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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Календарно-тематическое планирование на 2016-2017 учебный год ТГ 3 года обучения | | | | | | | | | | | | | | | | | | | | | | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Сентябрь** |  | 1 | 2 | 3 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 8 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |
| СФП | 24 | 40 | 55 | 40 | 55 | 40 | 55 | 40 | 55 | 40 | 55 | 40 | 55 | 40 | 55 | 40 | 55 | 40 | 55 | 50 | 65 | 50 | 65 | 50 | 85 | 65 |  |
| Основы ТТП | 9 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 30 |
| Участие в соревнов. | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Психолог. подготовка | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Инструкт. и суд. | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 |
| Мед.-восст. меропр. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| Тех.-такт. и псих. подг. | 12 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 |
| Самостоят. работа | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Октябрь** |  | 1 | 3 | 4 | 5 | 6 | 7 | 8 | 10 | 11 | 12 | 13 | 14 | 15 | 17 | 18 | 19 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  |  | 15 |  | 15 |  | 15 |  |  | 15 |  | 15 |  | 15 |  |  | 15 |  | 15 |  | 15 |
| ОФП | 7 | 20 |  | 25 |  | 20 |  |  | 25 |  | 20 |  | 25 | 20 | 25 | 20 |  | 25 |  | 20 |  |  | 25 |  | 20 |  | 25 |
| СФП | 15 | 30 | 25 | 15 | 45 | 25 | 45 | 20 | 30 | 5 | 40 | 40 | 15 | 45 | 35 | 15 | 25 | 10 | 20 | 10 | 25 | 20 | 35 | 45 | 40 | 10 | 40 |
| Основы ТТП | 9 | 25 | 20 | 25 | 20 |  | 25 | 20 |  | 25 | 20 | 25 | 20 | 25 | 20 | 20 | 25 | 20 | 25 |  | 25 | 20 |  |  |  |  |  |
| Участие в соревнов. | 5 | 10 | 35 | 10 | 35 |  | 10 | 35 |  | 35 | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 35 | 10 |
| Психолог. подготовка | 5 | 15 | 15 | 15 |  | 15 | 15 | 15 | 15 | 15 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 | 15 |  |  |  |  |  |
| Инструкт. и суд. | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 30 |  |  | 15 | 30 | 30 | 15 | 15 |
| Мед.-восст. меропр. | 4 |  | 15 |  | 15 | 15 |  | 15 | 15 | 15 |  | 15 | 15 | 15 |  |  | 15 |  | 15 |  |  | 15 |  |  |  |  |  |
| Промеж. и итог. аттес. | 6 |  |  |  | 20 |  | 25 |  | 20 | 25 |  | 25 | 20 |  | 20 | 25 | 25 | 20 |  |  | 25 | 20 |  |  |  |  |  |
| Другие виды спорта | 4 |  |  |  |  | 15 | 15 | 15 |  |  | 15 | 15 | 15 |  |  |  | 15 |  | 15 | 15 |  |  |  | 15 | 15 | 15 |  |
| Тех.-такт. и псих. подг. | 12 |  |  | 15 | 15 | 15 |  | 15 |  |  |  |  |  | 30 | 20 | 25 |  | 45 | 45 | 45 | 45 | 45 | 45 | 45 | 15 | 45 | 30 |
| Самостоят. работа | 11 | 20 | 25 | 15 | 15 | 15 |  |  | 15 | 15 |  | 15 |  |  |  | 15 | 15 |  |  |  |  |  |  |  |  | 15 |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ноябрь** |  | 1 | 2 | 3 | 4 | 5 | 7 | 8 | 9 | 10 | 11 | 12 | 14 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 25 | 26 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 | 15 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |  |  |
| ОФП | 8 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  | 15 | 15 | 15 |
| СФП | 18 | 15 | 10 | 15 | 25 | 15 | 25 | 35 | 25 | 15 | 15 | 35 | 30 | 35 | 25 | 35 |  | 35 | 25 | 55 | 50 | 55 | 60 | 55 | 35 | 30 | 15 |
| Основы ТТП | 10 | 20 | 25 | 20 | 25 | 20 | 25 |  | 25 | 20 | 25 |  | 20 |  | 25 |  | 30 |  | 25 |  | 20 |  | 25 | 45 | 20 | 25 | 20 |
| Участие в соревнов. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 20 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Психолог. подготовка | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Инструкт. и суд. | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 |
| Мед.-восст. меропр. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 12 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Декабрь** |  | 1 | 2 | 3 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 7 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |  |  |  |
| СФП | 20 | 20 | 15 | 35 | 30 | 20 | 50 | 20 | 35 | 20 | 50 | 20 | 35 | 20 | 35 | 20 | 50 | 20 | 65 | 45 | 75 | 55 | 25 | 40 | 25 | 25 | 50 |
| Основы ТТП | 9 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 30 |
| Участие в соревнов. | 5 |  | 45 |  | 45 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 |  | 45 | 45 |  |
| Психолог. подготовка | 5 | 15 |  | 15 |  | 15 |  | 15 | 15 | 15 |  | 15 | 15 | 15 | 15 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| Инструкт. и суд. | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| Мед.-восст. меропр. | 5 | 15 | 15 |  |  | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |  |  |  |  |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 12 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 45 | 45 | 45 | 45 | 45 |
| Самостоят. работа | 4 | 10 |  | 10 |  | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Январь** |  | 2 | 3 | 4 | 5 | 6 | 7 | 9 | 10 | 11 | 12 | 13 | 14 | 16 | 17 | 18 | 19 | 20 | 21 | 23 | 24 | 25 | 26 | 27 | 28 | 30 | 31 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |  |
| ОФП | 8 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |
| СФП | 13 | 5 | 20 | 5 | 20 | 5 | 20 | 5 | 20 | 5 | 5 | 20 | 5 | 20 | 5 | 20 | 5 | 20 | 5 | 75 | 60 | 75 | 15 | 35 | 40 | 55 | 20 |
| Основы ТТП | 10 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 |  |  |  |  |  |  |  |  |
| Участие в соревнов. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 | 45 | 45 |
| Психолог. подготовка | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Инструкт. и суд. | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| Мед.-восст. меропр. | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Промеж. и итог. аттес. | 6 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 20 |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 12 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Февраль** |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 27 | 28 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  | 15 |  |  |
| ОФП | 7 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |  |  |  |
| СФП | 9 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 45 | 25 | 40 | 25 | 40 | 45 | 60 | 45 | 60 | 40 | 35 | 50 | 10 |
| Основы ТТП | 21 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 30 |
| Участие в соревнов. | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 | 45 |
| Психолог. подготовка | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Инструкт. и суд. | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| Мед.-восст. меропр. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 12 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
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| **Март** |  | 1 | 2 | 3 | 4 | 6 | 7 | 8 | 9 | 10 | 11 | 13 | 14 | 15 | 16 | 17 | 18 | 20 | 21 | 22 | 23 | 24 | 25 | 27 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 8 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |
| СФП | 18 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 60 | 75 | 60 | 30 | 25 | 50 | 65 | 40 |
| Основы ТТП | 10 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 | 25 |  |  |  |  |  |  |  |  |
| Участие в соревнов. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 | 45 | 45 |
| Психолог. подготовка | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Инструкт. и суд. | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| Мед.-восст. меропр. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 12 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Апрель** |  | 1 | 3 | 4 | 5 | 6 | 7 | 8 | 10 | 11 | 12 | 13 | 14 | 15 | 17 | 18 | 19 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 8 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |
| СФП | 19 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 25 | 40 | 45 | 60 | 45 | 15 | 10 | 35 | 50 | 25 |
| Основы ТТП | 9 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |
| Участие в соревнов. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 | 45 | 45 |
| Психолог. подготовка | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Инструкт. и суд. | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 10 |
| Мед.-восст. меропр. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 15 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 40 |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Май** |  | 1 | 2 | 3 | 4 | 5 | 6 | 8 | 9 | 10 | 11 | 12 | 13 | 15 | 16 | 17 | 18 | 19 | 20 | 22 | 23 | 24 | 25 | 26 | 27 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 7 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |  |  |  |
| СФП | 18 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 15 | 30 | 55 | 70 | 55 | 100 | 40 | 55 | 15 | 15 |
| Основы ТТП | 9 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 30 |
| Участие в соревнов. | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 | 45 |
| Психолог. подготовка | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Инструкт. и суд. | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 |
| Мед.-восст. меропр. | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Промеж. и итог. аттес. | 7 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 15 |  |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Июнь** |  | 1 | 2 | 3 | 5 | 6 | 7 | 8 | 9 | 10 | 12 | 13 | 14 | 15 | 16 | 17 | 19 | 20 | 21 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 8 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 |  |  |
| СФП | 21 | 30 | 45 | 30 | 45 | 30 | 45 | 30 | 45 | 30 | 45 | 30 | 45 | 30 | 45 | 30 | 45 | 30 | 45 | 60 | 75 | 60 | 30 | 20 |  | 30 | 15 |
| Основы ТТП | 9 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 15 | 30 |
| Участие в соревнов. | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 | 45 | 45 |
| Психолог. подготовка | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Инструкт. и суд. | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 45 | 45 | 45 |
| Мед.-восст. меропр. | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 5 |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 15 |  |  |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Июль** |  | 1 | 3 | 4 | 5 | 6 | 7 | 8 | 10 | 11 | 12 | 13 | 14 | 15 | 17 | 18 | 19 | 20 | 21 | 22 | 24 | 25 | 26 | 27 | 28 | 29 | 31 |
| Теорет. подготовка | 4 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |
| ОФП | 55 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 100 | 115 | 100 | 115 | 100 | 120 | 135 | 135 |
| СФП |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Основы ТТП |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Участие в соревнов. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Психолог. подготовка |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Инструкт. и суд. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Мед.-восст. меропр. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 15 |  |  |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Август** |  | 1 | 2 | 3 | 4 | 5 | 7 | 8 | 9 | 10 | 11 | 12 | 14 | 15 | 16 | 17 | 18 | 19 | 21 | 22 | 23 | 24 | 25 | 26 | 28 | 29 | 30 |
| Теорет. подготовка | 3 | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  | 15 |  |  |  |  |  |  |  |  |  |
| ОФП | 56 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 80 | 95 | 90 | 95 | 80 | 95 | 115 | 115 | 115 | 115 | 115 | 120 | 135 | 135 |
| СФП |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Основы ТТП |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Участие в соревнов. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Психолог. подготовка |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Инструкт. и суд. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Мед.-восст. меропр. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Промеж. и итог. аттес. |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Другие виды спорта | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| Тех.-такт. и псих. подг. | 11 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 20 | 15 |  |  |
| Самостоят. работа | 4 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |  |  |  |  |  |  |  |  |
| **Итого** | 78 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 | 135 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |