Second GPP, Mesocycle #8 (Microcycle №29-31) 04.04.2016 to 01.05.2016 (Long jump)

OAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning	Morning	Morning	Morning	Morning	Morning	
	Stadium training	Grass training	Strength training	Stadium training	Grass training	Strength training	
C	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. Horizontal jumps	2. Strength complex	running drills.	running drills.	2. Strength complex	
	2. Long jump	- alternate jumps &	training:	2. Long jump	2. One leg power	training:	
1	takeoff drills from 4-	hopes from 3-6 steps	- clean up (one	takeoff drills from 8-	jumps box complex:	- clean up (one	
	6 steps run up X 6	approach;	&two legs) X 5 sets,	10 steps run up X 6	- take off drills from	&two legs) X 5 sets,	
Γ	sets	- hurdlers hopes one &	-power jerk X 5 sets,	sets	small boxes;	-power jerk X 5 sets,	
	3. Sprint with	two legs,	-step up two steps X	3. Sprint with	- one leg hopes X 10	-step up two steps X	
E	resistant behind (7-10	- take off drills from	5 sets	resistant behind (7-10	sets each leg	5 sets	
	kg):	small boxes.	- Bulgarian split	kg):	3. Accelerations run	- Bulgarian split	
1	- 60m X 4 times X 2	3. Accelerations run in	squat X 5 - 6 sets.	- 60m X 4 times X 2	in approach rhythm.	squat X 5 - 6 sets.	
	sets.	approach rhythm.	- hamstring X 5-6	sets.	4. Jogging, stretching	- Full squat X 5-6	
	4. Medicine balls	4. Jogging, stretching	sets	4. Medicine balls		sets.	
	complex X 3 - 4 sets		4. Core stretching	complex X 3 - 4 sets		- hamstring X 5-6	
	5. Core stabilization		drills.	5. Core stabilization		sets	
	drills X 3 sets.		5. Jogging,	drills X 3 sets.		- Static power drills	
	6. Jogging, stretching		stretching.	6. Jogging, stretching	Evening training	(to prevent injury)	
		Evening training			1. Warm up,	4. Core stretching	
		1. Warm up, stretching	Sauna, massage.		stretching drills,	drills.	
	Evening training	drills, running drills.	, ,	Evening training	running drills.	5. Jogging,	
	1. Warm up,	2. Stadium stairs		1. Warm up,	2. Stadium stairs	stretching.	
	stretching drills,	jumps:		stretching drills,	jumps:		
	running drills.	- one leg hopes 100		running drills.	- one leg hopes 50 -	Sauna, massage.	
	2. Circuit training	take offs each leg		2. Circuit training	60 take offs each leg	, ,	
	for all muscles	3. Speed endurance		for all muscles	3. Speed endurance		
	groups (8-10 drills	(150m X 3 times		groups (8-10 drills	(120m X 3 times		
	with 3-4 sets)	curves) X 2 sets		with 3-4 sets)	curves) X 2 sets		
	3. Jogging, stretching.	4. Jogging, stretching		3. Jogging, stretching.	4. Jogging, stretching		

Mesocycle including 4 Microcycles with difference load (70% - 80% -90% - 50%), 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.