

Second Pre competition, Mesocycle №9 (Microcycle № 32-35) 02.05.2016 to 29.05.2016 (Long jump)

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
C O N T E N T	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Technical imitations (3-4 drills)</p> <p>3. Strength training:</p> <p>- 2 disks drills power warm up X 2 sets</p> <p>- Clean up X 3 sets X 80 - 95 %</p> <p>- Bench press X 3-4 sets X 85-95%</p> <p>- Step up 80-90% X 3 sets 5+5 rep</p> <p>- Hamstring drills X 3 sets (weight 5 kg)</p> <p>Evening training:</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Horizontal jumps - From box 30 cm to tartan, to box 30 cm to tartan, to the send (90-95%) X 3-4 times</p> <p>3. Acceleration run (Spikes): 40 m X 3 times (approach rhythm)</p> <p>4. Jogging, stretching</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. Long jump training:</p> <p>- 12 steps run up X 5 - 7 times</p> <p>4. Approach run (checking time)</p> <p>- 3-4 times (full speed)</p> <p>5. Shot put throwing (Up to 20 times front and back)</p> <p>6. Static & core stabilization drills complex (about 6 drills including planks)</p> <p>- Feet blissing (prophylactics) X 3 sets</p> <p>7. Jogging, stretching.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Strength training:</p> <p>- 2 disks drills power warm up X 3 sets</p> <p>- Snatch X 4 sets X 90 %</p> <p>- Bench press X 4 sets X 85-95%</p> <p>- Half squat X 90-95% X 4-5 rep X 3 sets</p> <p>- Hamstring drills X 3 sets</p> <p>Evening training:</p> <p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers jumps:</p> <p>10 hurdlers X 5 times X2 sets</p> <p>3. Run 100 m X 3 times 95 %</p> <p>4. Jogging, stretching.</p> <p>Sauna, massage.</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. Static & core stabilization drills complex (about 6 drills including planks)</p> <p>4. Jogging, Yoga stretching</p>	<p>1. Warm up, stretching drills, running drills.</p> <p>2. Hurdlers walking drills (3-4 drills X 2-3 sets)</p> <p>3. Long jump training:</p> <p>- 12 steps run up X 5 - 6 times</p> <p>4. Approach run (checking time)</p> <p>- 3-4 times (full speed)</p> <p>5. Shot put throwing (Up to 20 times front and back)</p> <p>6. Static & core stabilization drills complex (about 6 drills including planks)</p> <p>- Feet blissing (prophylactics) X 3 sets</p> <p>7. Jogging, stretching.</p>	<p>1. Warm up for strength training</p> <p>2. Circuit training for all muscles groups (6 drills with 2 sets)</p> <p>3. Horizontal jumps from 6 steps run up:</p> <p>- 5-th jump X 3 times</p> <p>- 5-th hops X 2 times each leg</p> <p>4. 100 m X 3-4 times 90-95%</p> <p>5. Jogging, stretching.</p> <p>Sauna, massage.</p>	Rest

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