**Appendix A:**

**T1. Time distribution of the sports program**

| week | Day | Pke | Mbe | K&M flash | Group | Rest | |
|---|---|---|---|---|---|---|---|
| | | | | | | BE | BG |
| 1 | Sunday | ● | | | 3 | 60 sec | 2 min |
| | Tuesday | ● | | | 3 | 60 sec | 2 min |
| | Wednesday | | ● | | 3 | 60 sec | 2 min |
| | Thursday | ● | | | 3 | 60 sec | 3 min |
| 2 | Sunday | | ● | | 3 | 60 sec | 3 min |
| | Tuesday | ● | | | 3 | 60 sec | 3 min |
| | Wednesday | | ● | | 3 | 60 sec | 2 min |
| | Thursday | | ● | | 3 | 60 sec | 2 min |
| 3 | Sunday | ● | | | 4 | 65 sec | 3 min |
| | Tuesday | ● | | | 4 | 65 sec | 2 min |
| | Wednesday | ● | ● | | 3 | 65 sec | 3 min |
| | Thursday | ● | ● | | 3 | 65 sec | 3 min |
| 4 | Sunday | ● | ● | | 4 | 70 sec | 3 min |
| | Tuesday | | | ● | 3 | 70 sec | 3 min |
| | Wednesday | | | ● | 3 | 70 sec | 2 min |
| | Thursday | | | ● | 3 | 70 sec | 2 min |
| 5 | Sunday | | | ● | 4 | 65 sec | 2 min |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| | Tuesday | | | | 3 | 65 sec | 3 min |
| | Wednesday | | | | 3 | 70 sec | 2 min |
| | Thursday | | | | 4 | 60 sec | 3 min |
| **6** | Sunday | | | | 4 | 60 sec | 3 min |
| | Tuesday | | | | 3 | 70 sec | 2 min |
| | Wednesday | | | | 3 | 70 sec | 2 min |
| | Thursday | | | | 4 | 60 sec | 3 min |
| **7** | Sunday | | | | 4 | 60 sec | 3 min |
| | Tuesday | | | | 3 | 60 sec | 3 min |
| | Wednesday | | | | 4 | 60 sec | 3 min |
| | Thursday | | | | 4 | 65 sec | 3 min |
| **8** | Sunday | | | | 3 | 65 sec | 2 min |
| | Tuesday | | | | 3 | 65 sec | 2 min |
| | Wednesday | | | | 4 | 65 sec | 2 min |
| | Thursday | | | | 4 | 65 sec | 2 min |

Pke= perceptual-kinesthetic exercises; Mbe= motor balance exercises; K&M flash= perceptual-kinesthetic exercises& motor balance exercises; BE= Between Exercises; BG= Between Groups.

**T2. The content, objectives and techniques used in the sports program**

| **Weeks** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** |
|---|---|---|---|---|---|---|---|---|
| **Stages** **Pregnancy** | **General Preparation Phase** | | **Special Preparation Phase** | | | | **Competition Preparation Phase** | |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| **Maximum** | | | ● | | | ● | ● | |
| **High** | | ● | | ● | | | | ● |
| **minimum** | ● | | | | ● | | | |
| **Weekly Time** | 320 min | 400 min | 480 min | 400 min | 320 min | 480 min | 480 min | 400 min |
| **Total Time** | 720 min | | 1680 min | | | | 880 min | |
| **Total Programe Time** | 3280 min | | | | | | | |

## T3. The content, objectives and techniques used in the sports program

| **Weeks** | **Days** | **Warm Up** | **Flash Reflex Training** | | | | |
|---|---|---|---|---|---|---|---|
| **Week 1** | Sunday | Course of activity to warm up the body and the extensions | 1 | 2 | 3 | 4 | 5 |
| | Tuesday | | 11 | 12 | 13 | 14 | 11 |
| | Wednesday | | 6 | 2 | 4 | 5 | 8 |
| | Thursday | | 13 | 14 | 1 | 20 | 3 |
| **Week 2** | Sunday | | 5 | 6 | 7 | 8 | 9 |
| | Tuesday | | 7 | 8 | 9 | 10 | 1 |
| | Wednesday | | 15 | 16 | 17 | 18 | 19 |
| | Thursday | | 3 | 4 | 5 | 6 | 7 |
| **Week 3** | Sunday | | 9 | 10 | 11 | 12 | 13 |
| | Tuesday | | 1 | 2 | 3 | 4 | 5 |
| | Wednesday | | 13 | 14 | 1 | 2 | 3 |
| | Thursday | | 7 | 8 | 9 | 10 | 11 |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| **Week 4** | Sunday | | 13 | 14 | 1 | 2 | 3 |
| | Tuesday | | 5 | 6 | 7 | 8 | 9 |
| | Wednesday | | 6 | 8 | 9 | 10 | 11 |
| | Thursday | | 11 | 12 | 13 | 14 | 1 |
| **Week 5** | Sunday | | 3 | 4 | 5 | 6 | 7 |
| | Tuesday | | 9 | 10 | 11 | 12 | 13 |
| | Wednesday | | 15 | 16 | 17 | 18 | 19 |
| | Thursday | | 1 | 2 | 3 | 4 | 5 |
| **Week 6** | Sunday | | 7 | 8 | 9 | 10 | 11 |
| | Tuesday | | 10 | 20 | 1 | 2 | 3 |
| | Wednesday | | 15 | 16 | 17 | 18 | 19 |
| | Thursday | | 5 | 6 | 7 | 8 | 9 |
| **Week 7** | Sunday | | 11 | 12 | 13 | 14 | 20 |
| | Tuesday | | 3 | 4 | 5 | 6 | 7 |
| | Wednesday | | 15 | 16 | 17 | 18 | 19 |
| | Thursday | | 9 | 10 | 11 | 12 | 13 |
| **Week 8** | Sunday | | 1 | 2 | 3 | 4 | 20 |
| | Tuesday | | 15 | 16 | 13 | 14 | 19 |
| | Wednesday | | 17 | 18 | 1 | 2 | 3 |
| | Thursday | | **7** | **8** | **9** | **13** | 14 |

Between(B),

**T4. shows Model of a Flash Reflex using the training program**

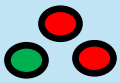
| Illustration and formation of pregnancy cycle | | |
|---|---|---|
| **Training distance** | **10/15/20 meters** | |
| **The number of times the speed of direction change** | **Once** | |
| **direction change angle** | **30 degrees** | |
| **The number of straight lines for running** | **1/2( lines)**<br>**Multiple** | |
| **Variations** | <br>**/ a ball without ball** | |

| **The aim of the training** | **Physical** | **skill** | **visual** | **mixed** | **complex** | **total** | **notes** | |
|---|---|---|---|---|---|---|---|---|
| | * | * | * | | * | | | |

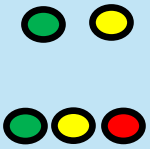
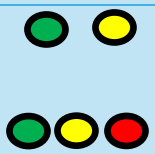
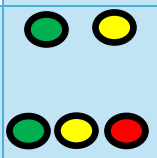
| **Pregnancy cycle formation** | **performance time** | **Repetition** | **Rest every now and then** | **number of groups** | **time for each group** | **Rest between groups** | **Total training time** | **Rest before starting a new training** | **notes** |
|---|---|---|---|---|---|---|---|---|---|
| | **3 min(max)** | **3 r** | **20 sec** | **3 r** | **50 sec** | **1 min** | **3.7 min** | **1 min** | |

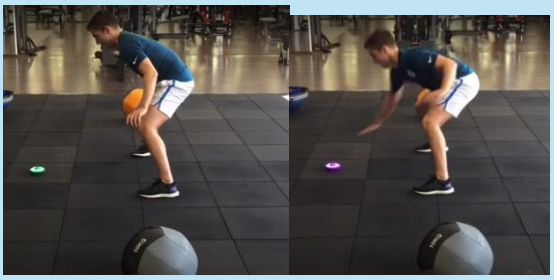
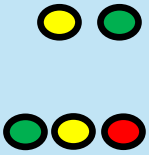
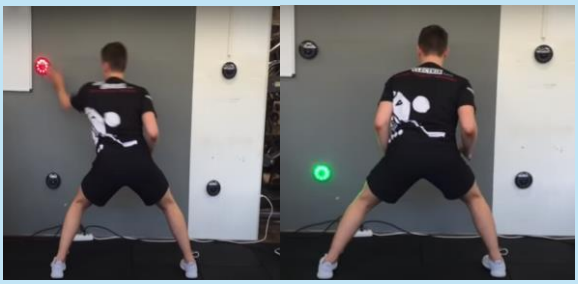
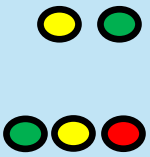
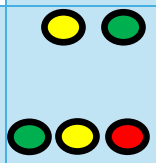
| Cognitive map of the performance sequence | | R | B | G | M | O | K | Y |
|---|---|---|---|---|---|---|---|---|
| | | 1 | | 2 | | | | |
| The number of colors | 2 | * | | * | | | | |
| Flash Reflex time and shape | Average | * | | | | | | |
| | fast | | | * | * | * | | |
| | Full | * | | | * | * | * | |
| | partial | | | * | | | | * |

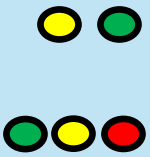
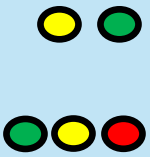
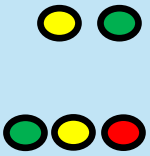
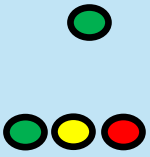
## T5. Flash Reflex Exercise

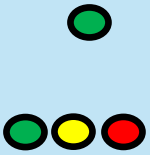
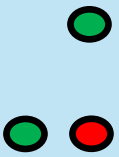
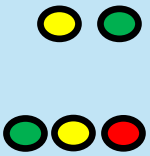
| No. | Exercise | repetition | Illuminations | Time | Comfort |
|---|---|---|---|---|---|
| 1 | | 3 | without | 45 s | 1 min |
| | | 3 |  | 30 s | |
| | | 3 | | 30 s | |
| | | 2 | | 30 s | |

| | | | | | |
|---|---|---|---|---|---|
| 2 | | 3<br><br>3 | without<br> | 40 s<br><br>30 s | 1min |
| 3 | | 3<br><br>3 | without<br> | 40 s<br><br>30 s | 1 min |
| 4 | <br> | 3<br><br>3 | <br> | 30 s<br><br>30 s | 1min |
| 5 | | 3 | | 35 s | 1 min |

| | | | | | |
|---|---|---|---|---|---|
| 6 | | 3 | without<br>  | 30 s<br><br>30 s<br><br>30 s | 1 min |
| 7 | | 3 |  | 40 s | 1.5 min |
| 8 | | 3 | | 30 s | 1 min |
| 9 | | 3 |  | 35 s<br><br>30s | 1 min |

| | | | | | |
|---|---|---|---|---|---|
| **10** |  | 3 | | 35 s | 45 s |
| **11** | | 3<br><br>2 |  | 30 s<br><br>30 s | 45 s<br><br>1 min |
| **12** |  | 3<br><br>3 |  | 30 s<br><br>30 s | 45 s<br><br>45 s |
| **13** | | |  | 30 s<br><br>30 s | 40 s<br><br>45 s |

| | | | | | |
|---|---|---|---|---|---|
| **14** | | 3<br><br>3 |  | 30 s<br><br>30 s | 45 s<br><br>45 s |
| **15** | | 3<br><br>3 |  | 30 s<br><br>30 s | 40 s<br><br>45 s |
| **16** | | 3<br><br>3 |  | 30 s<br><br>30 s | 45 s<br><br>45 s |
| **17** | | 3<br><br>3 |  | 30 s<br><br>30 s | 45 s<br><br>45 s |

| | | | | | |
|---|---|---|---|---|---|
| **18** | | 3<br><br>3 |  | 30 s<br><br>30 s | 45 s<br><br>45 s |
| **19** | | 3<br><br>3 |  | 40 s<br><br>40 s | 45 s<br><br>45 s |
| **20** | | 3<br><br>3 |  | **60 s**<br><br>**60 s** | 45 s<br><br>45 s |