Team short sprint:	KS001				9th/10th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coordination/Agility	AAT	Coordination	3x increments 50m	TEST
	Sprint-ABC	jump power horizontal 5x20			Shock forwards
		Alternating lunge jumps			Shock backwards
	Sprint power/Acceleration	High knee skips	Speed		standing long jump
	5x	Jump run	4x 60m increments ZWL; P: 5	min	5er SPL with run-up
	30m ZWL/30m Sprint	Snatch (5x10m)	4x 30m flying submax.; P: 5-6	Smin	
	in alternation			Speed endurance (curve)	
				2x 80/100/120 90%	
		Tempo extensive	AW Bowl	P: 6/8/10min	
		10x100m	Shock fw/bw je 10x		
		P: 30s		AAT	
				Stability 20min	
					AAT
					Minibands
Warm up run 10min	Power		Power		Jump power vertical 5x2
Gymnastic 10min					Ankle jumps
Cool down run 10min					Squad jumps
		FREE		FREE	Scissor jumps
					Metcalf
					Tempo extensive
					10x100m; P:30s
					Sonday
					FREE

Team hurdles:	KS005 / KS016				9th/10th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coordination Hurdles-ABC Sprint power/Acceleration 4x 30m ZWL/ 2. Hurdle in alteration	AAT jump power horizontal 5x20t Alternating lunge jumps High knee skips Jump run Snatch (5x10m) Tempo extensive 10x100m P: 30s	Coordination short 3er, 5 hurdles short 1er, 5 hurdles Hurdles 6x 10 hurdles 3er R. Distance 7,50m AW Bowl	3x increments 50m Speed endurance (curve) 2x 80/100/120 90% P: 6/8/10min AAT Stabibility 20min	TEST Shock forwards Shock backwards Standing long jump Ser SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	Power	Free	Shock fw/bw 10x each Power	FREE	AAT Minibands Jump power vertical 5x20 re Ankle jumps Squad jumps Scissor jumps Metcalf Tempo extensive 10x100m; P:30s Sunday

Team hurdles:	KS007 / KS008 / KS012	/ KS014			11th/12th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coordination Hurdles-ABC Sprint power/Acceleration 5x 30m ZWL/ 2. Hurdle in alteration	AAT Jump power horizontal 5x20 Alternating lunge jumps High knee skips Jump run Snatch (5x10m) Tempo extensive 10x100m P: 30s	Om: Coordination short 3er, 5 hurdles short 1er, 5 hurdles Hurdles 8x 10 hurdles 3er R. Distance 7,50m	3x increments 50m Speed endurance (curve) 2x 80/100/120 90% P: 6/8/10min AAT Stability 20min	TEST Shock forwards Shock backwards Standing long jump Ser SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	Power	FREE	AW Bowl Shock fw/bw je 10x Power	FREE	AAT Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf Tempo extensive 10x100m; P:30s Sunday FREE

Team long sprint:	KS003 / KS018				9th/10th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coordination Sprint-ABC Jump power/Acceleration 4x 30m ZWL/30m Sprint in alternation	AAT Jump power horizontal 5x20r Alternating lunge jumps High knee skips Jump run Snatch (5x10m) Tempo extensive 10x200m P: 1min	Speed 4x 60m increments ZWL; P: 5 4x 30m flying submax.; P: 5-6		TEST Shock forwards Shock backwards Standing long jump Ser SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	Power		Power		AAT Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf Tempo extensiv 10x100m; P:30s Sunday FREE

Team long sprint:	KS002 / KS004 / KS020				11th/12th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Coordination Sprint-ABC jump power/Acceleration 5x 30m ZWL/30m Sprint in alternation	AAT Jump power horizontal 5x20r Alternating lunge jumps High knee skips Jump run Snatch (5x10m) Tempo extensive 10x200m P: 1min	Coordination The speed 4x 60m increments ZWL; P: 5-6 4x 30m flying submax.; P: 5-6 AW Bowl Shock fw/bw 10x each	Speed endurance 2x 100/200/300m 85% P: 4/6/8min	TEST Shock forwards Shock backwards Standing long jump Ser SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	Power		Power	Stability 20min	AAT Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf Tempo extensive 10x100m; P:30s Sunday FREE

Team long jump:	KS016				10th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Sunday
Warm up run 10min Gymnastic 10min					
Cool down run 10min					

Team long jump:	KS014				11th/12th grade
13.CW	28.0303.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up run 10min Gymnastic 10min Cool down run 10min					Sunday

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