

Mesocycle #4 (Microcycle №15) 28.12.2015 to 03.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<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>1. Warm up, stretching drills, running drills.</p> <p>2. High Jump running drills (4-6 drills X 2 sets)</p> <p>3. High jump training (or run up with take-off) from 4-6 steps approach X 8-10 jumps</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>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 - Calf rises X 1-2 sets</p> <p>3. Hurdlers walk and jumps</p> <p>4. Core stretching & stabilization drills.</p> <p>5. Jogging, stretching.</p> <p>Sauna, massage.</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. Yoga stretching. Relaxations drills.</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): - 4 hurdlers X 3 steps X 5-7 times</p> <p>4. Shot put throwing: - 5-6 times front + backwards</p> <p>5. Jogging, stretching</p>	<p>1. Warm up for strength training</p> <p>2. Strength training(low intensity): - shoulders jerk X 3 sets - snech X 3sets - step-up X 3 sets - hamstring drills X 3 sets - Calf rises X 2 sets - hurdlers jumps X 3-4 sets</p> <p>3. Running: 100 m X 3-4 times (80%)</p> <p>4. Core stretching & stabilization drills.</p> <p>5. Jogging, stretching.</p> <p>Sauna, massage</p>	<p>Rest</p>

Mesocycle #4 (Microcycles №16) 04.01.2016 to 10.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Imitation drills - 2-3 sets</p> <p>3. Short strength tonus training: - 2 drills with 2 sets</p> <p>4. Curve run: 30m X 3 times (85%)</p> <p>5. Jogging, stretching.</p> <p>Evening</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High Jump running drills (2 drills X 3sets)</p> <p>3. High jump training - full approach 15-20 jumps</p> <p>4. Jogging, stretching</p>	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Strength training (85-95%): - Shoulders jerk X 3-4 sets - Step-up 2 steps X 3 sets (80-90%) - Half and quarter squats from stands one and two legs (explosive)X 3-4 set - deep jumps between boxes 30-50 cm X 5 times each leg X 3-4 sets</p> <p>3. Abdominal and core drills with Swedish stairs X 3 sets</p> <p>4. Jogging, stretching.</p>	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Curves drills in approach rhythm.</p> <p>3. High jump - short run up and drills (up to 10-15 jumps)</p> <p>4. Sprint run - 30 m X 2 times + 20m fly start X 2times + 30m virage X 2 times</p> <p>5. Power drills - hamstring drills X 3 - half rises X 3 sets - abdominal X 3 sets - hyperextension X 3 sets</p> <p>6. Jogging, stretching.</p> <p>Evening: Sauna, massage</p>	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Short strength tonus training: - 2-3 drills X 2 sets</p> <p>3. Yoga stretching.</p> <p>4. Relaxations drills.</p>	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump training full approach 12-15 jumps</p> <p>3. Core stretching & stabilization drills.</p> <p>4. Jogging, stretching.</p> <p>Evening</p> <p>1. Warm up, stretching drills, running drills</p> <p>2. Sprint run - 30 m X 2 times + 20m fly start X 2times + 30m virage X 2 times</p> <p>3. Shot put throwing 4-5 kg : - 5 front - 5 backwards</p> <p>4. Plyometric jumps with boxes and hurdlers</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 (85-95%): - shoulders jerk X 4 sets - snech X 3sets - step-up X 3 sets - hamstring drills X 3 sets - Bulgarian quarter squat jumps X 3sets each leg - calf rises X 3 sets - hurdlers jumps X 3-4 sets - abdominal X 3 sets - hyperextension X 3 sets</p> <p>3. Curve run: 60m X 3 times (80-85-90%)</p> <p>4. Core stretching & stabilization drills.</p> <p>5. Jogging, stretching</p> <p>Evening: Sauna, massage.</p>	Rest

Mesocycle #4 (Microcycle №17) 11.01.2016 to 17.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Imitation drills</p> <p>3-4 drills - 2-3 sets</p> <p>3. Short strength tonus training:</p> <p>- 2 drills with 2 sets</p> <p>4. Curve run: 30m X 3 times (85-90%)</p> <p>5. Jogging, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. High Jump running drills (2-3 drills X 2 sets)</p> <p>3. High jump training full approach X 5-8 jumps</p> <p>4. Acceleration run by virage:</p> <p>- 60 m X 2 - 3 times</p> <p>5. Jogging, core drills, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Strength training (low intensity):</p> <p>- shoulders jerk X 2 sets</p> <p>- step-up two steps fast X 2 sets</p> <p>- Half and quarter squats from stands one and two legs (explosive) X 2-3 sets</p> <p>- hamstring drills X 2sets</p> <p>- Calf rises X 1-2 sets</p> <p>3. Hurdlers walk and jumps, box jumps.</p> <p>4. Core stretching & stabilization drills.</p> <p>5. Jogging, stretching.</p> <p>Easy massage.</p>	<p>Rest</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Power tonization</p> <p>- Step-up 2 steps X 2 sets (80%)</p> <p>- Half and quarter squats from stands one and two legs (explosive) X 1-2 sets</p> <p>- hamstring tonus drill X 1-2 sets</p> <p>- foot easy tonus jumps</p> <p>3. Jogging, stretching</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Competitions</p> <p>3. Core stretching & stabilization drills.</p> <p>4. Jogging, stretching.</p> <p>Sauna, massage</p>	<p>Rest</p>

Mesocycle #4 (Microcycle №18) 18.01.2016 to 24.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Imitation drills - 2-3 sets</p> <p>3. Short strength tonus training: - 2 drills with 2 sets</p> <p>4. Curve run: 30m X 3 times (85%)</p> <p>5. Jogging, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. High Jump running drills (2-3 drills X 2 sets)</p> <p>3. High jump training full approach X 5-8 jumps</p> <p>4. Acceleration run by virage: - 60 m X 2 - 3 times</p> <p>5. Jogging, core drills, stretching.</p>	<p>1. Warm up, stretching drills, running drills</p> <p>2. Strength training (low intensity): - shoulders jerk X 2 sets - step-up two steps fast X 2 sets - Half and quarter squats from stands one and two legs (explosive) X 2-3 sets - hamstring drills X 2sets - Calf rises X 1-2 sets</p> <p>3. Hurdlers walk and jumps, box jumps.</p> <p>4. Core stretching & stabilization drills.</p> <p>5. Jogging, stretching.</p> <p>Easy massage.</p>	<p>Rest</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Power tonization - Step-up 2 steps X 2 sets (80%) - Half and quarter squats from stands one and two legs (explosive) X 1-2 sets - hamstring tonus drill X 1-2 sets - foot easy tonus jumps</p> <p>3. Jogging, stretching</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Competitions</p> <p>3. Core stretching & stabilization drills.</p> <p>4. Jogging, stretching.</p> <p>Sauna, massage</p>	<p>Rest</p>

Mesocycle #4 (Microcycles №19) 25.01.2016 to 31.01.2016 (High jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Imitation drills - 2-3 sets</p> <p>3. Short strength tonus training: - 2 drills with 2 sets</p> <p>4. Curve run: 30m X 3 times (85%)</p> <p>5. Jogging, stretching.</p> <p>Evening</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High Jump running drills (2 drills X 3sets)</p> <p>3. High jump training - full approach 15-20 jumps</p> <p>4. Jogging, stretching</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Strength training (85-95%): - Shoulders jerk X 3-4 sets - Step-up 2 steps X 3 sets (80-90%) - Half and quarter squats from stands one and two legs (explosive)X 3-4 set - deep jumps between boxes 30-50 cm X 5 times each leg X 3-4 sets</p> <p>3. Abdominal and core drills with Swedish stairs X 3 sets</p> <p>4. Jogging, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Curves drills in approach rhythm.</p> <p>3. High jump - short run up and drills (up to 10-15 jumps)</p> <p>4. Sprint run - 30 m X 2 times + 20m fly start X 2times + 30m virage X 2 times</p> <p>5. Power drills - hamstring drills X 3 - half rises X 3 sets - abdominal X 3 sets - hyperextension X 3 sets</p> <p>6. Jogging, stretching.</p> <p>Evening: Sauna, massage</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Short strength tonus training: - 2-3 drills X 2 sets</p> <p>3. Yoga stretching.</p> <p>4. Relaxations drills.</p>	<p>Morning</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. High jump training full approach 12-15 jumps</p> <p>3. Core stretching & stabilization drills.</p> <p>4. Jogging, stretching.</p> <p>Evening</p> <p>1. Warm up, stretching drills, running drills</p> <p>2. Sprint run - 30 m X 2 times + 20m fly start X 2times + 30m virage X 2 times</p> <p>3. Shot put throwing 4-5 kg : - 5 front - 5 backwards</p> <p>4. Plyometric jumps with boxes and hurdlers</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 (85-95%): - shoulders jerk X 4 sets - snech X 3sets - step-up X 3 sets - hamstring drills X 3 sets - Bulgarian quarter squat jumps X 3sets each leg - calf rises X 3 sets - hurdlers jumps X 3-4 sets - abdominal X 3 sets - hyperextension X 3 sets</p> <p>3. Curve run: 60m X 3 times (80-85-90%)</p> <p>4. Core stretching & stabilization drills.</p> <p>5. Jogging, stretching</p> <p>Evening: Sauna, massage.</p>	Rest