Date	Weekday	The first training session	Training plan	The second training session	Training plan
April 1	Friday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Easy triple jump: hops, steps, classic 15 - 20 times</li> <li>Acceletation ran 5x50</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	
April 2	Saturday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Hurdles walking - 5x10</li> <li>Power hall 2-3 exersise x 3 set</li> <li>Acceleration run 3x200,</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	
April 3	Sunday		sauna, jacuzzi, swimming in the pool, massage, physio therapy, games		
April 4	Monday	9:45 - 12:15	1. warm up, stretching, drills 2.Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times 3. Triple deep jump from the box with 2 steps approach - 10 times 4. Running 4x60 (80%) 5. Hamstring exersice 3x20 each leg 6. The exercise with rubber 3x20 each leg 7. jogging, stretching	16:00 - 18:30	<ol> <li>warm up, stretching, drills</li> <li>Jumps 10 multiple - 5 set each leg</li> <li>Kangaroo - 10 multiple - 5 set</li> <li>Frogs - 10-multiples - 3 set</li> <li>Throwing forward 15 times</li> <li>Running 4x60 (80%)</li> <li>jogging, stretching</li> </ol>
April 5	Tuesday	9:45 - 12:15	1. warm up, stretching, drills 2. Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo 3. Run 3x120, rest for 5 min between run 4. Crunches - 3x20 5. jogging, stretching		1. warm up, stretching, drills 2. Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series 3. Shot put throwing 2 positions x15 times 4. Exercises with rubber 3x20 on each leg 5. jogging, stretching
April 6	Wednesday	9:45 - 12:15	1. warm up, stretching, drills 2. Hops with a mini hurdles - 5x10 each leg 3. Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg 4. Jerk 5x10 5. Standing up the box (h-35) - 5x10 on each leg 6. Squat jumps - 5x6 7. Exercises for shin with a bar - 5x15 8. Exercise on a back with a weight in the machine - 5x10 9. Acceleration run - 4x60 10. jogging, stretching	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games

Data	Madala	The first	Toolining plan	The second	Turining alon
Date	Weekday	training session	Training plan	training session	Training plan
April 7	Thursday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Exersice "ranning hands" - 4x10</li> <li>4x10 sec - 4 set</li> <li>Acceleration run - 3x120 - 2 set</li> <li>Shot put throwing -2 positions</li> <li>times</li> <li>Exercises on back 3x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 8	Friday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Triple jump with 6 steps approach - 10 times</li> <li>Kangaroo 10-fold with 4-5 steps approach - 5 set</li> <li>Frog 10-fold - 3 set</li> <li>Running 4x60 (80%)</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol> <li>warm up, stretching, drill</li> <li>Hurdles walking 10x10</li> <li>Smith machine - 6X10 on each leg + deep jump - 10 times after each set</li> <li>Running 4x60 (80%)</li> <li>jogging, stretching</li> </ol>
April 9	Saturday	9:45 - 12:15	1. warm up, stretching, drill 2. Long jump with 6-8 steps approach - 8 times each leg 3. Running with weight resistance 3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min. 4. Throwing - 2x15 5. Exercises with rubber 3x20 on each leg. 6. jogging, stretching	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 10	Sunday		sauna, jacuzzi, massage, physio therapy, games		
April 11	Monday	9:45 - 12:15	1. warm up, stretching, drills 2.Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times 3. Triple deep jump from the box with 2 steps approach - 10 times 4. Running 4x60 (80%) 5. Hamstring exersice 3x20 each leg 6. The exercise with rubber 3x20 each leg 7. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drills 2. Jumps 10 multiple - 5 set each leg 3. Kangaroo - 10 multiple - 5 set 4. Frogs - 10-multiples - 3 set 5. Throwing forward 15 times 6 Running 4x60 (80%) 7. jogging, stretching

		The first		The second	
Date	Weekday	training session	Training plan	training session	Training plan
April 12	Tuesday		1. warm up, stretching, drills 2. Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo 3. Run 3x120, rest for 5 min between run 4. Crunches - 3x20 5. jogging, stretching		1. warm up, stretching, drills 2. Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series 3. Shot put throwing 2 positions x15 times 4. Exercises with rubber 3x20 on each leg 5. jogging, stretching
April 13	Wednesday	9:45 - 12:15	1. warm up, stretching, drills 2. Hops with a mini hurdles - 5x10 each leg 3. Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg 4. Jerk 5x10 5. Standing up the box (h-35) - 5x10 on each leg 6. Squat jumps - 5x6 7. Exercises for shin with a bar - 5x15 8. Exercise on a back with a weight in the machine - 5x10 9. Acceleration run - 4x60 10. jogging, stretching	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 14	Thursday	9:45 - 12:15	1. warm up, stretching, drills 2. Exersice "ranning hands" - 4x10 sec - 4 set 3. Acceleration run - 3x120 - 2 set 4. Shot put throwing -2 positions x15 times 5. Exercises on back 3x10 6. Crunches 3x10 7. jogging, stretching	16:00 - 18:30	<ol> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 15	Friday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Triple jump with 6 steps approach - 10 times</li> <li>Kangaroo 10-fold with 4-5 steps approach - 5 set</li> <li>Frog 10-fold - 3 set</li> <li>Running 4x60 (80%)</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	1. warm up, stretching, drill 2. Hurdles walking 10x10 3. Smith machine - 6X10 on each leg + deep jump - 10 times after each set 4. Running 4x60 (80%) 5. jogging, stretching

Date	Weekday	The first training	Training plan	The second training	Training plan
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April 16	Saturday	9:45 - 12:15	<ol> <li>warm up, stretching, drill</li> <li>Long jump with 6-8 steps approach - 8 times each leg</li> <li>Running with weight resistance</li> <li>3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min.</li> <li>Throwing - 2x15</li> <li>Exercises with rubber 3x20 on each leg.</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 17	Sunday		sauna, jacuzzi, massage, physio therapy, games		
April 18	Monday	9:45 - 12:15	1. warm up, stretching, drills 2.Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times 3. Triple deep jump from the box with 2 steps approach - 10 times 4. Running 4x60 (80%) 5. Hamstring exersice 3x20 each leg 6. The exercise with rubber 3x20 each leg 7. jogging, stretching	16:00 - 18:30	<ol> <li>warm up, stretching, drills</li> <li>Jumps 10 multiple - 5 set each leg</li> <li>Kangaroo - 10 multiple - 5 set</li> <li>Frogs - 10-multiples - 3 set</li> <li>Throwing forward 15 times</li> <li>Running 4x60 (80%)</li> <li>jogging, stretching</li> </ol>
April 19	Tuesday	9:45 - 12:15	1. warm up, stretching, drills 2. Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo 3. Run 3x120, rest for 5 min between run 4. Crunches - 3x20 5. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drills 2. Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series 3. Shot put throwing 2 positions x15 times 4. Exercises with rubber 3x20 on each leg 5. jogging, stretching
April 20	Wednesday	9:45 - 12:15	1. warm up, stretching, drills 2. Hops with a mini hurdles - 5x10 each leg 3. Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg 4. Jerk 5x10 5. Standing up the box (h-35) - 5x10 on each leg 6. Squat jumps - 5x6 7. Exercises for shin with a bar - 5x15 8. Exercise on a back with a weight in the machine - 5x10 9. Acceleration run - 4x60 10. jogging, stretching	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games

		The first		The second	
Date	Weekday	training	Training plan	training	Training plan
		session		session	
April 21	Thursday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Exersice "ranning hands" - 4x10</li> <li>4x10 sec - 4 set</li> <li>Acceleration run - 3x120 - 2 set</li> <li>Shot put throwing -2 positions</li> <li>times</li> <li>Exercises on back 3x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 22	Friday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Triple jump with 6 steps approach - 10 times</li> <li>Kangaroo 10-fold with 4-5 steps approach - 5 set</li> <li>Frog 10-fold - 3 set</li> <li>Running 4x60 (80%)</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	<ol> <li>warm up, stretching, drill</li> <li>Hurdles walking 10x10</li> <li>Smith machine - 6X10 on each leg + deep jump - 10 times after each set</li> <li>Running 4x60 (80%)</li> <li>jogging, stretching</li> </ol>
April 23	Saturday	9:45 - 12:15	<ol> <li>warm up, stretching, drill</li> <li>Long jump with 6-8 steps approach - 8 times each leg</li> <li>Running with weight resistance</li> <li>***ax60 + without weight 2x80 - 2</li> <li>***series. Rest between run 4 min.</li> <li>between series 12 min.</li> <li>Throwing - 2x15</li> <li>Exercises with rubber 3x20 on each leg.</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 24	Sunday		sauna, jacuzzi, massage, physio therapy, games		
April 25	Monday	9:45 - 12:15	1. warm up, stretching, drills 2.Double jump 4-5 steps approach: hop-step - 10 times, step-jump - 10 times 3. Triple deep jump from the box with 2 steps approach - 10 times 4. Running 4x60 (80%) 5. Hamstring exersice 3x20 each leg 6. The exercise with rubber 3x20 each leg 7. jogging, stretching	16:00 - 18:30	1. warm up, stretching, drills 2. Jumps 10 multiple - 5 set each leg 3. Kangaroo - 10 multiple - 5 set 4. Frogs - 10-multiples - 3 set 5. Throwing forward 15 times 6 Running 4x60 (80%) 7. jogging, stretching

Date	Weekday	The first training	Training plan	The second training	Training plan
	•	session	01	session	01
April 26	Tuesday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Fivefold jump with 6 running step approach: 5 times each leg, 5 times kangaroo</li> <li>Run 3x120, rest for 5 min between run</li> <li>Crunches - 3x20</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	1. warm up, stretching, drills 2. Running with a sled 10-15 kg 3x60 + without sled 2x60 - 2 series. Rest run 4 min. between runs; rest 12 min. between series 3. Shot put throwing 2 positions x15 times 4. Exercises with rubber 3x20 on each leg 5. jogging, stretching
April 27	Wednesday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Hops with a mini hurdles - 5x10 each leg</li> <li>Hops with a 5 normal hurdles with small jump between hurdles - 8 times on each leg</li> <li>Jerk 5x10</li> <li>Standing up the box (h-35) - 5x10 on each leg</li> <li>Squat jumps - 5x6</li> <li>Exercises for shin with a bar - 5x15</li> <li>Exercise on a back with a weight in the machine - 5x10</li> <li>Acceleration run - 4x60</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
April 28	Thursday	9:45 - 12:15	1. warm up, stretching, drills 2. Exersice "ranning hands" - 4x10 sec - 4 set 3. Acceleration run - 3x120 - 2 set 4. Shot put throwing -2 positions x15 times 5. Exercises on back 3x10 6. Crunches 3x10 7. jogging, stretching	16:00 - 18:30	<ol> <li>warm up, stretching, drills</li> <li>Squats 5x5 + deep jump 10 times after each set</li> <li>Clean 5x5</li> <li>Lunges 5x5 per leg</li> <li>Exercises on calf 5x10</li> <li>Crunches 3x10</li> <li>jogging, stretching</li> </ol>
April 29	Friday	9:45 - 12:15	<ol> <li>warm up, stretching, drills</li> <li>Hops 10-th with 4-5 steps         <ul> <li>approach - 5 set each leg</li> </ul> </li> <li>Kangaroo 10-th with 4-5 steps         <ul> <li>approach - 5 set</li> </ul> </li> <li>Frog 10-th - 3 set</li> <li>Running 4x60 (80%)</li> <li>Hamstring exersice 3x20 each leg</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	1. warm up, stretching, drill 2. Hurdles walking 10x10 3. Smith machine - 6X10 on each leg + deep jump - 10 times after each set 4. Running 4x60 (80%) 5. jogging, stretching

Date	Weekday	The first training session	Training plan	The second training session	Training plan
April 30	Saturday		<ol> <li>warm up, stretching, drill</li> <li>Long jump with 6-8 steps approach - 8 times each leg</li> <li>Running with weight resistance</li> <li>3x60 + without weight 2x80 - 2 series. Rest between run 4 min. between series 12 min.</li> <li>Throwing - 2x15</li> <li>Exercises with rubber 3x20 on each leg.</li> <li>jogging, stretching</li> </ol>	16:00 - 18:30	sauna, jacuzzi, massage, physio therapy, games
May 1	Sunday		sauna, jacuzzi, massage, physio therapy, games		