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
- Sprint 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 Mobilities
- 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  
WEIGHTS ARE FOR TOTAL BODY