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

DAY	MONDAY	TUSDAY	WEDNSDAY	THERSDAY	FRIDAY	SATT	SUN
	Morning	Morning	Morning	Morning	Morning	Morning	
	Stadium training	Grass training	Strength training	Stadium training	Stadium 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	
O	running drills.	2. Horizontal & high	2. Strength complex	running drills.	running drills.	2. Power training:	
	2. High jump	jump drills:	training:	2. High jump (3-4	2. High jump	-power jerk X 5	
N	imitation (3-4	- alternate jumps &	- clean up X 3-5	takeoff drills)	imitation (3-4	sets,	
	takeoff drills)	hopes from 3-6 steps	sets,	3. Sprint training fly	takeoff drills)	-step up two steps X	
T	3. Power tonization	run up,	-power jerk X 3-5	start curve:	3. Power tonization	5 sets + step up one	
	complex X 3 - 4 sets	- hurdlers hopes one &	sets,	- 30m X 4 times X 2	complex X 3 - 4 sets	step X 5 sets +	
E	4. Jogging, stretching	two legs, take off drills	-step up two steps X	sets.	4. Jogging, stretching	deep jumps from	
		(2-3 drill X 3-5 sets)	5 sets + step up one	4. Medicine balls		low high box one	
N		3. Accelerations run in	step X 3-5 sets,	complex X 3 sets		leg X 5 sets	
	Evening training	approach rhythm.	- Half squat &	5. Core stabilization	Evening training	- Half & quarter	
T	1. Warm up,	4. Jogging, stretching	quarter squat X 5 - 6	drills X 3 sets.	1. Warm up,	squat jumps X 3-5	
	stretching drills,		sets.	6. Jogging, stretching	stretching drills,	sets.	
	running drills.		4. Core stretching		running drills.	- Static power drills	
	2. High jump		drills.		2. High jump	(to prevent injury)	
	training medium		5. Jogging,		training full run up	4. Core stretching	
	run up 15-20 jumps	Evening training	stretching.	Evening training	15-20 jumps	drills.	
	3. Shot put throwing	1. Warm up, stretching		1. Warm up,	3. Shot put throwing	5. Jogging,	
	drills front and back	drills, running drills.	Sauna, massage.	stretching drills,	drills front and back	stretching.	
	(up to 20 times)	2. Sprint with resistant	, ,	running drills.	(up to 20 times)		
	4. Jogging, stretching.	behind (5-7 kg):		2. Yoga complex.	4. 100 m curve run	Sauna, massage.	
	<i>55 5</i> , <i>5</i>	- 40m X 3times + 2		l against I	80% X 3-4 times		
		times without weight			5. Jogging,		
		X 2 sets.			stretching.		
		3. Core stabilization			successing.		
		drills X 3 sets.					
		4. Jogging, stretching					

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.