

Woche 5

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