

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

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

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.