Short Run/Long Run
Bungee/Bar

Training Ideas for the Vault

Kris Mack
University of Cincinnati
Goals for improving vaulters

1. Confidence
2. Safe
3. Consistent versus Height Jumpers
Why jump from a short run?

1. More repetitions (12-20 quality reps depending on length)
2. Appropriate for the goals of training cycle you are in
3. Technical Development
4. Psychological Development
5. Recovery
Why jump from a long run?

1. Competition/Event Specific
2. Appropriate for the goal of the training cycle you are in
3. Psychological Development
4. Timing
Why use a bungee?

1. Saves Time
2. Confidence at attempting higher heights
3. Technique Development
4. Doesn’t hurt
Why use a crossbar?

1. Event Specific
2. Body/Bar Awareness
3. Psychological Development
Jumping Progression

Fall Training

1. Short Approach (6-8 steps), Bungee (LR PR), Tech days
2. Acceleration Dev (10-30m) with and without pole
Close Grip Drills – Short Approach
Horizontal Vaulting
Jumping Progression (Cont.)

Late Fall Training

1. Short Approach (8-12 steps), Bungee (1-2’ above LR PR)
2. Short Approach (8-12 steps), Crossbar (~1’ below opening height)
3. Acceleration Dev/Top End Speed - Long Run Slide Box
Short Approach Vaulting - Bungee
Short Approach Vaulting - Bar
Long Run Slide Box
Jumping Progression (cont)

Pre-Competition
1. Short Run (10-12 steps), Bungee (1-2’ above LR PR)
2. Long Run (14-18 steps), Bungee (1-2’ above LR PR) or jumps at a bar set at opening height
3. Long Run Slide Box

Competition
1. Short Run (10-12 steps), Bungee (2’ above LR PR)
2. Long Run Slide Box
3. Long Run Jumping primarily used at meets only
4. Long Run Jumping – Meet simulation, use occasionally
Long Run - Bungee
Long Run - Bungee
Long Run - Bar
Long Run - Speed Trap Vaulting
Combo – Bungee/Bar
Questions?

- Kris Mack
- mackkh@ucmail.uc.edu
- Follow @CoachKMack
- 650-380-5481