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

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,	<b>1.</b> Warm up for	Rest
	stretching drills,	drills, running drills.	strength training	stretching drills,	stretching drills,	strength training	
$\mathbf{C}$	running drills.	2. Circuit training for	2. Strength complex	running drills.	running drills.	2. Strength	
	2. Vertical jumps	all muscles groups (8-	training:	2.High jump	2. Circuit training	complex training:	
V	imitations complex	10 drills with 3-5 sets)	- clean up,	imitations complex	for all muscles	- clean up,	
	(5-6 drills)	<b>3.</b> Accelerations run in	-snatch,	(5-6 drills)	groups (8-10 drills	- snatch,	
	<b>3.</b> Core stabilization	approach rhythm.	-step up,	3. Static &	with 3-5 sets)	-step up,	
	drills complex	4. Jogging, stretching	-bar static drills,	stabilization drills	<b>3.</b> Accelerations run	-bar static drills,	
	(about 8 drills		-lounges,	complex	in approach rhythm.	- lounges,	
	including planks)		- rolling.	(about 6 drills	4. Jogging, stretching	-rolling.	
J	4. Jogging, stretching		<b>4.</b> Core stretching	including planks)		<b>4.</b> Core stretching	
			drills.	4. Jogging, Yoga		& stabilization	
		Evening	5. Jogging,	stretching		drills.	
	Evening	Grass training	stretching.			5. Jogging, Yoga	
	Hill training	1. Warm up, stretching	S S	Evening	Evening	stretching.	
	1. Warm up,	drills, running drills.	Sauna, massage.	Hill training	Grass training	8	
	stretching drills,	2. Horizontal &	, 8	1. Warm up,	1. Warm up,	Sauna, massage.	
	running drills.	vertical jumps		stretching drills,	stretching drills,		
	2. Special imitation	complex:		running drills.	running drills.		
	take off complex	- rolling, alternate		2. Special imitation	2. Horizontal jumps		
	uphill downhill	jumps, hurdlers hopes		take off complex	complex:		
	3. Sprint uphill	one & two legs, take		uphill downhill	- rolling, alternate		
	training (40-60m X	off drills (8-10 drills in		3. Sprint uphill	jumps, hopes one &		
	4) X 2-3 sets	set, 3-5 sets)		training (40-60m X 4)	two legs, take off		
	<b>4.</b> Jogging, stretching.	<b>3.</b> Speed endurance		X 2-3 sets	drills (8-10 drills in		
	4. 30ggmg, stretening.	(100m X 3 times) X 2		<b>5.</b> Jogging, stretching.	set, 3-5 sets)		
		sets		5. Jogging, stretching.	<b>3.</b> Speed endurance		
		<b>4.</b> Jogging, stretching			(150m X 3 times) X		
		4. Jogging, succening			2sets		
					<b>4.</b> Jogging, stretching.		
					T. Jogging, succining.		
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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.