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
	1. Warm up,	1. Warm up, stretching	1. Warm up,	1. Warm up,	1. Warm up,	1. Warm up for	5011
C	stretching drills,	drills, running drills.	stretching drills,	stretching drills,	stretching drills,	strength training	Rest
	running drills.	2. Hurdlers walking	running drills.	running drills.	running drills.	2. Circuit training	
	2. Technical	drills (3-4 drills X 2-3	<u> </u>	2. Hurdlers walking	2. Hurdlers walking	for all muscles	
		`	2. Strength	_	drills (3-4 drills X 2-		
O	imitations (3-4 drills)	sets)	training:	drills (3-4 drills X 2-	`	groups (6 drills	
	3. Strength	3. Long jump	- 2 disks drills	3 sets)	3 sets)	with 2 sets)	
N.T	training:	training:	power warm up X 3	3. Static & core	3. Long jump	3. Horizontal	
N	- 2 disks drills power	- 12 steps run up X 5 -	sets	stabilization drills	training:	jumps from 6 steps	
	warm up X 2 sets	7 times	- Snatch X 4 sets X	complex	- 12 steps run up X 5	run up:	
T	- Clean up X 3 sets X	4. Approach run	90 %	(about 6 drills	- 6 times	- 5-th jump X 3	
	80 - 95 %	(checking time)	- Bench press X 4	including planks)	<b>4.</b> Approach run	times	
E	- Bench press X 3-4	- 3-4 times (full speed)	sets X 85-95%	4. Jogging, Yoga	(checking time)	- 5-th hops X 2	
	sets X 85-95%	<b>5.</b> Shot put throwing	- Half squat X 90-	stretching	- 3-4 times (full	times each leg	
	- Step up 80-90% X	(Up to 20 times front	95% X 4-5 rep X 3		speed)	<b>4.</b> 100 m X 3-4	
N	3 sets 5+5 rep	and back)	sets		<b>5.</b> Shot put throwing	times 90-95%	
	- Hamstring drills X	<b>6.</b> Static & core	- Hamstring drills		(Up to 20 times front	<b>5.</b> Jogging,	
T	3 sets (weight 5 kg)	stabilization drills	X 3 sets		and back)	stretching.	
		complex	<b>Evening training:</b>		<b>6.</b> Static & core		
	Evening training:	(about 6 drills	1. Warm up,		stabilization drills	Sauna, massage.	
	<b>1.</b> Warm up,	including planks)	stretching drills,		complex		
	stretching drills,	- Feet blissing	running drills.		(about 6 drills		
	running drills.	(prophylactics) X 3	2. Hurdlers		including planks)		
	2. Horizontal jumps	sets	jumps:		- Feet blissing		
	- From box 30 cm to	<b>7.</b> Jogging, stretching.	10 hurdlers X 5		(prophylactics) X 3		
	tartan, to box 30 cm		times X2 sets		sets		
	to tartan, to the send		<b>3.</b> Run100 m X 3		7. Jogging,		
	( <b>90-95%</b> ) X 3-4		times 95 %		stretching.		
	times		4. Jogging,				
	<b>3.</b> Acceleration run		stretching.				
	(Spikes): 40 m X 3						
	times (approach		Sauna, massage.				
	rhythm)						
	<b>4.</b> Jogging, stretching						
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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.