

Training Methods for the Horizontal Jumper

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The Why of Training

- Get the Athletes in a Position to Compete and Win
- Build a Better Engine
- Build a Personal Record Atmosphere
- Small Victories Lead to Greater Victories. Increase by 2% Each Year!

Turn Theory into Testimony

Mike Hartfield- 5 Time Big Ten Champion

- 2010- 7.61m Long Jump
- 2011- 7.95m increase 34 cm (4.5%)
- 2012- 7.96m increase 1 cm (injury)
- 2013- 8.15m increase 19 cm (2.4%)

Turn Theory into Testimony

Zack Freshman

- 2014 7.34-HS Long Jump
- 2015 7.67 increase 33cm (4.5%) Freshman Year Long Jump
- 2014 14.14 HS Triple Jump
- 2015 15.38 increase 1.24m (8.8%) Freshman Year Triple Jump

Turn Theory into Testimony

Walk On

Steve MacDonald- 2nd Place Big Ten Long Jump

- 2010- 7.11m Long Jump
- 2012- 7.58m increase of 47cm (6.61%) Long Jump

Training Template for the Year

How to Set Up a Season

- Step 1 Determine Key Dates
 - 1st day of training
 - 1st day of competition
 - Final competition

Training Template for the Year

How to Set Up a Season

Step 2 Identify Key Time Periods

- Total Season Length
- Total Pre Season Length (From first practice to first meet)
- Total Competitive Season Length (First comp to last comp)

Training Template for the Year

How to Set Up a Season

If your Preseason is 8 weeks or longer

- 1. Divide that time in half
- 2. The first half is the general phase
- 3. The 2nd half is the is the specific phase
- 4. The remainder is the competitive phase

Training Template for the Year

How To Set Up a Season

If your preseason is less than 8 weeks

- 1. The first 4 weeks are the general phase
- 2. The next 4 weeks are specific phase
- 3. The remainder of the time is the competitive phase. Some of the specific phase will in the comp phase.

How to Train the Horizontal Jumper

- Your Base of Training is SPEED!!!
 - Acceleration----Speed--- Speed Endurance
 - Extensive Tempo--- Intensive Tempo--- Speed Endurance
 - Short to Long
 - “Speed needs to be trained from day 1 for ALL athletes. Speed is base for all athletes. Training speed last in training year, gets you beat.” Boo Schexnayder

Key Performance Indicators for The Horizontal Jumper

Demand Attention All Year Round

- Starting Efficiency
- Starting Strength
- Acceleration Mechanics
- Power
- Upright Sprinting
- Speed Zones

Acceleration Progression- Wall Drill Walk General Preparation



Acceleration Progression- Wall Drill Jog General Preparation

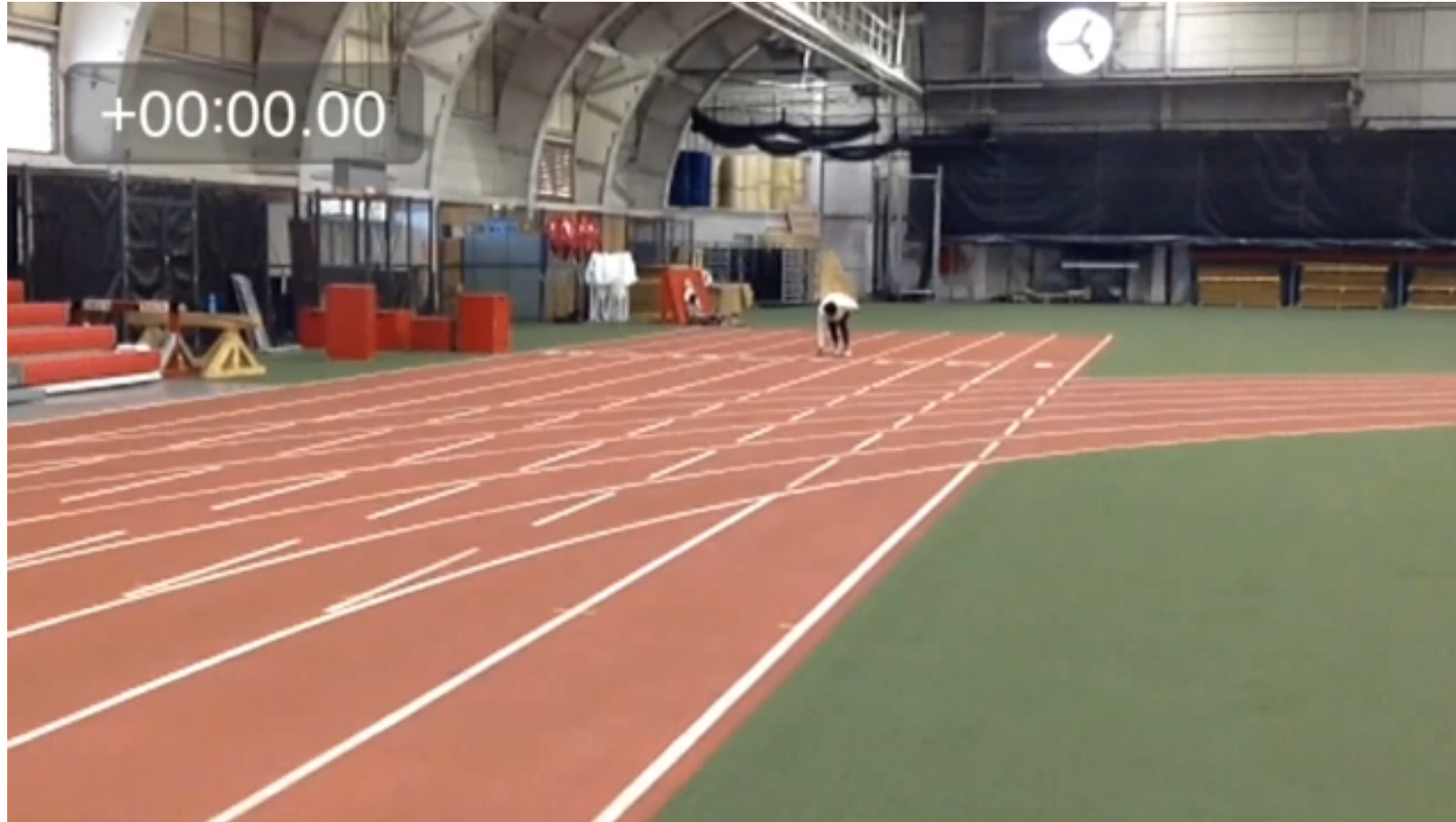


Acceleration Progression- Sled @ 10% BW General Preparation



Acceleration Progression- On Track

General- Specific- Competition



Speed Progressions- Wickets 5ft Apart General



Speed Progression- Flying Sprints

Flying 40m w/ 20m Acceleration

Specific and Comp



Technical Work- Event Specific

Long Jump Hurdle Takeoff- 2.5-3m Apart

General Phase



Technical Work- Event Specific

Triple Jump Hurdle Takeoff- 2.5-3m Apart

General Phase



Technical Work- Event Specific Triple Jump Takeoff Drill General Phase



Technical Work- Event Specific

Triple Jump Phases

General Phase



Technical Work- Event Specific

1 Step Triple Jump- 7m from Pit

General Phase



Technical Work- Event Specific

Long Jump 2nd Phase

General Phase



Technical Work- Event Specific

High Jump Mat Landings

General Phase



Technical Work- Event Specific

1st Phase Standing Long Jump

General Phase



Technical Work- Event Specific

2nd Phase Standing Long Jump

General Phase



Technical Work- Event Specific

3rd Phase Standing Long Jump

General Phase



Technical Work- Event Specific
Wicket Takeoff- First Wicket 7ft From Board. 5ft in
between.



Technical Work- Event Specific

Short Approach 13 Stride Triple Jump

General- Specific- Comp



Technical Work- Event Specific

Short Approach 12 Stride Long Jump

General- Specific- Comp



Technical Work- Event Specific Runway Management Spend Most Time Here- Specific and Comp



Overlooked Training Component Rest and Restoration

Massage, Acupuncture, and Nutrition



synergywellnessllc.com

Directions

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Questions?

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GO BUCKS!!!