

Planning Training for the Jumper

Types of Training

- General Training
 - Tempo Running
 - Extensive Tempo
 - Intensive Tempo
 - General Strength Work
 - Medicine Ball Work
 - Bodybuilding Lifts

A Philosophy of Speed and Power Development

- Speed, Talent and the Nervous System
- Training the Nervous System
 - Quality of Work
 - Long Rests
 - Low Volumes
- Percentage of Neural Work
- Endurance Cautions
- Grouping Training by Neural Demand

Acceleration Development

- Forms of Acceleration Development Training
 - Sprinting (10m-40m)
 - Resisted Runs (20m-50m)
- Volumes
- Rest Intervals

Types of Training

- Neural Training
 - Speed Work
 - Acceleration Development
 - Speed Development
 - Speed Endurance
 - Multijump (Plyometric) Training
 - Weight Training
 - Olympic Lifts
 - Static Lifts
 - Ballistic Lifts

Favorite Acceleration Workouts

- 4x10, 4x20, 4x30 from a crouch start
- 4x20, 4x30, 4x40 from a crouch start
- 12x30 resisted using a rollover start
- 9x30 from blocks
- 3x20,25,30 from blocks

Speed Development

- Speed Development Training
- Respecting the 3 Second Window
- Sprint – Float – Sprint Constructs
- Distances (70m-100m)
- Volumes
- Rest Intervals

Favorite Workouts

- Sprint Float Sprint
 - 3-5 Runs, 70/90/110, rest 8 minutes
- Sprint Float Sprint
 - 3-4 Runs, 80/110/150, rest 8 minutes
- Sprint Float Sprint
 - 1-3 x 110 or 150 following Runway Practice

Favorite Speed Workouts

- Sprint Float Sprint
 - 4-5 Runs, 45/65/80
- Sprint Float Sprint
 - 3-5 Runs, 50/70/90

Assembling the Speed Program

- Sequencing Speed Training
 - 1. Acceleration Emphasis
 - 2. Absolute Speed Emphasis
 - 3. Speed Endurance Emphasis
- Sequencing Rationale
- Densities

Speed Endurance

- Speed Development Training
- Challenging the 3 Second Window
- Sprint – Float – Sprint Constructs
- Distances (110m-150m)
- Volumes
- Rest Intervals

Tempo Running

- Extensive Tempo
 - 70%-80% Rests 1 ½ -3 minutes
- Intensive Tempo
 - 80%-90%, Rests 3-4 minutes

Favorite Extensive Tempo Workouts

- 6-8x150, recoveries 2-3 minutes
- 8-10x120, recoveries 2-3 minutes
- 10-12x100, recoveries 2-3 minutes

Olympic Lifts

- Exercises
 - Clean
 - Snatch
 - Pulls and Other Derivatives
- Formats
 - Power
 - 4-6 sets of 4-5 Reps at 50-65%, Recovery Nearly Complete
 - RFD
 - 5-8 sets of 1-3 Reps at 80-100%, Recovery Complete

Favorite Intensive Tempo Workouts

- 300, 250, 200, 150 recoveries 5-6 minutes
- 250, 200, 2x150, recoveries 5-6 minutes
- 200, 2x150, 2x100 recoveries 5-6 minutes

Static Lifts

- Exercises
 - Major Muscle Groups, Full RoM, Simple Movements
 - Squats and Presses
- Formats
 - Preparatory
 - 3-4 Sets of 6-8 Reps at 50-75%, Recoveries Nearly Complete
 - 1 or 2 Different Exercises for the Upper-Lower Body per Session
 - Absolute Strength Development
 - 4-6 Sets of 3-5 Reps at 80-90%, Recoveries Complete
 - One Exercise for Upper-Lower Body per Session

Multijump Training

- Categories
 - Short Bounds
 - Vertical Bounds
 - In Place Jumps
 - Extended Bounds
 - Depth (Box) Jumps

General Strength Training

- General Strength Exercises
- Bodyweight as Resistance
- Calisthenics
- Circuit Training
- Used to Train Fitness, Body Control, and Foster Recovery

Medicine Ball Training

- Medicine Ball Exercises
 - General Strength – Like Exercises
 - Toss-Catch from Various Positions
- Used to Develop the Core, Train Fitness, Body Control, and Foster Recovery

Sample Workout – General Preparation

- Acceleration Development
 - 4x10,20,30
- Multijump
 - SLJ, STJ, 3DLB, RRL x4
- Weight Training
 - Pulls 6x5
 - Squat 8,8,6,8
 - Bench Press 8,8,6,8

Bodybuilding Lifting Exercises

- Bodybuilding Exercises
 - Weight Training
 - Smaller Muscle Groups
 - Machines, Rotational, Technical, Specialized
- Format
 - 24 Total Sets
 - A Variety of Exercises to Address All Body Parts
 - 10-12 Repetitions
 - Recoveries Short, 60-90 seconds
 - Circuit Training

Sample Workout – General Preparation

- Acceleration Development
 - 12x30 Resisted
- Multijump
 - In Place Jump Circuit, 12 Exercises, 15"on/45"off
- Weight Training
 - Cleans 6x4
 - Squat 8,8,6,8
 - Bench Press 8,8,6,8

General Preparation Training

- Early Preseason
- Neural Components
 - Acceleration Development
 - Multijumps
 - Olympic Lifts – Power Format
 - Static Lifts - Preparatory Format
- General Components
 - Extensive Tempo
 - General Strength
 - Medicine Ball
 - Bodybuilding Lifts

Sample Workout – General Preparation

- Jump Technique
- General Strength
 - Total Body Circuit, 12 Exercises, 20"on/20"off
- Medicine Ball
 - 12 Exercises x15 Repetitions

Sample Workout – General Preparation

- Extensive Tempo
 - 12x100, 10x120, or 8x150, 70-75%, 2 minutes rest
- Weight Training
 - Bodybuilding Circuit (12 Exercises, each 2x10 with 60 seconds recovery)

Sample Workout - Specific Preparation

- Speed Development
 - 5-6 x 90 SFS
- Multijump
 - Depth Jumps (Box – Box - SLJ, Box – Box – HH x 6 each)
- Weight Training
 - Olympics
 - Cleans 3,3,2,2,1,1
 - Static Lifts
 - Stepups 2x4 (L-R), Single Leg Squats 2x4 (L-R)
 - Pullovers 3x8

Specific Preparation Training

- Late Preseason
- Neural Components
 - Speed Development
 - Acceleration Development Reviewed
 - Multijumps
 - Olympic Lifts
 - Power Format
 - RFD
 - Static Lifts
 - Preparatory Format
 - Absolute Strength

Sample Workout - Specific Preparation

- Runway Practice
- Multijump
 - Bounding (RRR..., LLL... RRL... RLRL... 3x20m)
- Weight Training
 - Olympics
 - Cleans 6x5
 - Static Lifts
 - Squats 5x5
 - Bench 5,4,3,2,1

Specific Preparation Training

- General Components
 - Intensive Tempo
 - General Strength
 - Medicine Ball
 - Occasional Bodybuilding Lifts

Sample Workout – Specific Preparation

- Jump Technique
- General Strength
 - Total Body Circuit, 12 Exercises, 20"on/20"off
- Medicine Ball
 - 12 Exercises 30"on/15"off

Sample Workout - Specific Preparation

- Intensive Tempo
 - 250, 200, 2x150, 80-85%, 5-6 minutes rest
- Weight Training
 - Bodybuilding Circuit (12 Exercises, each 2x10 with 60 seconds recovery)

Sample Workout - In Season

- Runway Practice
- Speed Endurance
 - 2 x 120m SFS
- Multijump
 - Hurdle Hop 8x4h
- Weight Training
 - Olympics
 - Cleans 6x4

In Season Training

- Neural Components
 - Speed Endurance
 - Acceleration and Speed Development Reviewed
 - Multijumps
 - Olympic Lifts
 - Power Format
 - RFD
 - Static Lifts
 - Usually Discontinued
 - Possibly Continued with Young Athletes of Late Starts

Sample Workout – In Season

- Jump Technique
- General Strength
 - Abdominal Circuit, 12 Exercises, 20"on/20"off
- Medicine Ball
 - 12 Exercises x15 Repetitions

In Season Training

- General Components
 - General Strength
 - Medicine Ball
 - Occasional Bodybuilding Lifts

Sample Workout - In Season

- Acceleration Development
- 3x20,25,30 from Blocks
- Multijump
 - RRR, LLL, RRLL, LLRR, RLRL, LRLR x2 each
- Weight Training
 - Olympics
 - Cleans 3,3,2,2,1,1

Yearly Scheduling

	Monday	Tuesday	Wednesday	Thursday	Friday
General Prep	Acceleration Dev 4x10,20,30 Multijump Short Bounds Weight Training Olympics -Power Statics - Prep	Jump Tech General Strength Medicine Ball	Acceleration Dev 12x30 Resisted Multijump In Place Jumps Weight Training Olympics -Power Statics - Prep	Jump Tech General Strength Medicine Ball	Extensive Tempo Bodybuilding
Specific Prep	Acceleration Dev 4x20,30,40 Multijump Vertical Bounds Weight Training Olympics -Power Statics - Abs Str	Jump Tech General Strength Medicine Ball	Runway Practice Speed Development Multijump Depth Jumps Weight Training Olympics - RFD Statics - Prep	Jump Tech General Strength Medicine Ball	Intensive Tempo Bodybuilding
In Season	Acceleration Dev 4x20,30,40 Multijump Short Bounds Weight Training Olympics - RFD	Jump Tech General Strength Bodybuilding	Runway Practice Speed Endurance Multijump Hurdle Hops Weight Training Olympics -Power	Jump Tech Medicine Ball	Competition

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