

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

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

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

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