DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning	Morning	Morning	Morning	Morning	Morning	
	Grass training	Grass training	Strength training	Grass training	Grass training	Strength training	
С	1. Warm up,	1. Warm up, stretching	1. Warm up for	1. Warm up,	1. Warm up,	1. Warm up for	Rest
	stretching drills,	drills, running drills.	strength training	stretching drills,	stretching drills,	strength training	
0	running drills.	2. Circuit training for	2. Strength complex	running drills.	running drills.	2. Strength	
	2. Walking	all muscles groups (8-	training:	2. Walking	2. Circuit training	complex training:	
Ν	imitations complex	10 drills with 3-5 sets)	- clean up, snatch,	imitations complex	for all muscles	- clean up, snatch,	
	(5-6 drills)	3. Accelerations run in	step up, bar static	(5-6 drills)	groups (8-10 drills	step up, bar static	
Т	3. Static &	approach rhythm.	drills, lounges,	3. Static &	with 3-5 sets)	drills, lounges,	
	stabilization drills	4. Jogging, stretching	rolling.	stabilization drills	3. Accelerations run	rolling.	
Ε	complex		4. Core stretching	complex	in approach rhythm.	4. Core stretching	
	(about 8 drills		drills.	(about 6 drills	4. Jogging, stretching	& stabilization	
Ν	including planks)		5. Jogging,	including planks)		drills.	
	4. Jogging, stretching		stretching.	4. Jogging, Yoga		5. Jogging, Yoga	
Т		Evening		stretching		stretching.	
		Grass training	Sauna, massage.				
	Evening	1. Warm up, stretching		Evening	Evening	Sauna, massage.	
	Hill training	drills, running drills.		Hill training	Grass training		
	1. Warm up,	2. Horizontal jumps		1. Warm up,	1. Warm up,		
	stretching drills,	complex:		stretching drills,	stretching drills,		
	running drills.	- rolling, alternate		running drills.	running drills.		
	2. Special imitation	jumps, hurdlers hopes		2. Special imitation	2. Horizontal jumps		
	take off complex	one & two legs, take		take off complex	complex:		
	uphill downhill	off drills (8-10 drills in		uphill downhill	- rolling, alternate		
	3. Sprint uphill	set, 3-5 sets)		3. Sprint uphill	jumps, hopes one &		
	training (40-60m X	3. Speed endurance		training (40-60m X 4)	two legs, take off		
	4) X 2-4 sets	(150m X 3 times) X 2-		X 2-3 sets	drills (8-10 drills in		
	4. Jogging, stretching.	3sets		5. Jogging, stretching.	set, 3-5 sets)		
		4. Jogging, stretching			3. Speed endurance		
					(150m X 3 times) X		
					2-3sets		
					4. Jogging, stretching.		

Second GPP, Mesocycle #7 (Microcycle №25 - 27) 07.03.2016 to 27.03.2016 (Long jump)

Mesocycle including 4 Microcycles with difference load (60% - 80% -90% - 60%), depending of athletes qualifications (beginners, intermediate or advance). Intensity is middle, volume from medium to big. Recovery should be providing with supplements and physio procedures, sauna, massage.