

Woche 2

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