

2017 HOKA SuperClinic

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

	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
c.	Off Season	June - August	June - August

*Varies depending on when athlete joins team.

General Conditioning (Sept – Oct)

Specific Conditioning (Nov – Dec)

Pre-Competition (Jan – Feb)

Competition (March – April)

Peak (May)

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 Jumpers Strength Training - September/October 2014 - General Conditioning

Date	Circuit x 2 (2 min rest)	Reps	Date	Circuit x 2 (2 min rest)	Reps	Date	Circuit x 2 (2 min rest)	Reps
September 8	1. Squats	15	September 10	1. Shrugs	15	September 12	1. Squats	15
	2. MB Crunches	20		2. MB Chops	20		2. Zirrotties	15
	3. Bench Press	15		3. Pull Ups/Mod Pull Ups	10		3. Bench Press	15
	4. Hamstring Curls PB	15		4. Calf Lifts	45		4. Hamstring Curls PB	15
	5. Jump Rope	1 min		5. Standing Lunge Jumps	20		5. Step Ups	20
	6. PB Crunches	30		6. DB Flys on PB	12		6. MB Crunches	20
	7. DB Lunges	20		7. DB Lunges	20		7. DB Lunges	20
	8. Upright Rows	15		8. Side Raises	15		8. Military Press	15
Intensity - Low (50%)			Intensity - Low (50%)			Intensity - Low (50%)		
Date	Circuit x 3 (2 min rest)	Reps	Date	Circuit x 3 (2 min rest)	Reps	Date	Circuit x 3 (2 min rest)	Reps
September 15	1. High Pulls	15	September 17	1. Squats	15	September 19	1. Shrugs	15
	2. PB Crunches	30		2. DB Flys on MB	12		2. MB Crunches	30
	3. Pull Ups/Mod Pull Ups	10		3. Bench Press	15		3. Pull Ups/Mod Pull Ups	10
	4. Calf Lifts	45		4. Hamstring Curls PB	15		4. Calf Lifts	45
	5. Jump Rope	1 min		5. Standing Lunge Jumps	20		5. Step Ups	20
	6. MB Chops	30		6. Zirrotties	15		6. DB Flys on MB	12
	7. DB Lunges	20		7. DB Lunges	20		7. DB Lunges	20
	8. Upright Rows	15		8. Side Raises	15		8. Military Press	15
Intensity - Low (60%)			Intensity - Low (60%)			Intensity - Low (60%)		
Date	Circuit x 3 (2 min rest)	Reps	Date	Circuit x 3 (2 min rest)	Reps	Date	Circuit x 3 (2 min rest)	Reps
September 22	1. Squats	15	September 24	1. High Pulls	15	September 26	1. Squats	12
	2. Zirrotties	15		2. PB Crunches	30		2. MB Crunches	20
	3. Bench Press	15		3. Pull Ups/Mod Pull Ups	10		3. Bench Press	12
	4. Hamstring Curls PB	15		4. Calf Lifts	45		4. Hamstring Curls PB	15
	5. Jump Rope	2 min		5. Standing Lunge Jumps	20		5. Step Ups	20
	6. MB Chops	30		6. DB Flys on PB	12		6. MB Chops	20
	7. DB Lunges	20		7. DB Lunges	20		7. DB Lunges	20
	8. Upright Rows	15		8. Side Raises	15		8. Military Press	12
Intensity - Low (60%)			Intensity - Low (60%)			Intensity - Low (60%)		
Date	Circuit x 3 (2 min rest)	Reps	Date	Circuit x 3 (2 min rest)	Reps	Date	Circuit x 3 (2 min rest)	Reps
September 29	1. Shrugs	15	October 1	1. Squats	12	October 3	1. High Pulls	15
	2. Zirrotties	15		2. MB Chops	30		2. MB Crunches	30
	3. Pull Ups/Mod Pull Ups	10		3. Bench Press	12		3. Pull Ups/Mod Pull Ups	10
	4. Calf Lifts	45		4. Hamstring Curls PB	15		4. Calf Lifts	45
	5. Jump Rope	2 min		5. Sanding Lunge Jumps	20		5. Step Ups	20
	6. PB Crunches	30		6. DB Flys on PB	10		6. Zirrotties	15
	7. DB Lunges	20		7. DB Lunges	20		7. DB Lunges	20
	8. Upright Rows	12		8. Side Raises	12		8. Military Press	12
Intensity - Low (60%)			Intensity - Low (60%)			Intensity - Low (60%)		

Bella Vista Track and Field - March 2015 (Jumpers)

Emphasis:		Technique - Approach Rhythm/Take-off Mechanics; Strength - Power (lifts); Power - Maintenance; Speed - Speed Endurance					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
PD = Pit Drills F8's = Figure 8's CIR = Circle drills U's = U approach drills RT's = Run through SAJ = short approach jumps FAJ = Full approach jumps	WU - I & II; LJ/TJ(540m); III LJ/TJ - With Sprinters HJ (Tech) - 2x10 PBD2, PD, 5xF8's, 3 U's, 3RT's, 4xSAJ, 4xFAJ	WU - EG(I - II); HJ(900m); III HJ - 150m x 2 x 3 (4) [h] [Girls - 23-25, Boys - 21-23] LJ/TJ (Tech) - 2x10 PHD 6 HAR, 2 SAJ, 2 FAJ LJ/TJ/HJ - Weights	WU - EG(I - II); HJ/LJ/TJ; III HJ (Tech) - PD, 5xF8's, 5 CIR, 5 U's, 5RT's, 3xSAJ LJ/TJ (Tech) - 2x10 PBD2 HJ pit 3 RRJ, 8 HAR, 6 PU	WU - I & II; LJ/TJ(900m); III LJ/TJ - With Sprinters HJ (Tech) PL 10EL, PD, 5 CIR, 3 U's, 3RT's, 3 SAJ, 3 FAJ LJ/TJ/HJ - Weights	WU - EG(I - II); HJ(480m); III HJ - 6 x 80m S drill (3) [h] LJ/TJ (Tech) CD, 6 HAR, 3 SAJ, 3 FAJ		
8	9	10	11	12	13	14	
PBD1 = Penultimate box drill PBD2 = Pen box drill continuous PHD = Penultimate hurdle drill PL = Penultimate Lunges PHDU = Pen hurdle drill U app RRJ = Run Run Jump HAR = Horizontal Approach Runs	WU - I & II; LJ/TJ(1.5k); III LJ/TJ - With Sprinters HJ (Tech) - PD, 6 PHDU, 5xF8's 3 U's, 3RT's, 4xSAJ, 4xFAJ	WU - EG(I - II); HJ(900m); III HJ - 150m x 2 x 3 (4) [h] [Girls - 23-25, Boys - 21-23] LJ/TJ (Tech) CD, 8 HAR 3 SAJ, 3 FAJ LJ/TJ/HJ - Weights	WU - EG(I - II); HJ/LJ/TJ; III HJ (Tech) - PD, 5xF8's, 5 CIR, 5 U's, 5RT's, 3xFAJ LJ/TJ (Tech) - 2x10 PBD2 HJ pit 3 RRJ, 8 HAR, 6 PU	WU - I & II; LJ/TJ(540m); III LJ/TJ - With Sprinters HJ (Tech) - 20 PBD1, PD, 5 CIR, 3 U's, 3RT's, 3 SAJ, 3 FAJ LJ/TJ/HJ - Weights	WU - EG(I - II); HJ(480m); III HJ - 8 x 80m - test target (3) LJ/TJ (Tech) 5 HAR	WU - I & II, Compete; III Bob King/ Don Gilbert @ Granite Bay HS	
15	16	17	18	19	20	21	
PU = Pop ups CD = Cone Drills {} = total workout distance [] = Pace () = recovery time	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	WU - EG(I - II); HJ(480m); III HJ - 6 x 80m S drill (3) [h] LJ/TJ (Tech) 5 HAR LJ/TJ/HJ - Weights	C.V.C. Center Meet 1 @ Bella Vista	WU - I & 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	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	WU - I & II, Compete; III Depth Charge @ Folsom HS	
22	23	24	25	26	27	28	
	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) - 6 PHDU, PD, 5xF8's, 3 U's, 3RT's, 4xSAJ, 4xFAJ	WU - EG(I - II); HJ(900m); III HJ - 150m x 2 x 3 (4) [h] [Girls - 22-24, Boys - 20-22] LJ/TJ (Tech) - 2x10 PHD 6 HAR, 2 SAJ, 2 FAJ LJ/TJ/HJ - Weights	WU - EG(I - II); HJ/LJ/TJ; III HJ (Tech) - PD, 5xF8's, 5 CIR, 5 U's, 5RT's, 3xFAJ LJ/TJ (Tech) - 2x10 PBD2 HJ pit 3 RRJ, 8 HAR, 6 PU	WU - EG(I - II); HJ(600m); III LJ/TJ - 10 x 60m - test target (3) HJ (Tech); PL 10EL, PD, 5 CIR, 3 U's, 3RT's, 3 SAJ, 3 FAJ LJ/TJ/HJ - Weights	Distance Carnival WU - EG(I - II); HJ(400m); III HJ - 10 x 40m - test target (3) LJ/TJ (Tech) CD, 6 HAR, 3 SAJ, 3 FAJ		
29	30	31					
	WU - I & II; LJ/TJ(900m); III LJ/TJ - 150m x 2 x 3 (3/5) [h] [Girls - 21-23, Boys - 19-21] HJ (Tech) - 20 PBD1, PD, 5xF8's, 3 U's, 3RT's, 4xSAJ, 4xFAJ	WU - EG(I - II); HJ(480m); III HJ - 8 x 60m - test target (3) LJ/TJ (Tech) - 2x10 PHD 6 HAR, 2 SAJ, 2 FAJ LJ/TJ/HJ - Weights					

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

Mon 3-Nov	Basic Strength	Cleans - 3 x 10 Bench 3 x 10	Auxiliary Lifts	Calf lifts (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	Auxiliary Lifts	Pull ups/modified 3 x 4 Plyo-Sprints x10 - 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	Auxiliary Lifts	Calf lifts (no shoes) - 3 x 45 (15, 15, 15) Hamstring 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	Auxiliary Lifts	Pull ups/modified 3 x 4 3 plyobox mini-circuit - 2 x 10 Shoulder complex (side raises, rows, MP) 3x3x4	Core	MB Chops - 2 x 20 Zirrotties - 2 x 15
Wed 12-Nov TRACK	Basic Strength	Cleans - 3 x 10 Bench - 3 x 10	Auxiliary Lifts	Calf lifts (no shoes) - 3 x 45 (15, 15, 15) Hamstring curls (physioball) - 3 x 12 Plyo-Sprints x10 - AT TRACK	Core	MB Crunches - 3 x 30
Fri 14-Nov TRACK	Basic Strength	Penultimate Lunges 1 x 10 EL Squats - 3 x 10 Jump Shrugs - 3 x 10	Auxiliary Lifts	Pull ups 3 x 4 Penultimate box drill x20, Hurdle drill x10 - 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	Auxiliary Lifts	Calf lifts (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	Auxiliary Lifts	Pull ups 4 x 4 Plyo-Sprints x10 - AT TRACK Shoulder complex (side raises, rows, MP) 3x3x4	Core	MB Crunches - 3 x 30
Fri 21-Nov TRACK	Basic Strength	Cleans - 3 x 8 Bench - 3 x 8	Auxiliary Lifts	Calf lifts (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	Auxiliary 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	Auxiliary Lifts	Calf lifts (no shoes) - 3 x 45 (15, 15, 15) Plyo-Sprints x10 - AT TRACK Hamstring curls (physioball) - 3 x 12	Core	MB Crunches - 3 x 30