



Developing Women Triple Jumpers

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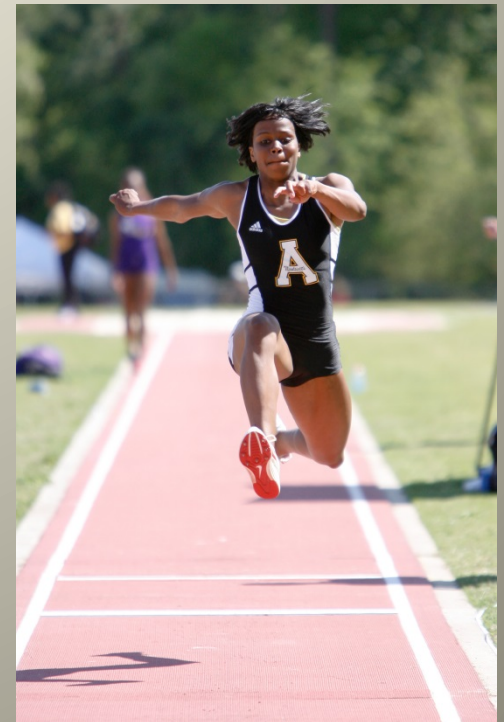
Discussion Points

- 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