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| --- | --- |
| Сборная команда России  по легкой атлетике | Главный тренер спортивной сборной команды Краснодарского края  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

ИНДИВИДУАЛЬНЫЙ ПЛАН

подготовки спортсмена- инструктора

ГБУ КК "РЦСП по легкой атлетике"

на 2019 год

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Ф.И.О. тренера | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | |
| Звание\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | Дата рождения\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Вид легкой атлетики | | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | Спортивное звание\_\_\_\_\_\_\_ | | | | Ведомство\_\_\_\_\_\_\_\_ | |
| Фамилия | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | Имя\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | Отчество\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
| Дата рождения | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | Место учебы/работы \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | |
| Рост\_\_\_\_\_\_\_\_\_ | | Вес\_\_\_\_\_\_\_ | | | | Размеры: костюм\_\_\_\_\_\_\_\_ | | | | | | кроссовки\_\_\_\_\_\_\_\_ | | | | шиповки\_\_\_\_\_ |
| Личный рекорд | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | Дата и место установки\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | |
| Динамика результатов | | | | | 20\_\_г.\_\_\_\_\_\_\_\_\_\_\_20\_\_г.\_\_\_\_\_\_\_\_\_\_\_\_20\_\_г.\_\_\_\_\_\_\_\_\_20\_\_г.\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | |
| Ф.И.О.первого тренера в легкой атлетике | | | | | | | | | | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | |

Основные соревнования 20\_\_\_\_г.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| № п/п | Дата | Место проведения | Наименование соревнований | Планируемый результат | Планируемое место | Примечание |
| 1. |  |  |  |  |  |  |
| 2. |  |  |  |  |  |  |
| 3. |  |  |  |  |  |  |
| 4. |  |  |  |  |  |  |
| 5. |  |  |  |  |  |  |
| 6. |  |  |  |  |  |  |
| 7. |  |  |  |  |  |  |
| 8. |  |  |  |  |  |  |
| 9. |  |  |  |  |  |  |
| 10. |  |  |  |  |  |  |
| 11. |  |  |  |  |  |  |

Тренировочные сборы 20\_\_\_-20\_\_\_г.г.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Месяц | Январь | Февраль | Март | Апрель | Май | Июнь |
| Сроки |  |  |  |  |  |  |
| Место |  |  |  |  |  |  |
| Месяц | Июль | Август | Сентябрь | Октябрь | Ноябрь | Декабрь |
| Сроки |  |  |  |  |  |  |
| Место |  |  |  |  |  |  |

|  |  |
| --- | --- |
| Тренер \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Тренер сборной команды \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Спортсмен\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Врач \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |