

# Peaking the Jumper

# Peaking the Jumper - Components

- Overview
- Components
  - Training Adjustments
  - Competition Planning
  - Adjusting Technical Training
  - Dealing with Travel
  - Dealing with Pressure
  - The Coaching Demeanor

# Inseason Training Adjustments

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- What to Keep
  - Speed Training
  - Olympic Lifting
  - Multijumps and Multithrows
  - Circuit Training
    - Medicine Ball
    - General Strength

# Inseason Training Adjustments

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- What to Throw Away
  - Tempo Running
  - Static Lifting
  - Repetitive Movements

# Inseason Training Adjustments

- Maybe – Maybe Not
  - Intense Training - Understanding Aggregate Intensities
    - Heavy Olympics
    - High-End Plyometrics
    - Ballistic Lifting
  - Technical Training
  - Bodybuilding (Circuit) Lifting

# Inseason Training Adjustments

- Rotational Mesocycles
- The Need for Variety
- Weekly Rotating Themes
  - Week 1 – Technical
  - Week 2 - Speed
  - Week 3 – Train
  - Week 4 - Rest

# Short Term Training Adjustments

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- Volume Decreases
- 25%-35% Drop
- Volume Decreases Usually Result from Density Decreases
- Additional Drops May Occur from Additional Rest Days

# Short Term Training Adjustments

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- Lactate Concerns
- Recovery Needs
- Climate Issues and 2 and 1 Schedules
- Diversity and Variance in Training
- Working to an Athlete's Strong Suits

# Short Term Training Adjustments

- Work is Done Philosophy
- Training at its Simplest - 2 Parts
  - Specificity and Purposeful Training
  - Restoration
- Common Traps
  - Fallback Workouts
  - Training the “Middle Ground”

# Competition Planning

# Competition Planning

- Wise Decisions
- Picking Your Spots
- Defining a Role for Each Athlete
- The Conference Meet
- Approach Run Length - Short Run Errors
- How to Handle
  - When Things are Going Well
  - When Things are Going Badly

# Travel Issues

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- Typical Hazards
  - Hydration
  - Sleep
  - Diet
- The Meet vs. The Event
  - Prepare for the Meet
  - Take Care with the Event
- Beware of the Cameras

# Handling the Technical Training

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- A Time for Triage
  - Identifying Key Errors
  - Understanding When Progress is Made
  - Developing a Task-Specific Plan
- Meet Preparations and Planning – Task Specific Behaviors

# Handling the Technical Training

- Begin a New Cue System 3-4 Weeks Out
- Avoid Motor Interference
  - Tuning In to Meet Rhythms
  - Approach Run Length – Extremes
    - Meet Simulations
    - Controlled Practices
  - The Problem with Practice
- Don't Overdo It

# Handling the Technical Training

- Using Technical Execution to Guide the Training Plan
- Understanding Overtraining Progression - Sequential Erosion
  1. Fine Motor Control
  2. Mobility
  3. Elasticity
  4. Speed
  5. Power
  6. Strength

# Dealing With Pressure

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- The Pressure of the Big Meet
  - Who Feels Pressure?
  - Who Doesn't Feel Pressure?
- Handling the Pressure of the Big Meet
- The Practice Environment

# The Coach's Demeanor

# The Coaching Demeanor

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- The Value of Calm
- Be Consistent and Persistent
- Changing Your Demeanor
  - When is it Good?
  - When is it Bad?

# The Coaching Demeanor

- Coaching During the Meet
  - Calmness and Collectiveness
  - Cuing – Simple vs. Complex
  - Communication - Too Much or Too Little
  - When Things Go Wrong - Triage

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# SAC

Schexnayder Athletic Consulting



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**[www.sacspeed.com](http://www.sacspeed.com)**  
**[bschex@sacspeed.com](mailto:bschex@sacspeed.com)**