

TRAINING PERIOD	WEEK 1-4	WEEK 5-8	WEEK 9-12
SESSION DURATION	30 MINUTES	37 MINUTES	45 MINUTES
MAIN PART EXERCISES	<ol style="list-style-type: none"> 1. Jogging 16x 2. With the dorsal side of the toes, flicking sand 6xleft foot, 6xright foot 3. Caterpillar movements forward and backward 3xleft foot, 3xright foot 4. Dorsal flexion alternating 16x, both 8x 5. Heel rise 10x 6. With the dorsal side of the foot lifting sand and putting it to side 6xleft, 6xright 7. Sand grip with toes, bent leg lift, after knee extension, spreading the sand 3xleft, 3xright 8. Drawing palm tree, outward with the dorsal, inward with the plantar side of the foot 2xleft, 2xright 9. Covering foot with sand 1xleft, 1xright 10. walking in circle 	<ol style="list-style-type: none"> 1. Jogging 24x 2. With the dorsal side of the toes, flicking sand 8xleft foot, 8x right foot 3. Caterpillar movements forward and backward 4xleft foot, 4xright foot 4. Dorsal flexion alternating 20x, both 12x 5. Heel rise 15x 6. With the dorsal side of the foot lifting sand and putting it to side 8xleft, 8xright 7. Sand grip with toes, bent leg lift, after knee extension, spreading the sand 4xleft, 4xright 8. Drawing palm tree, outward with the dorsal, inward with the plantar side of the foot 3xleft, 3xright 9. Covering foot with sand 1xleft, 1xright 10. walking in circle 11. walking on toes ¼ circle 12. walking on heel ¼ circle 13. walking on outer sole ¼ circle 14. walking on inner sole ¼ circle 15. walking in circle 	<ol style="list-style-type: none"> 1. Jogging 32x 2. With the dorsal side of the toes, flicking sand 10xleft foot, 10xright foot 3. Caterpillar movements forward and backward 5xleft foot, 5xright foot 4. Dorsal flexion alternating 24x, both 16x 5. Heel rise 20x 6. With the dorsal side of the foot lifting sand and putting it to side 10xleft, 10xright 7. Sand grip with toes, bent leg lift, after knee extension, spreading the sand 5xleft, 5xright 8. Drawing palm tree, outward with the dorsal, inward with the plantar side of the foot 4xleft, 4xright 9. Covering foot with sand 1xleft, 1xright 10. With bending the support leg, pushing sand backward with the plantar side of the foot, pulling sand forward with the dorsal side of the foot 5xleft, 5x right 11. squat 8x 12. squat with rising onto the toes 8x 13. walking in circle 14. walking on toes ¼ circle 15. walking on heel ¼ circle 16. walking on outer sole ¼ circle 17. walking on inner sole ¼ circle 18. walking in circle with long strides 19. walking in circle