



**Appendix 13.5**

## Long Throws Training Plan

**Untill 18.07.2016**

| Morning session |    | Afternoon session |    |
|-----------------|----|-------------------|----|
| 8:00-10:00      | HT | 15:00-16:30       | HT |
| 10:00-12:00     | DT | 16:30-17:00       | DT |
| 12:00-13:30     | JT | 17:00-19:00       | JT |

**19-24.07.2016**

| Morning session   |                       | Afternoon session |                       |
|-------------------|-----------------------|-------------------|-----------------------|
| <b>19.07.2016</b> |                       |                   |                       |
| 8:00-10:30        | JT W Q – warm-up      | 15:00-16:00       | JT                    |
| 10:30-12:00       | HT                    | 16:00-19:00       | DT W Q – warm-up      |
| 12:00-13:30       | DT                    | 19:00-20:00       | HT                    |
| <b>20.07.2016</b> |                       |                   |                       |
| 8:00-11:00        | DT Dec – warm-up      | 15:00-16:00       | DT                    |
| 11:00-13:30       | HT M Q – warm-up      | 16:00-20:00       | JT Dec, W F – warm-up |
| <b>21.07.2016</b> |                       |                   |                       |
| 7:30-10:00        | HT W Q – warm-up      | 15:00-16:00       | HT                    |
| 10:00-11:30       | JT                    | 16:00-18:00       | DT W F – warm-up      |
| 11:30-13:30       | DT                    | 18:00-20:00       | JT                    |
| <b>22.07.2016</b> |                       |                   |                       |
| 7:30-13:00        | JT M Q, Hep – warm-up | 15:00-17:00       | DT                    |
|                   |                       | 17:00-18:00       | JT                    |
|                   |                       | 18:00-19:30       | HT M F – warm-up      |
| <b>23.07.2016</b> |                       |                   |                       |
| 7:30-10:30        | DT M Q – warm-up      | 15:00-16:30       | HT W F – warm-up      |
| 10:30-11:30       | HT                    | 16:30-18:00       | JT M F – warm-up      |
| 11:30-12:30       | JT                    | 18:00-19:30       | DT                    |
| <b>24.07.2016</b> |                       |                   |                       |
|                   |                       | 14:00-15:30       | DT M F – warm-up      |