

Main Power Exercises to Develop Sprint Components

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Short vs. Long Jumps

Definitions: 2 Groups

Short Jumps

Variance of single takeoffs with one or both legs

Variance of three and five jumps out of a standing position

Long Jumps

Series of jumps with one leg and changing legs, bounding over 30m, 60m, and 90m and more.

Difference Between Short & Long

Maximal and intensive takeoff with short jumps.

Adjustment to maximal speed of movement in the repetitions of the long jumps.

Short Jumps

Single & short jumps influence development of acceleration, stride length and stride frequency

Long Jumps

Increase maximal speed and speed endurance

Maximal Speed Correlation:
30M ACC + 60M Bounds

Short & Long Jumps

Connection of short and long jump exercises in training offers the greatest training effect and a simultaneous development of specific power abilities in sprinting.

Recommendations

Main quality of jump exercises should be done during the first half of the preparation period, at the end of the preparation period and during the season

Short jumps and bounding exercises are done during the main competition phase.

Recommendations

Jump training should begin with long jump exercises, gradually changing to a big quantity of short jumps and an intensive jump training.

Recommendations

When short and long jumps are carried out in one session, do short jumps first.

Recommendations

Short jumps should be done before sprint training.

Long jumps should be done after sprint training.

Recommendations

After sessions with great a quantity of jumps the next training session should stress speed endurance with repetition runs over longer distances.
