

Team short sprint: KS001		9th/10th grade			
13.CW	28.03.-03.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Coordination/Agility</b> Sprint-ABC  <b>Sprint power/Acceleration</b> 5x 30m ZWL/30m Sprint in alternation	<b>AAT</b> jump power horizontal 5x20m: Alternating lunge jumps High knee skips Jump run Snatch (5x10m)  <b>Tempo extensive</b> 10x100m P: 30s	<b>Coordination</b>  <b>Speed</b> 4x 60m increments ZWL; P: 5min 4x 30m flying submax.; P: 5-6min  <b>AW Bowl</b> Shock fw/bw je 10x	<b>3x increments 50m</b>  <b>Speed endurance (curve)</b> 2x 80/100/120 90% P: 6/8/10min  <b>AAT</b> Stability 20min	<b>TEST</b> Shock forwards Shock backwards standing long jump Ser SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	<b>Power</b>	<b>FREE</b>	<b>Power</b>	<b>FREE</b>	<b>AAT</b> Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf  <b>Tempo extensive</b> 10x100m ; P:30s
					<b>Sunday</b>
					<b>FREE</b>

Team hurdles:		KS005 / KS016		9th/10th grade	
13.CW	28.03.-03.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Coordination</b> Hurdles-ABC  <b>Sprint power/Acceleration</b> 4x 30m ZWL/ 2. Hurdle in alteration	<b>AAT</b> jump power horizontal 5x20m: Alternating lunge jumps High knee skips Jump run Snatch (5x10m)  <b>Tempo extensive</b> 10x100m P: 30s	<b>Coordination</b> short 3er, 5 hurdles short 1er, 5 hurdles  <b>Hurdles</b> 6x 10 hurdles 3er R. Distance 7,50m  <b>AW Bowl</b> Shock fw/bw 10x each	<b>3x increments 50m</b>  <b>Speed endurance (curve)</b> 2x 80/100/120 90% P: 6/8/10min  <b>AAT</b> Stability 20min	<b>TEST</b> Shock forwards Shock backwards Standing long jump 5er SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	<b>Power</b>	<b>Free</b>	<b>Power</b>	<b>FREE</b>	<b>AAT</b> Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf  <b>Tempo extensive</b> 10x100m ; P:30s
					<b>Sunday</b>
					<b>FREE</b>

Team hurdles:		KS007 / KS008 / KS012 / KS014		11th/12th grade	
13.CW	28.03.-03.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Coordination</b> Hurdles-ABC  <b>Sprint power/Acceleration</b> 5x 30m ZWL/ 2. Hurdle in alteration	<b>AAT</b> Jump power horizontal 5x20m: Alternating lunge jumps High knee skips Jump run Snatch (5x10m)  <b>Tempo extensive</b> 10x100m P: 30s	<b>Coordination</b> short 3er, 5 hurdles short 1er, 5 hurdles  <b>Hurdles</b> 8x 10 hurdles 3er R. Distance 7,50m  <b>AW Bowl</b> Shock fw/bw je 10x	<b>3x increments 50m</b>  <b>Speed endurance (curve)</b> 2x 80/100/120 90% P: 6/8/10min  <b>AAT</b> Stability 20min	<b>TEST</b> Shock forwards Shock backwards Standing long jump 5er SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	<b>Power</b>	<b>FREE</b>	<b>Power</b>	<b>FREE</b>	<b>AAT</b> Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf
					<b>Tempo extensive</b> 10x100m ; P:30s
					<b>Sunday</b>
					<b>FREE</b>

Team long sprint:		KS003 / KS018		9th/10th grade	
13.CW	28.03.-03.04.2016	aVP II 5/6	Load 1/3		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Coordination</b> Sprint-ABC  <b>Jump power/Acceleration</b> 4x 30m ZWL/30m Sprint in alternation	<b>AAT</b> Jump power horizontal 5x20m: Alternating lunge jumps High knee skips Jump run Snatch (5x10m)  <b>Tempo extensive</b> 10x200m P: 1min	<b>Coordination</b>  <b>Speed</b> 4x 60m increments ZWL; P: 5min 4x 30m flying submax.; P: 5-6min  <b>AW Bowl</b> Shock fw/bw 10x each	<b>Hurdles</b> 5x 5 hurdles 5er R. curve  <b>Speed endurance</b> 2x 100/200/300m 85% P: 4/6/8min  <b>AAT</b> Stability 20min	<b>TEST</b> Shock forwards Shock backwards Standing long jump 5er SPL with run-up
Warm up run 10min Gymnastic 10min Cool down run 10min	<b>Power</b>		<b>Power</b>		<b>AAT</b> Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf  <b>Tempo extensiv</b> 10x100m ; P:30s
					<b>Sunday</b>
					<b>FREE</b>

Team long sprint:			KS002 / KS004 / KS020		11th/12th grade						
13.CW		28.03.-03.04.2016		aVP II 5/6		Load 1/3					
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
		<div>Coordination Sprint-ABC</div> <div>jump power/Acceleration 5x 30m ZWL/30m Sprint in alternation</div>		<div>AAT Jump power horizontal 5x20m: Alternating lunge jumps High knee skips Jump run Snatch (5x10m)</div> <div>Tempo extensive 10x200m P: 1min</div>		<div>Coordination</div> <div>Speed 4x 60m increments ZWL; P: 5min 4x 30m flying submax.; P: 5-6min</div> <div>AW Bowl Shock fw/bw 10x each</div>		<div>Hurdles 5x 5 hurdles Ser R. curve</div> <div>Speed endurance 2x 100/200/300m 85% P: 4/6/8min</div> <div>AAT Stability 20min</div>		<div>TEST Shock forwards Shock backwards Standing long jump 5er SPL with run-up</div>	
<div>Warm up run 10min Gymnastic 10min Cool down run 10min</div>		Power				Power				<div>AAT Minibands Jump power vertical 5x20 rep Ankle jumps Squad jumps Scissor jumps Metcalf</div> <div>Tempo extensive 10x100m ; P:30s</div> <div>Sunday</div> <div>FREE</div>	

Team long jump:		KS016		10th grade	
13.CW		28.03.-03.04.2016		aVP II 5/6	
Load 1/3					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up run 10min Gymnastic 10min Cool down run 10min					Sunday

Team long jump:		KS014		11th/12th grade	
13.CW		28.03.-03.04.2016		aVP II 5/6	
Load 1/3					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warm up run 10min Gymnastic 10min Cool down run 10min					Sunday





