

# Yearlong Management of Horizontal Jumpers

# Technical Training Periodization

- **Radical Changes**
- **Drills and Partial Movements**
- **Synthesis**
- **Problem Solving**

# Technical Training Periodization

- **Radical Changes - Early Summer**
- **Drills and Partial Movements - Begins Early General Prep**
- **Synthesis – Mid General Prep to the Start of the Season**
- **Problem Solving – Early Season**

# Rationale

- **The Need to Teach Before Heavy Training Times**
- **The Inability to Improve Technique Inseason**
- **Consistent Discomfort – Progressive Intensity Increases**
- **Dodge Motor Interference Inseason**

# Yearlong Technical Practice Distributions

Event	September	October	November	December	Inseason
Long Jump		Begin Short Run Long Jumps Twice Per Week	Continue Short Run LJ Once Per Week	Continue Short Run LJ Once Per Week	Continue Short Run LJ Once Per Week - Optional
Triple Jump	Remedial Short Horizontal Bounds, Vertical Bounds	Intermediate Short Horizontal Bounds	Begin Short Run Triple Jump Once Per Week, Extended Bounds	Continue Short Run Triple Jump Once Per Week	Continue Short Run Triple Jump Once Per Week - Optional
Long Jump & Triple Jump	Fundamental Drills, Teaching Progressions 2x Per Week	Runway Work 1x Per Week	Runway Work 1x Per Week	Runway Work 1x Per Week	Runway Work 1x Per Week

# Approach Length Management - Practice

- **Planning and Periodization**
- **The Time for Drills**
- **Synthesis**
- **Meet Simulations in Practice – Or Not**
- **The 12 Step Threshold**
- **Serpentine Progression Patterns**

# Approach Length Management - Practice

- **The Plan**
  - **Plan Ahead and Consistently Increase Intensity**
  - **Serpentine the Progression - Overload Principle**
  - **Get to 12 in Preparation for the Meet**
  - **Drop Approach Length Inseason Dramatically to Eliminate Motor Interference**

### Long Jump and Triple Jump Technical Training Plan

Date	Long Jump Approach Length	Triple Jump Approach Length	Long Jump Volume	Triple Jump Volume
Tuesday, October 04, 2016	6		18	
Thursday, October 06, 2016	6		18	
Tuesday, October 11, 2016	8		15	
Thursday, October 13, 2016	6		18	
Tuesday, October 18, 2016	8		15	
Thursday, October 20, 2016	8		15	
Tuesday, October 25, 2016	10		12	
Thursday, October 27, 2016		6		16
Tuesday, November 01, 2016	8		15	
Thursday, November 03, 2016		6		16
Tuesday, November 08, 2016	10		12	
Thursday, November 10, 2016		8		14
Tuesday, November 15, 2016	10		12	
Thursday, November 17, 2016		6		16
Tuesday, November 22, 2016		8		14
Tuesday, November 29, 2016	12		10	
Thursday, December 01, 2016		8		14
Tuesday, December 06, 2016		10		12
Thursday, December 08, 2016	10		12	
Tuesday, December 13, 2016		8		14
Thursday, December 15, 2016		10		12
Tuesday, January 03, 2017	12		10	
Thursday, January 05, 2017		10		12
Tuesday, January 10, 2017		12		9
Thursday, January 12, 2017	12		10	



# Approach Length Management – Competitions

- Full
- Why
  - Technical Tuning
  - Distribution
- Possible Exceptions

# Other Technical Practice Management Issues

- **Runway Work - Densities and Gait Tests**
- **Runway Work and Compatible Components**
- **To Land or Not To Land**

# Training Management

- Periodization vs. Management
- Neuromuscular Training Grouping
  - Neural and General Agents
  - The Neural : General Training Ratio
- Adjusting the Ratio – Your Training Management Tool
  - Overtraining/Overstressed Adjustments
  - Staleness/Stagnation Adjustments

# Training Management

- **Adjustments for Athlete Level**
  - **Developmental Athletes**
  - **Elites**
  - **The Genetic Ceiling**

# Training Management

- **Key Training Alterations**
  - **The Squat Component**
  - **Decreases in Density of Speed/Power Components**
  - **Optional Technical Sessions**
  - **Diversity of Training**
  - **Complexity of Training**
  - **Matching Speed/Power and Coordination Values**

# Competition Management

- Preliminary Information – Goals and Needs
- Scoring Events
- Event Selection Rationale
- Spacing the Triple Jumps
- Filling with the Long Jumps
- Sprinting – If and When
- Mark Chasing and Handling Desperation

# The Triple Jump – Special Considerations

- Teaching Approaches
- Conservative Practice Sessions
- Aggressive Competitions
- Developing an Attitude

# Long Term Planning

## Jumps - General and Specific Preparation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Acceleration Dev.	Technical Training	Technical Runs/Runways	Technical Training	Acceleration Dev/Speed Dev	Special Endurance
Remedial Short Horizontal Bounds	Circuit Training	Vertical Bounds/Extended Bounds	Circuit Training	In Place Jumps/Depth Jumps	Circuit Training
Weight Training		Weight Training		Weight Training	
Multithrow				Multithrow	



# Long Term Planning

## Jumps - Inseason

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Warmup	Warmup	Warmup	Warmup	Warmup	Warmup
Acceleration Dev.	Technical Training	Technical Runs/Runways	Technical Training	Acceleration Dev.	Competition/Special Endurance
Multijump	Circuit Training	Speed Endurance	Circuit Training	Multijump	
Weight Training		Multijump		Weight Training	
Multithrow		Weight Training		Multithrow	

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