

Woche 6

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		Training	1		2		3	
			Montag		Mittwoch		Freitag	
			Sets	Reps	Sets	Reps	Sets	Reps
1	Repeated countermovement jumps	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
2	Standing single leg hopping	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
3	Tuck jump	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
4	Double-leg hop forward	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
5	Double-leg side-to- side jump (30cm)	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
6	Single-leg side-to-side jump (30cm)	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
7	Kangaroo jump forward	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
8	Single-leg stair jump (Right leg)	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
9	Single-leg stair jump (Left leg)	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20
10	Double-leg stair jump	Bronze	3	10	3	10	3	10
		Silber	4	10	3	15	3	15
		Gold	5	10	3	20	3	20