Developing Women Triple Jumpers

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Discussion Points

• 4 Point Lessons
• Planning
• Gender differences
• Strength requirements
• Training components
Long Range Planning

• Develop a strategy with the athlete and yourself

• Sessions, Week, Month to month, Year to year

• Lesson #1: Quit looking for fast results (HAVE PATIENCE!!!)

• Lesson #2: Training program is athlete specific
• Example: Thorpe
  – Strength (yrs. 1-2)
  – Technique (yrs. 1-4)
  – Speed (yrs. 3-4)
  – Mental toughness/psyche (yrs. 3-4)

• Results: HS Best – 38’2”
  – Fr. 39’6”
  – So. 41’6”
  – Jr. 42’1.50”
  – Sr. 43’2.25” (+0.2) SoCon Record
Gender Differences

• Basics:
  – Height
  – Weight
  – fat/muscle mass
  – slow/fast twitch muscle fibers

• Bones/Ligaments

• Strength: Most important for females, because of the lack of testosterone
Strength Properties

• Four factors in achieving distance
  – Strength is the #1 factor in achieving distance
• High levels of strength can compensate for technical problems
• Lesson #3: Mimic dynamic exercises in the weight room
  – e.g., replace dbl. leg squats w/ split/1-leg squats,
    Overhead barbell movements should be performed fast
  – Outside the weight room strength
Recommendations

• Train like a man!!!
  – To a certain point OR from a certain point in their careers.
• Pay attention to their strength development
• Combine stretching and mobility w/ strength
• Training percentages are 20-25% less than males
• Women hate monotony!!!
• There’s nothing wrong with a 10-20’ XC run
• Example: Thorpe
  – Fr. Pwr. Clean 60k, Squat 225 lbs.
  – So. Clean 67.5k, Squat 275 lbs.
  – Jr. Clean 75k, Squat 270 lbs.
  – Sr. Clean 77.5k, Squat 325 lbs.
Training Components

• Lesson #4 Evaluation
• Box combinations
  – Off season to pre comp
  – Simple to difficult
• Rhythm drills
• Speed bounds
• Sprinting/Running
“The European athlete has beaten the American consistently in the triple jump for two reasons—attention to detail in technique of training and total physical strength.” -Unknown
Questions