

Date	Weekday	The first training session	Training plan	The second training session	Training plan
March 1	Tuesday	9:45 - 12:15	1. Cross 40 min., stretching, drills	16:00 - 18:30	
March 2	Wednesday	9:45 - 12:15	1. warm up, stretching, drills 2.Box jump (H-25) 20x10 set each leg 3. Acceleration run 8x100 4. jogging, stretching	16:00 - 18:30	
March 3	Thursday	9:45 - 12:15	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games	16:00 - 18:30	
March 4	Friday	9:45 - 12:15	1. warm up, stretching, drill 2. hurdles jumps (h-50): 10x10 set each leg 3. Accelerations 4. cangaroo run - 8x50 Shot put 2 position x 20 times 5. jogging, stretching	16:00 - 18:30	
March 5	Saturday	9:45 - 12:15	1. warm up, stretching, drills 2. Jerk 5x5 set 3. Clean 5x5 set 4. Squats 5x5 set 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 set 7. Calf exercises - 3x10 each leg 8. Crunches 3x10 9. Acceleration run 4 x 60 10. jogging, stretching	16:00 - 18:30	
March 6	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		

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March 7	Monday	9:45 - 12:15	training on the grass: 1. warm up, stretching, drills 2. circuit training: 17 exercises x 40m - 2 series	16:00 - 18:30	1. warm up, stretching, drill 2. hand movements: 4 position x 10 seconds - 4 series (on the spot, with jumps on the foot, with the step jumps, with the half lifting hips) 3. Power: - deep squats with a barbell in hands above head - 5x5 - Jerk - 5x5 - squat jumps 5x10 - tilt stand-up with 15 kg - 5x20 4. exercises on the bar: press, pull-ups. bar exercises: running, swings, push-ups = 2-3 sets 5. run 4x120
March 8	Tuesday	9:45 - 12:15	1. warm-up, stretching, drills 2. Deep jumps from the box: 150 jumps each leg 3. throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10. 4. running - 6x80m 5. exercises on the bar: press, pull-ups. bar exercises: running, swings, push-ups = 2-3 sets	16:00 - 18:30	1. warm up, stretching, drills 2. Jerk 5x5 set 3. Clean 5x5 set 4. Squats 5x5 set 5. Stand up the box - 4 x 10 each leg 6. Squat jump 5x5 set 7. One leg attack - 5x5 each leg 8. Crunches 3x10 9. Acceleration run 4 x 60 10. jogging, stretching
March 9	Wednesday	9:45 - 12:15	1. warm-up, stretching 2. workout to uphill: - all drills - jumping with 1 running step 30m - 2 times each leg - jumping with 3 running step 30m - 2 times each leg - lunges 30m - hops 30m - 2 times each leg - ligaments 30m - 2 times - kangaroo 30m + acceleration 30m = 5 times - acceleration 80m - 5 times	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physiotherapy, games

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March 10	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>pistol with jump with partner 10 times + hops 40m + acceleration 40m = 5 set each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm-up, stretching, drills</li> <li>jumps to the box (h-30) with 5 kg in each hand: a) hop jumps each leg 10 times, alternate changing legs 20 times = 5 set</li> <li>Squats 5x5 set</li> <li>Smith machine - 10x10 set each leg</li> <li>throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10 = 3 set</li> <li>Acceleration run - 6x80m</li> <li>exercises on the bar: press, pull-ups. bar exercises: running, swings, push-ups = 2-3 sets</li> </ol>
March 11	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hop-hop-step-step..... 10x80m</li> <li>Acceleration run 10 x 40m</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jerk 5x5 set</li> <li>Clean 5x5 set</li> <li>Squats 5x5 set</li> <li>Stand up the box - 4 x 10 each leg</li> <li>Squat jump 5x5 set</li> <li>One leg attack - 5x5 each leg</li> <li>Crunches 3x10</li> <li>Acceleration run 4 x 60</li> <li>jogging, stretching</li> </ol>
March 12	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hurdles walking - 10x10</li> <li>Hurdles jumps - 10x10</li> <li>Acceleration run 5x200</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
March 13	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		

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March 14	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm-up, stretching, drills</li> <li>2. Hops 30m + acceleration 20m = 10 set each leg</li> <li>3. Kangaroo 30m + acceleration 20m = 5 set</li> <li>4. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. hand movements: 4 position x 10 seconds - 4 series (on the spot, with jumps on the foot, with the step jumps, with the half lifting hips)</li> <li>3. Power: <ul style="list-style-type: none"> <li>- deep squats with a barbell in hands above head - 5x5</li> <li>- Jerk - 5x5</li> <li>- squat jumps 5x10</li> <li>- tilt stand-up with 15 kg - 5x20</li> </ul> </li> <li>4. exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p> <ol style="list-style-type: none"> <li>5. run 4x120</li> </ol>
March 15	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm-up, stretching, drills</li> <li>2. Deep jumps from the box: 150 jumps each leg</li> <li>3. throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10.</li> <li>4. running - 6x80m</li> <li>5. exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. Jerk 5x5 set</li> <li>3. Clean 5x5 set</li> <li>4. Squats 5x5 set</li> <li>5. Stand up the box - 4 x 10 each leg</li> <li>6. Squat jump 5x5 set</li> <li>7. One leg attack - 5x5 each leg</li> <li>8. Crunches 3x10</li> <li>9. Acceleration run 4 x 60</li> <li>10. jogging, stretching</li> </ol>
March 16	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm-up, stretching</li> <li>2. workout to uphill: <ul style="list-style-type: none"> <li>- all drills</li> <li>- jumping with 1 running step 30m - 2 times each leg</li> <li>- jumping with 3 running step 30m - 2 times each leg</li> <li>- lunges 30m</li> <li>- hops 30m - 2 times each leg</li> <li>- ligaments 30m - 2 times</li> <li>- kangaroo 30m + acceleration 30m = 5 times</li> <li>- acceleration 80m - 5 times</li> </ul> </li> </ol>	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games

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March 17	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>pistol with jump with partner 10 times + hops 40m + acceleration 40m = 5 set each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm-up, stretching, drills</li> <li>jumps to the box (h-30) with 5 kg in each hand: a) hop jumps each leg 10 times, alternate changing legs 20 times = 5 set</li> <li>Squats 5x5 set</li> <li>Smith machine - 10x10 set each leg</li> <li>throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10 = 3 set</li> <li>Acceleration run - 6x80m</li> <li>exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p>
March 18	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hop-hop-step-step..... 10x80m</li> <li>Acceleration run 10 x 40m</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jerk 5x5 set</li> <li>Clean 5x5 set</li> <li>Squats 5x5 set</li> <li>Stand up the box - 4 x 10 each leg</li> <li>Squat jump 5x5 set</li> <li>One leg attack - 5x5 each leg</li> <li>Crunches 3x10</li> <li>Acceleration run 4 x 60</li> <li>jogging, stretching</li> </ol>
March 19	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hurdles walking - 10x10</li> <li>Hurdles jumps - 10x10</li> <li>Acceleration run 5x200</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
March 20	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		

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March 21	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm-up, stretching, drills</li> <li>2. Hops 30m + acceleration 20m = 10 set each leg</li> <li>3. Kangaroo 30m + acceleration 20m = 5 set</li> <li>4. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drill</li> <li>2. hand movements: 4 position x 10 seconds - 4 series (on the spot, with jumps on the foot, with the step jumps, with the half lifting hips)</li> <li>3. Power: <ul style="list-style-type: none"> <li>- deep squats with a barbell in hands above head - 5x5</li> <li>- Jerk - 5x5</li> <li>- squat jumps 5x10</li> <li>- tilt stand-up with 15 kg - 5x20</li> </ul> </li> <li>4. exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p> <ol style="list-style-type: none"> <li>5. run 4x120</li> </ol>
March 22	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm-up, stretching, drills</li> <li>2. Deep jumps from the box: 150 jumps each leg</li> <li>3. throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10.</li> <li>4. running - 6x80m</li> <li>5. exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. Jerk 5x5 set</li> <li>3. Clean 5x5 set</li> <li>4. Squats 5x5 set</li> <li>5. Stand up the box - 4 x 10 each leg</li> <li>6. Squat jump 5x5 set</li> <li>7. One leg attack - 5x5 each leg</li> <li>8. Crunches 3x10</li> <li>9. Acceleration run 4 x 60</li> <li>10. jogging, stretching</li> </ol>
March 23	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm-up, stretching</li> <li>2. workout to uphill: <ul style="list-style-type: none"> <li>- all drills</li> <li>- jumping with 1 running step 30m - 2 times each leg</li> <li>- jumping with 3 running step 30m - 2 times each leg</li> <li>- lunges 30m</li> <li>- hops 30m - 2 times each leg</li> <li>- ligaments 30m - 2 times</li> <li>- kangaroo 30m + acceleration 30m = 5 times</li> <li>- acceleration 80m - 5 times</li> </ul> </li> </ol>	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games

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March 24	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>pistol with jump with partner 10 times + hops 40m + acceleration 40m = 5 set each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm-up, stretching, drills</li> <li>jumps to the box (h-30) with 5 kg in each hand: a) hop jumps each leg 10 times, alternate changing legs 20 times = 5 set</li> <li>Squats 5x5 set</li> <li>Smith machine - 10x10 set each leg</li> <li>throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10 = 3 set</li> <li>Acceleration run - 6x80m</li> <li>exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p>
March 25	Friday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hop-hop-step-step..... 10x80m</li> <li>Acceleration run 10 x 40m</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jerk 5x5 set</li> <li>Clean 5x5 set</li> <li>Squats 5x5 set</li> <li>Stand up the box - 4 x 10 each leg</li> <li>Squat jump 5x5 set</li> <li>One leg attack - 5x5 each leg</li> <li>Crunches 3x10</li> <li>Acceleration run 4 x 60</li> <li>jogging, stretching</li> </ol>
March 26	Saturday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Hurdles walking - 10x10</li> <li>Hurdles jumps - 10x10</li> <li>Acceleration run 5x200</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games
March 27	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		

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March 28	Monday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm-up, stretching, drills</li> <li>Hops 30m + acceleration 20m = 10 set each leg</li> <li>Kangaroo 30m + acceleration 20m = 5 set</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drill</li> <li>hand movements: 4 position x 10 seconds - 4 series (on the spot, with jumps on the foot, with the step jumps, with the half lifting hips)</li> <li>Power: <ul style="list-style-type: none"> <li>- deep squats with a barbell in hands above head - 5x5</li> <li>- Jerk - 5x5</li> <li>- squat jumps 5x10</li> <li>- tilt stand-up with 15 kg - 5x20</li> </ul> </li> <li>exercises on the bar: press, pull-ups. bar exercises: running, swings, push-ups = 2-3 sets</li> <li>run 4x120</li> </ol>
March 29	Tuesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm-up, stretching, drills</li> <li>Deep jumps from the box: 150 jumps each leg</li> <li>throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10.</li> <li>running - 6x80m</li> <li>exercises on the bar: press, pull-ups. bar exercises: running, swings, push-ups = 2-3 sets</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>warm up, stretching, drills</li> <li>Jerk 5x5 set</li> <li>Clean 5x5 set</li> <li>Squats 5x5 set</li> <li>Stand up the box - 4 x 10 each leg</li> <li>Squat jump 5x5 set</li> <li>One leg attack - 5x5 each leg</li> <li>Crunches 3x10</li> <li>Acceleration run 4 x 60</li> <li>jogging, stretching</li> </ol>
March 30	Wednesday	9:45 - 12:15	<ol style="list-style-type: none"> <li>warm-up, stretching</li> <li>workout to uphill: <ul style="list-style-type: none"> <li>- all drills</li> <li>- jumping with 1 running step 30m - 2 times each leg</li> <li>- jumping with 3 running step 30m - 2 times each leg</li> <li>- lunges 30m</li> <li>- hops 30m - 2 times each leg</li> <li>- ligaments 30m - 2 times</li> <li>- kangaroo 30m + acceleration 30m = 5 times</li> <li>- acceleration 80m - 5 times</li> </ul> </li> </ol>	16:00 - 18:30	sauna, jacuzzi, swimming in the pool, massage, physio therapy, games

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March 31	Thursday	9:45 - 12:15	<ol style="list-style-type: none"> <li>1. warm up, stretching, drills</li> <li>2. pistol with jump with partner 10 times + hops 40m + acceleration 40m = 5 set each leg</li> <li>3. jogging, stretching</li> </ol>	16:00 - 18:30	<ol style="list-style-type: none"> <li>1. warm-up, stretching, drills</li> <li>2. jumps to the box (h-30) with 5 kg in each hand: a) hop jumps each leg 10 times, alternate changing legs 20 times = 5 set</li> <li>3. Squats 5x5 set</li> <li>4. Smith machine - 10x10 set each leg</li> <li>5. throwing stones: forward-10, back-10, left side-10, right side-10, from the breast-10 = 3 set</li> <li>6. Acceleration run - 6x80m</li> <li>7. exercises on the bar: press, pull-ups.</li> </ol> <p>bar exercises: running, swings, push-ups = 2-3 sets</p>