

SETTING UP A JUMP TRAINING PROGRAM

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EVALUATE YOUR JUMPERS

- EXPERIENCE
 - RETURNERS
 - BEGINNERS
- WHICH JUMP EVENTS
 - LONG JUMP
 - TRIPLE JUMP
 - HIGH JUMP
 - POLE VAULT
- MULTIPLE JUMP EVENTS
 - LONG – TRIPLE JUMP
 - LONG – HIGH JUMP
 - LONG – TRIPLE – HIGH JUMPS

- ADDITIONAL EVENT WITH JUMP EVENTS
 - SPRINTS WITH LONG JUMP
 - SPRINTS WITH HIGH JUMP
 - SPRINTS WITH LONG AND TRIPLE JUMP
 - HURDLES WITH LONG JUMP
 - HURDLES WITH HIGH JUMP
 - HURDLES WITH LONG AND TRIPLE JUMP
- RECOMMEND THAT YOUR JUMPERS EITHER SPRINT OR HURDLE AS WELL
- WOULD BE GOOD FOR POLE VAULTERS TO ALSO SPRINT OR HURDLE

PRE-SEASON OR PRE-COMPETITIVE TRAINING

- TIME TO BUILD WHAT LITTLE BASE THAT YOU CAN
- IMPORTANT TO START BUILDING THAT TECHNICAL MODEL RIGHT AWAY
- LEADS UP TO THE HIGHER LEVEL OF TECHNICAL TRAINING
- NEED TO KEEP THIS FUN BUT EFFECTIVE
- FOCUS ON STAYING HEALTHY
- WORK ON FLEXIBILITY AND RANGE OF MOTION

SAMPLE OF PRE-SEASON OR PRE-COMPETITIVE WORKOUTS

MONDAY:

DYNAMIC WARMUP
SPRINT MECHANIC DRILLS
HURDLE MOBILITIES
2 X 300 200 100 (REC. WALK WHAT YOU RUN)
LIGHT WEIGHT TRAINING
CORE
STRETCH

TUESDAY:

DYNAMIC WARMUP
SRPINT MECHANIC DRILLS
HURDLE MOBILITIES
APPROACHES – NOT ON THE RUNWAY
FROG JUMPS WITH JUMP INTO PIT
STANDING LONG JUMPS
HILLS, STAIRS, PIT RUNS
CORE
STRETCH

WEDNESDAY:

EASY JOG
200'S WITH CONTINUOUS RELAY
LIGHT WEIGHT TRAINING
CORE
STRETCH

THURSDAY:

DYNAMIC WARMUP
SPRINT MECHANIC DRILLS
HURDLE MOBLITIES
APPROACHES – NOT ON RUNWAY
SKIPPING POPS
HURDLE POPS OR SCISSORS JUMPS
BOUNDING
HILLS, STAIRS, PIT RUNS
CORE
STRETCH

FRIDAY:

EASY JOG

400 350 300 250 200 150 100 50

STANDING TRIPLE JUMPS

LIGHT WEIGHTS

CORE

STRETCH

FOLLOW FOR UP TO 3 WEEKS IF
POSSIBLE

MIX UP THE RUNNING

MIX UP THE PLYOMETRICS

BE ON SOFT SURFACES AS MUCH AS
POSSIBLE

WEIGHTS ARE FOR TOTAL BODY

POLE VAULTERS:

DURING APPROACHES DO POLE RUNS

ADD WALKING DRILLS TUESDAY AND THURSDAY

CAN START DOING POP UPS WEEK TWO OR
THREE

NEED A GUIDING EYE

HIGH JUMPERS:

HAVE THEM IN WITH THE LJ – TJ PEOPLE

APPROACHES FOR THEM DONE ON HJ APRON

CAN DO A COMBO OF STANDING BACKS AND
STANDING LONG JUMPS

NEED ABOUT TWO WEEKS OF THIS BEFORE
ACTUAL JUMPING

HAVE YOUR JUMPERS AND
SPRINTERS WORK TOGETHER

