

## Competition Phase Micro-cycles for the Elite Pole Vaulter

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## A Generalized Overview of In Season Training Sessions

- A Warm-up Scheme that prepares for that day's activities
- A Technical or High Neural Demand Activity
- Appropriate Power or Elastic Strength Routines
- General Strength, Special Strength and Regeneration Activities
- A Designed Cool Down Series
- Scripted Physiotherapy, Static Flexibility Homework Series and Hydrotherapy

## The Warm-up

- Specific to tasks and demands of that day
- Warming, attentional and vibrational activities
- Static flexibility work or scripted soft tissue therapy
- Sprint awareness exercises
- Dynamic flexibility work
- Acceleration progressions

## Monday

- Warm-up A
- Acceleration Development (10-40m, with sets of 3 or 4 x 3-5 efforts in each set) use 1' and 4' recoveries; use blocks, group starts, rollovers or fly-ins... These can be done with a pole or short pole for carriage analysis... emphasize mechanics, rhythm and relaxation..... can add one to two special speed endurance runs with 5' recoveries
- Multiple Jump Series: 5 x 5 hurdles at 33" and 2m spacing; dynamic or static to needs or multiple throw series Grenade x 5 reps (OHB, BLF, repeat with one jump before launch)
- Wt. Training: Olympic lifts, Presses, and Leg Series; Ancillary lifts: Russian Twists and Negative Toe Risers
- Cool Down with 5' of jog/skip routines and ART work

## Tuesday

- Warm-up B
- Jump Specific Technical Training or
- Technical Runs on Grass or in Flats; 6-8 runs x 50m with dribble, scissor or elastic over cues for 25m and runoffs for 25m can be done with short pole; if a jump session is scheduled, then approaches x 4-6 and then 10-12 short run jumps instead of tech runs
- General Strength Series
- Medicine Ball Series
- Hurdle Mobility Series
- Cool down with multidirectional series for 5' and joint specific rehab tissue work

## Wednesday

- Warm-up C
- Speed or Special Speed Endurance Runs; 2-3sets x 3 runs x 40-50m with 2' and 5' recoveries
- Alternative Workout Options: Alactic Runs of 3 X 150, or 3 x 120 or 3 x 90m with 5'-7'; can be done with SFS motif
- Elastic Endurance Series: Skips for height and distance, scissor bounds, alternate leg bounds, etc. or rudimentary plyometric routines.....total 500m workloads
- Wt. Training, As on Monday with variations
- Mixed Cool Down Rhythms; Mandatory Cold Bath Therapy

### Thursday

- Warm-up D
- Relaxed Grass Runs; if jumper, limited short run jumps series or approach work
- General Strength Series
- Med Ball Series
- Hurdle Mobility Series
- Cool Down with 5' skipping; Joint Specific Rehab and Resultant Structure Therapy
- If a rest day is needed, this is the preferred day

### Friday

- Warm-up E
- Acceleration Development; if meet on Saturday limit to 6-8 runs of 20-30m
- Multiple Throw Series as prescribed to needs
- Weight Training Option; TBA
- Cool Down as Prescribed
- Special Therapy Prescriptions

### Saturday, Non meet Day

- Warm-up A
- Speed Endurance Series as needed; see Wednesday's options
- Special Walks Series
- Hurdle Mobility Series
- Cool Down with 5' Jog/Skip/Side Shuffle
- Contrast Bath Series or Mineral Bath Procedure for Facial Restriction

### Saturday, Meet Day

- A competition is also a training load....it trains many systems and is real stress
- Design events entered to fit time of year, athlete's needs, and health of athlete
- Warm-ups must be timed for the event, be shorter in duration and cover all bases; Ascending, Descending and Stabilization Prescription Themes
- Accelerations prime the pump and serve as a checklist
- Neural stimulation movements for sluggish athletes
- Hydration and diet
- A tremendous teaching moment
- Post Meet Therapy, the key to insured continued health