Mesocycle #3 (Microcycles №11) 30.11.2015 to 06.12.2015 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	Evening 1. Warm up, stretching drills, running drills. 2. Circuit training for all muscles groups (5- 7 drills with 1-2 sets) 3. Running: -100 m X 2-3 times (75 %) 4. Jogging, stretching.	Evening 1. Warm up, stretching drills, running drills. 2. Handlers walking drills X 3-4 times 3. Standing jump training session: - Standing long jump X 4-6 times - Standing triple jump X 4-6 times 4. Shot put throwing: - 5-6 times front + backwards. 5. Acceleration run - 60 m X 2 - 3 times 6. Jogging, core drills, stretching.	Evening Strength training 1. Warm up for strength training 2. Strength training 2. Strength training (low intensity): - shoulders jerk X 2 sets - snatch X 2 sets - step-up X 2 sets - Half squat X 2-3 sets - hamstring drills X 2 sets - Calf rises X 1-2 sets 3. Hurdlers walk and jumps easy sessions. 4. Core stretching & stabilization drills. 5. Jogging, stretching. Sauna, massage.	Morning 1. Warm up, stretching drills, running drills. 2. Yoga stretching. Relaxations drills.	Evening 1. Warm up, stretching drills, running drills. 2. Long jumps session from 6 and 8 steps run up: - 6 – 10 jumps 3. Sprint run: - 40m X 2 times - 60m X 2 times 4. Shot put throwing: - 5-6 times front + backwards 5. Jogging, stretching	Morning Strength training 1. Warm up for strength training 2. Strength training 2. Strength training(low intensity): - shoulders jerk X 3 sets - clean up X 3sets - step-up X 3 sets - hamstring drills X 3 sets - Calf rises X 2 sets 3. Speed endurance 100 m X 3-4 times (70-80%) 4. Core stretching & stabilization drills. 5. Jogging, stretching.	Rest

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

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
2111	Morning session	Morning session	Morning session	Morning session	Morning session	Morning session	5611
	g	8	8	9	9	g	
C	1. Warm up, stretching	1. Warm up, stretching	1. Warm up,	1. Warm up,	1. Warm up, stretching	1. Warm up for	Rest
	drills, running drills.	drills, running drills.	stretching drills,	stretching drills,	drills, running drills.	strength training	
O	2. Horizontal jumps:	2. Hurdlers walking	running drills.	running drills.	2. Sprint preparation	2. Strength training:	
	- standing jump X 3-5	drills (3-4 drills X 2-3	2. Strength training:	2. Hurdlers	complex (3-4 drills by	- 2 - 3 drills power	
N	- standing triple jump	sets)	- 2 - 3 drills power	walking drills (3-	10 sec with maximum	warm up X 2 sets	
	X 3-5 times	3. Long jump	warm up X 2 sets	4 drills X 2-3	frequency) X 1 - 2 sets	- Clean up X 3 - 4 sets	
T	- standing 5-th jump X	training:	- Snatch X 3 - 4 sets X	sets)	3. Long jump	X 80-95 %	
	3-5 times	- 10 steps run up X 5 -	80 - 95 %	3. Static & core	training:	- Bench press X 3 - 5	
E	3. Speed endurance	6 times	- Bench press X 3 - 5	stabilization drills	- 10steps run up X 4- 6	sets X 80-90%	
	(85-90-95%):	- 12-14 steps run up X	sets X 80-90%	complex	times	- Bulgarian half squat	
N	80-100 m X 3 times	5 - 6	- Bulgarian half squat	(about 6 drills	- 12-14 steps run up X	jumps X 3 sets X 5	
	4. Jogging, stretching.	times	jumps X 3 sets X 5	including planks)	4-6 times	times each leg.	
T		4. Jogging, stretching	times each leg.	4. Jogging, Yoga	4. Jogging, stretching	- Step up X 3-4 sets	
	Evening session		- Step up X 3-4 sets	stretching		80-95%	
	1. Warm up, stretching	Evening session	80-95%		Evening session	- Hamstring drills and	
	drills, running drills.	1. Warm up, stretching	- Hamstring drills and		1. Warm up, stretching	calf rises X 3 sets	
	2. Technical imitations	drills, running drills.	calf rises X 3-4 sets		drills, running drills.	3. Horizontal jumps	
	(3-4 drills)	2. Sprint run (with	3. Plyometric drills		2. Sprint run (with	from 6 steps:	
	3. Strength training:	weight 5 kg)	small and middle		weight 5kg)	- 5-th jump X 4-	
	- 2 drills power warm	- 40 m X 3-4 times	boxes		- 40 m X 3-4 times	5 th hans V 2 4	
	up X 2 sets - Snatch X 3-4 sets X	3. Approach run by	4. Run 100 m X 3 times 80%		3. Approach run by	- 5-th hops X 3-4	
	80-95 %	marks (17-20 cones): - 3-5 times full run up	5. Jogging, stretching.		marks (17-20 cones): - 3-5 times full run up	times each leg 4. Run	
	- Bench press X 3 sets	4. Jogging, stretching	5. Jogging, stretching.		4. Jogging, stretching	80 m X 3 times 80-85-	
	X 80- 95%	4. Jogging, stretching			4. Jogging, stretching	90%	
	- Half squat jumps X					5. Jogging, stretching.	
	3 sets X 10 times					5. Jogging, stretching.	
	- Hamstring drills and		Evening:			Evening:	
	calf rises X 3 sets		Sauna, massage.			Sauna, massage.	
	4. Jogging, stretching.						

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.