

**Календарно-тематический план**

**1-го года обучения.  
Тренер-преподаватель: Сен В.Д.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| Содержание | Всего | Сентябрь  1,3,6,8,10,13, 15,17,20,22,24, 27,29 | | | | | Октябрь  1,4,6,8,11,13,15,,18,20,2225,27,29 | | | | Ноябрь  1,3,8,10,12, 15,17,19,22, 24,26,29 | | | | Декабрь  1,3,6,8,10,13,15,17,20,22, 24,27,29,31 | | | | | Январь  10,12,14,17,19,21,24,26,28,31 | | | Февраль  2,4,7,9,11,14,16,18,21, 25,28 | | | | Март  2,4,7,11,14, 16,18,21,23, 25,28,30 | | | | Апрель  1,4,6,8,11,13,15,18,20,22,25,27 | | | | | Май  2,4,6,11,1316,18,20,23,25,27,30 | | | |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Физическая  подготовка  Всего: | 128 | 2 | 4 | 3 | 2 | 1 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 4 | 2 |
| ОФП | 73 | 2 | 4 | 2 | 2 | 1 | 2 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 |
| СФП и СТП | 55 |  |  | 1 |  |  | 2 | 4 | 4 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 |
| Соревнования и  контрольные испытания | 6 |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  | 1 |  |  | 1 |  |  |
| Теор-кая подготовка | 8 | 2 |  |  |  | 1 |  |  |  |  | 1 |  |  |  |  | 1 |  |  |  | 1 |  |  | 1 |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |
| Медицинское обследование | 2 |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Всего часов | 144 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 2 |