

Woche 1

		Woche							1
		Training	1		2		3		
			Montag		Mittwoch		Freitag		
			Sets	Reps	Sets	Reps	Sets	Reps	
1	Repeated countermove ment jumps	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	
2	Standing single leg hopping	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	
3	Tuck jump	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	
4	Double-leg hop forward	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	
5	Double-leg side-to-side jump (30cm)	Bronze							
		Silber							
		Gold							
6	Single-leg side-to-side jump (30cm)	Bronze							
		Silber							
		Gold							
7	Kangaroo jump forward	Bronze							
		Silber							
		Gold							
8	Single-leg stair jump (right leg)	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	
9	Single-leg stair jump (left leg)	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	
10	Double-leg stair jump	Bronze	2	6	2	6	2	8	
		Silber	2	10	2	10	2	12	
		Gold	2	14	2	14	2	16	