b>Morning</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. <b>Yoga stretching. Relaxations drills.</b></p>	<p><b>Evening</b></p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Curves drills in approach rhythm.</p> <p>3. Take off drills over hurdlers (76-84cm):</p> <ul style="list-style-type: none"> <li>- 4 hurdlers X 3 steps X 5 times</li> </ul> <p>4. <b>Shot put throwing:</b></p> <ul style="list-style-type: none"> <li>- 5-6 times front + backwards</li> </ul> <p>5. Jogging, stretching</p>	<p><b>Morning</b></p> <p><b>Strength training</b></p> <p>1. Warm up for strength training</p> <p>2. <b>Strength training(low intensity):</b></p> <ul style="list-style-type: none"> <li>- shoulders jerk X 3 sets</li> <li>- clean up X 3sets</li> <li>- step-up X 3 sets</li> <li>- hamstring drills X 3 sets</li> <li>- Calf rises X 2 sets</li> </ul> <p>3. Speed endurance 100 m X 3-4 times (70-80%)</p> <p>4. Core stretching &amp; stabilization drills.</p> <p>5. Jogging, stretching.</p> <p><b>Sauna, massage</b></p>	<p><b>Rest</b></p>

## Mesocycle #3 (Microcycles №12 - №14) 07.12.2015 to 27.12.2015 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p><b>Morning</b> 1. Warm up, stretching drills, running drills. 2. High Jump running drills ( 4-6 drills X 2 sets) 3. <b>High jump training</b> (or run up with take-off) from 4-6 steps approach 15-20 jumps 4. Jogging, stretching</p> <p><b>Evening</b> 1. Warm up, stretching drills, running drills. 2. <b>Short strength tonus training:</b> - 4-6 drills with 2 sets 3. <b>Curve run:</b> 80m X 3 times (85-90-95%) X 1-2sets 4. Jogging, stretching.</p>	<p><b>Morning</b> 1. Warm up, stretching drills, running drills. 3. <b>Horizontal jumps</b> from 3-6 steps run up: - 5-th jump X 5 times - 5-th hops X 3 times each leg 4. <b>Take off drills over hurdlers:</b> (84 – 91 - 100 cm): - 4 hurdlers X 3 steps X 5 times 5. Jogging, stretching</p> <p><b>Evening</b> 1. <b>Strength training (85-95%):</b> - shoulders jerk X 3 sets - snatch X 3-4 sets - step-up X 3-4 sets - half squat X 3-4 sets - hamstring drills X 3-4 - half rises X 3 sets - abdominal X 3 sets - hyperextension X 3 sets 4. Jogging, stretching.</p>	<p><b>Morning</b> 1. Warm up, stretching drills, running drills. 2. Curves drills in approach rhythm. 3. <b>High jump</b> - short run up and drills (up to 10-15 jumps) 4. <b>Shot put throwing 5 kg :</b> -10 front -10 backwards 5. <b>Sprint run</b> (with weight 5 kg) - 40 m X 2 times + 2 times without weight (curve) X 2 sets 6. <b>Core stretching &amp; stabilization drills.</b> 7. Jogging, stretching.</p> <p><b>Evening:</b> <b>Sauna, massage</b></p>	<p><b>Morning</b> 1. Warm up, stretching drills, running drills. 2. <b>Short strength tonus training:</b> - 4-6 drills X 2 sets 3. <b>Yoga stretching.</b> 4. <b>Relaxations drills.</b></p>	<p><b>Morning</b> 1. Warm up, stretching drills, running drills. 2. <b>High jump training</b> (or run up with take-off) from 6 - 8 steps approach 12-20 jumps 3. <b>Core stretching &amp; stabilization drills.</b> 4. Jogging, stretching.</p> <p><b>Evening</b> 1. Warm up, stretching drills, running drills. 2. <b>Sprint run</b> (with weight 5 kg) - 30 m X 2 times +2 times without weight (curve) X 1- 2 sets 3. <b>Shot put throwing 5 kg :</b> -10 front -10 backwards 4. <b>Plyometric jumps</b> with boxes and hurdlers 5. Jogging, stretching.</p>	<p><b>Morning</b> <b>Strength training</b> 1. Warm up for strength training 2. <b>Strength training (85-95%):</b> - shoulders jerk X 4 sets - clean up X 4sets - step-up X 4 sets - hamstring drills X 4 sets - Bulgarian half squat jumps X 3sets each leg - calf rises X 3 sets - abdominal X 3 sets - hyperextension X 3 sets 3. <b>Curve run:</b> 80m X 3 times (80-85-90%) X 1-2sets 4. Core stretching &amp; stabilization drills. 5. Jogging, stretching</p> <p><b>Evening:</b> <b>Sauna, massage.</b></p>	Rest

Mesocycle including 6 Microcycles with difference load (90% - 60% - 80% - 90% - 80% - 60%), depending of athletes qualifications (beginners, intermediate or advance). Intensity is middle and high, volume from medium to big. Recovery should be providing with supplements and physio procedures, sauna, massage.