

Woche 7

Woche 7								
	Training	1		2		3		
		Montag		Mittwoch		Freitag		
		Sets	Reps	Sets	Reps	Sets	Reps	
1	Repeated countermovement jumps	Bronze			5	8	5	8
		Silber			5	12	5	12
		Gold			5	16	5	16
2	Standing single leg hoping	Bronze	5	8			5	8
		Silber	5	12			5	12
		Gold	5	16			5	16
3	Tuck jump	Bronze	5	8	5	8		
		Silber	5	12	5	12		
		Gold	5	16	5	16		
4	Double-leg hop forward	Bronze	4	10	4	10	4	10
		Silber	5	10	5	15	5	15
		Gold	6	10	6	20	6	20
5	Double-leg side-to-side jump (30cm)	Bronze	3	10	3	10	3	10
		Silber	3	12	3	12	3	12
		Gold	3	14	3	14	3	14
6	Single-leg side-to-side jump (30cm)	Bronze	3	10	3	10	3	10
		Silber	3	12	3	12	3	12
		Gold	3	14	3	14	3	14
7	Kangaroo jump forward	Bronze	4	10	4	10	4	10
		Silber	5	10	5	15	5	15
		Gold	6	10	6	20	6	20
8	Single-leg stair jump (Right leg)	Bronze						
		Silber						
		Gold						
9	Single-leg stair jump (Left leg)	Bronze						
		Silber						
		Gold						
10	Double-leg stair jump	Bronze	4	10	4	10	4	10
		Silber	5	15	5	15	5	15
		Gold	6	20	6	20	6	20