

# Peak Performance in the Pole Vault

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## TENNESSEE POLE VAULT MAXIMS

Record heights are attained by the development of speed of approach and power at takeoff.

The Vault is Sequential.

The Vault is Holistic.

Vaulter and Pole are viewed as one system.

Work with the Pole, the pole does not work for you.

The Athlete creates energy the pole does not.

Acceleration through Takeoff is critical.

Effective Takeoff = Posture + Running Mechanics + Pole Transfer

The key to correct technique lies in transition and takeoff.

Full extension prior to pole grounding in back of box.

Pole Speed + Swing Speed will raise the CG

Strong vs. Weak

Active vs. Passive

Process vs. Outcome

Aggression v. Perfection

Focus and simplify for dynamic execution

Use Dynamic Rhythm for a Summation of Forces

## BUILD A TRAINING PHILOSOPHY

Prioritize

Balance

Efficiency

Mindset

### **Prioritize:**

Sequential

Run

Plant/TO

Rhythm / Momentum

### **Balance** (Core Elements):

Vaulting

Running with the Pole

Vault related Drills

Running without the pole

Gymnastics

Bounding

Lifting

2-3 times per week each

Define clear objectives for each module

Special Preparation phase vaulting and related drills should be done with fresh legs

Never compromise vaulting and running with the pole elements.

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### **Tennessee Weekly Workout Schedule**

Sunday: Drills, PR, Vault, Hurdle, Wts.

Monday: Flexibility, Drills, circuit.

Tuesday: Gymnastics, Wts.

Wednesday: Drills, PR, Vault.

Thursday: Gymnastics, Wts.

Friday: PR, Speed/End., Drills.

Saturday: Recovery, bike, swim, fartlek.

### **Weekly Breakdown**

- 2- Vault sessions
- 2-3-Running w/ Pole
- 3-4- Drill sessions
- 2-Running, hurdling
- 2-Gymnastics
- 1-Circuit, cardio/plyo
- 3-Weights
- Sun-hard, M-med, T-light, W-hard, R-light, F-hard, Sat-light,

### **Session Objectives**

- Evaluate the athlete every session
- Practice with purpose
- Formulate objectives for each repetition
- One thought at a time
- Simplify Concepts
- Attack Rhythm
- Do not overload the athlete

### **Philosophy:**

Maximum efficiency in vault, pole run and drill sessions, at expense of all else.

Consistent training with balance

Structure Purpose and priority into each session

### **Common Mistakes:**

All vault after preparation period is over

Ignoring running with pole

Practicing without focus on progression

### **Examples of Core Element components:**

#### **Vaulting**

7 Left Approaches

9-10 Left Approaches

Standards at 80cm

Consider grip

10-20 jumps

Competition simulation

Collect Data

Manage rest/recovery

Adverse conditions

Simulate venues

Running with the Pole

Rhythm runs

Rhythm run and plant at various speeds

Weighted poles

Running Drills with the Pole

Hurdle drills with the Pole

Tape Runs

Over distance (100m)

No Marks for the athlete

Pole Drills:

Jog, plant and push pole over head past vertical

Jog and plant with various weighted objects

Jumping and reaching for high objects

2-4 step straight pole sand pit (speed v. grip)

4-8 step straight pole TO vaults

2-5 step TO straight pole onto wall

3-5 steps spotted TO drill

5 Left TO bending pole

5 Left Vault bending pole

Running without the pole:

Speed, 20-40m, downhill running, tape running

Speed Endurance, 60-150m, incline running, pulling sled

Conditioning, 200-1000m. CC, biking.

Gymnastics:

Shoulder, back, core, and tendon

Strength v. Speed/ timing

Spatial awareness and swinging emphasis

Rings

High bar

Rope

**Fostering Improvement in Peak Performance**

Consistency

Competitiveness

Coping Strategies

**Consistency**

Technical Model

Training Model

Environment of Training

Stability of Environment

Support Team

Blending New Inputs with Existing Model to Facilitate Continued Improvement

**Competitiveness**

Training Group  
Inter Regional Competitions  
Selection Process

**Coping Strategies**

Competition Parameters  
Specific Environment  
Previous Championship Results  
Analysis of Previous Competitive Results  
Pre Vault Routine  
Establish Keys to success  
Eliminate Distraction  
Charting  
Scripting