Developing A Training System For High School High Jumpers Dave Unterholzner - Bella Vista High School

Training Objectives

Center of Gravity

Purpose of Training Objectives

Training Variables

Planning The Training Year

	<u> </u>		
	Training Period	Year Round	*Season Only
a.	Pre-Season	Sept - Dec	Jan – Feb
	- General Conditioning	Sept - Oct	Jan
	- Specific Conditioning	Nov - Dec	Feb
b.	Competitive Season	Jan - May	March - May
	- Pre-Competition	Jan - Feb	March
	- Competition	March - April	April
	- Peak	May	May
с.	Off Season	June - August	June - August
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*Varies depending on when athlete joins team.

General Conditioning (Sept – Oct)

Specific Conditioning (Nov – Dec)

Pre-Competition (Jan – Feb)

Competition (March – April)

Technical Development

Mechanical factors that influence high jumping

Height of Center of Gravity at Take Off

Drills

Velocity of Center of Gravity at Take Off

Penultimate step

Drills

Angle of Center of Gravity at take off

Drills

Flight Rotation

Drills

Bella Vista Track and Field Dave Unterholzner – <u>daveu@surewest.net</u> Web site - <u>www.bvtrack.com</u>

1. Squats 15 Q 1. Strugs 15 Q 1. Strugs 15 Q 1. Squats 1. Strugs 1.				-	1000	-		-	-				
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Bella Vista Track and Field Jumpers Strength Training - September/October 2014 - General Conditioning

5	Sunday	1	Monday	T	uesday	W	ednesday	Т	hursday		Friday	S	aturday
RT's = Run SAJ = short	re 8's e drills roach drills	LJ/TJ - Wit	2x10 PBD2, PD, J's, 3RT's,	HJ - 150m [Girls - 23-2	and a second sec	HJ (Tech) - 5 U's, 5RT'	h) - 2x10 PBD2 HJ pit	LJ/TJ - Wit HJ (Tech)	LJ/TJ{900m}; III th Sprinters PL 10EL, PD, 5 CIR, 's, 3 SAJ, 3 FAJ Weights	HJ - 6 x 80	- II); HJ{480m}; III m S drill (3) [ħ] h) CD, 6 HAR, AJ	7	
PBD2 = Pe PHD = Pen PL = Penult PHDU = Pe RRJ = Run I	nultimate box drill n box drill continuous ultimate hurdle drill imate Lunges n hurdle drill U app Run Jump zontal Approach Runs	LJ/TJ - Wit HJ (Tech) -	LJ/TJ(1.5k); III h Sprinters . PD, 6 PHDU, 5xF8's. s, 4xSAJ, 4xFAJ	HJ - 150m [Girls - 23-2		HJ (Tech) - 5 U's, 5RT's	h) - 2x10 PBD2 HJ pit	LJ/TJ - Wit HJ (Tech) -			- II); HJ{480m}; III m - test target (3) h) 5 HAR	E	^{Compete} ; Ⅲ Bob King/ on Gilbert anite Bay HS
PU = Pop ups. CD = Cone Drills {} = total workout distance [] = Pace () = recovery time		16 WU - I & II; LJ/TJ{900m}; III LJ/TJ - 150m x 2 x 3 (3/5) [h] [Girls - 22-24, Boys - 20-22] HJ (Tech) - PL 10EL, PD, 5xF8's, 3 U's, 3RT's, 4xSAJ, 4xFAJ		17 WU - EG(I - II); HJ(480m); III HJ - 6 x 80m S drill (3) (h] LJ/TJ (Tech) 5 HAR LJ/TJ/HJ - Weights		18 C.V.C. Center Meet 1 @ Bella Vista		19 WU - 1& II; LJ/TJ{900m}; III LJ/TJ - 6 x 80m - test target (3) HJ (Tech) - PD, 5 CIR, 3 U's, 3RT's, 3 SAJ, 3 FAJ ??? LJ/TJ/HJ - Weights		20 WU - EG(I - II); HJ{900m}; III HJ - 150m x 2 x 3 (4) [h] [Girls - 22-24, Boys - 20-22] LJ/TJ (Tech) 5 HAR		21 WU - 1 & II; Compete; III Depth Charge @ Folsom HS	
22		LJ/TJ - 150 [Girls - 22- HJ (Tech)	LJ/TJ{900m}; III Dm x 2 x 3 (3/5) [h] 24, Boys - 20-22] -6 PHDU, PD, 5xF8's, 's, 4xSAJ, 4xFAJ	HJ - 150m [Girls - 22-2		HJ (Tech) - 5 U's, 5RT	h) - 2x10 PBD2 HJ pit	LJ/TJ - 10 HJ (Tech);	- II); HJ{600m}; III x 60m - test target (3) PL 10EL, PD, 5 CIR, 's, 3 SAJ, 3 FAJ Weights	HJ - 10 x 4	Distance Carnival - II); HJ{400m}; III I0m - test target (3) th) CD, 6 HAR, FAJ	28	
29		LJ/TJ - 150 [Girls - 21- HJ (Tech)	No School LJ/TJ(900m); III 0m x 2 x 3 (3/5) [h] 23, Boys - 19-21] - 20 PBD1, PD, 5xF8's, 's, 4xSAJ, 4xFAJ	HJ - 8 x 60 LJ/TJ (Tecl									

Bella Vista Track and Field - November 2014 - Specific Conditioning Jumpers Strength Training

3-Nov Bench 3 x 10 L			Auxillary Lifts	Calflifts (no shoes) - 3 x 45 (15, 15, 15) 3 plyobox mini-circuit - 2 x 10 Hamstring curls (physioball) - 3 x 12	Core	MB Chops - 2 x 20 Zirrotties - 2 x 15		
Wed 5-Nov TRACK	Basic Strength	DB lunges - 3 x 20 Squats - 3 x 10	Auxillary Lifts	Pull ups/modified 3 x 4 Plyo-Sprints x 10 - AT TRACK Shoulder complex (side raises, rows, MP) 3x3x4	Core	MB Crunches - 3 x 30		
Fri 7-Nov TRACK	Basic Strength	Cleans - 3 x 10 Bench - 3 x 10	Auxillary Lifts	Calf lifts (no shoes) - 3 x 45 (15, 15, 15) H amstring curls (physioball) - 3 x 12 Penultimate box drill x20, Hurdle drill x10 - AT TRACK	Core	Crunches on physioball (feet on wall) - 3 x 30 MB flys on physioball - 3 x 8		
Mon 10-Nov	Basic Strength	Penultimate Lunges 1 x 10 EL Squats - 3 x 10 Jump Shrugs - 3 x 10	Auxillary Lifts	Pull ups/modified 3 x 4 3 plyobox mini-circuit - 2 x 10 Shoulder complex (side raises, rows, MP) 3x3x4	plyobox mini-circuit - 2 x 10			
Wed 12-Nov TRACK	Basic Strength	Cleans - 3 x 10 Bench - 3 x 10	Auxillary Lifts	Calflifts (no shoes) - 3 x 45 (15, 15, 15) Hamstring curls (physioball) - 3 x 12 Plyo-Sprints x 10 - AT TRACK	ring curls (physioball) - 3 x 12			
Fri 14-Nov TRACK	Basic Strength	Penultimate Lunges 1 x 10 EL Squats - 3 x 10 Jump Shrugs - 3 x 10	Auxillary Lifts	Pull ups 3 x 4 Penultimate box drill x 20, Hurdle drill x 10 - AT TRACK Shoulder complex (side raises, rows, MP) 3x3x4	Core	Crunches on physioball (feet on wall) - 3 x 30 MB flys on physioball - 3 x 8		
Mon 17-Nov	Basic Strength	Cleans - 3 x 10 Bench - 3 x 10	Auxillary Lifts	Calflifts (no shoes) - 3 x 45 (15, 15, 15) Hamstring curls (physioball) - 3 x 12 3 plyobox mini-circuit - 2 x 10	Core	MB Chops - 2 x 20 Zirrotties - 2 x 15		
Wed 19-Nov TRACK	Basic Strength	Penultimate Lunges 2 x 10 EL Squats - 3 x 8 Jump Shrugs - 3 x 8	Auxillary Lifts	Pull ups 4 x 4 Plyo-Sprints x 10 - AT TRACK Shoulder complex (side raises, rows, MP) 3x3x4	Core	MB Crunches - 3 x 30		
Fri 21-Nov TRACK	Basic Strength	Cleans - 3 x8 Bench - 3 x 8	Auxillary Lifts	Calflifts (no shoes) - 3 x 45 (15, 15, 15) Penultimate box drill x20, Hurdle drill x10 - AT TRACK Hamstring curls (physioball) - 3 x 12	Core	Crunches on physioball (feet on wall) - 3 x 30 MB flys on physioball - 3 x 8		
Mon 24-Nov	Basic Strength	Penultimate Lunges 2 x 10 EL Squats - 3 x 8 Jump Shrugs - 3 x 8	Auxillary Lifts	Pull ups 4 x 4 Shoulder complex (side raises, rows, MP) 3x3x4 3 plyobox mini-circuit - 2 x 10	Core	MB Chops - 2 x 20 Zirrotties - 2 x 15		
Wed 26-Nov TRACK	Basic Strength	Cleans - 3 x 8 Bench - 3 x 8	Auxillary Lifts	Calflifts (no shoes) - 3 x 45 (15, 15, 15) Plyo-Sprints x 10 - AT TRACK Hamstring curls (physioball) - 3 x 12	Core	MB Crunches - 3 x 30		