

Tabelle1

Woche 4								
	Training	1		2		3		
		Montag		Mittwoch		Freitag		
		Sets	Reps	Sets	Reps	Sets	Reps	
1	Repeated countermovement jumps	Bronze	1	10				
		Silber	1	14				
		Gold	1	18				
2	Standing single leg hopping	Bronze	1	10				
		Silber	1	14				
		Gold	1	18				
3	Tuck jump	Bronze	1	10				
		Silber	1	14				
		Gold	1	18				
4	Double-leg hop forward	Bronze	2	8	2	8	2	8
		Silber	2	12	2	12	2	12
		Gold	2	16	2	16	2	16
5	Double-leg side-to-side jump (30cm)	Bronze	2	8	2	8	2	8
		Silber	2	12	2	12	2	12
		Gold	2	16	2	16	2	16
6	Single-leg side-to-side jump (30cm)	Bronze	2	8	2	8	2	8
		Silber	2	12	2	12	2	12
		Gold	2	16	2	16	2	16
7	Kangaroo jump forward	Bronze	2	8	2	8	5	8
		Silber	2	12	2	12	5	12
		Gold	2	16	2	16	5	16
8	Single-leg stair jump (Right leg)	Bronze	3	8	4	8	5	8
		Silber	3	12	4	12	5	12
		Gold	3	16	4	16	5	16
9	Single-leg stair jump (Left leg)	Bronze	3	8	4	8	5	8
		Silber	3	12	4	12	5	12
		Gold	3	16	4	16	5	16
10	Double-leg stair jump	Bronze	3	8	2	8	2	8
		Silber	3	12	2	12	2	12
		Gold	3	16	2	16	2	16