

**Short Run/Long Run**  
**Bungee/Bar**

**Training Ideas for the Vault**

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# 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?

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