

Training High Jumpers To

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Where To Begin?

- Mapping out a 4 year plan of emphasis



- Mapping out this season
 - Working back
 - Sequencing training
 - Rest



4 Year Plan

- My goals are based upon
 - Athlete's history
 - Athlete's talent
 - What does the athlete want to achieve?
 - Coaching situation
 - Training facilities available

A 4 Year Plan

- 1st Year of the Four
 - Develop Physical Base For Training
 - Learn Basic Mechanics
 - Maintain Injuries
 - Check Physical Needs
 - Be PROACTIVE

2nd Year of the Four

- Develop General Strength
- Learn/Master Basic Event Techniques
- Add Power
- Coordinate Strength + Speed

3rd Year of the Four

- Maintain Conditioning Base
- Continue Strength Development
- Add In Power Training Focus
- Maintain Physical Body Needs
- Master Event Techniques
- Compete In Various Settings

4th Year "Peak" Goals

- Make The USA Olympic Team/Win State Championship
- Maintain Conditioning/Strength During Season
- Focus On Speed + Power
- Practice + Compete In All Conditions

This Season

- Are we doing a double or single peak?
- Review event technically
- What adjustments will be made from past years?
- Physical needs
- Mental needs
- Academic/Job status

General Training Concepts

- Age vs. training age
- Volume – amount of training
- Intensity – difficulty & degree of demand

More Concepts To Consider

- Simple training – low technical demands
- Complex training - highly technical demands
- General training – just that—general activities
- Specific training – related to event directly

Let's Talk Terminology

- *Annual Plan*
 - **Macrocycle** – entire period of training time/a season
 - Single or double periodization
 - Single-one peak per year
 - Double-two peaks per year

Periods of Training

- **Macrocycles Division**
 - Preparatory period
 - Preseason
 - Competition period
 - In season
 - Transition period
 - Active rest

More Vocabulary

- Mesocycle= 4-6 weeks of training (Month)
 - Each phase has 2+ mesocycles
 - Each week of cycle adds volume/intensity in stair stepping format with last week as a rest week
- Microcycle=7-10 days of training (Week)
 - Each mesocycle has 3-4 microcycles
 - Plan rest/recovery sessions throughout this cycle

Training Phases

- General preparation phase
 - 1st part of preparation phase
 - General training activities
- Specific preparation phase
 - 2nd part of preparation phase
 - Specific training activities

Training Phases Continued

- Pre competition phase
 - 1st part of competition phase
 - Early season meets
- Competition phase
 - 2nd part of competition phase
 - Major meets at this time

Periodization Phases

- *Preparatory*
 - Preparing to train
 - 4-5 weeks
 - Conditioning mostly, higher volumes-low intensity
 - Strength developed
 - Some event specific done

Preparatory Format

- 3 days of conditioning
- 3 days of strength training
- 2 days of speed
- 1 day of active rest

Early Competition Phase

- Training To Compete
- Building Strength
- Higher intensity, less volume
- 4 weeks
- Technique work added

Early Competition Format

- 2 days conditioning
- 3 days weights
- 2 days speed
- 1 day event specific
- 1 day active rest

Main Competitive Season

- 3-4 Weeks Long
- Meets Begin
- Balance Intensity & Volume
- Format
 - 3 days speed
 - 2 days event
 - 1 day conditioning
 - 2 days power/strength

Peaking

- High Intensity, Little Volume
- 7-14 Days
- Major meet(s) now
- Format
 - 3 days speed
 - 2 days event
 - 1 day weights

Planning Workouts

- Overload
- Adaptation
 - How your body acts with training/stress
- Volume/intensity
 - Different times during the phases
- Variety
- Individualization

Planning

- Have a training theme
- Place in overall program
- Rest/recovery
- Warm ups/cool down

Sequence of Workout

- Warm up
- Technical work
- Speed and power
- Strength and endurance
- Cool down

Workout Reminders

- Speed or technique before strength work
- Power work isn't done with intensive endurance
- Games and speed endurance can be used after power training
- Throwing events come after power training
- Leave time between power and technique work

Biomotor Abilities

- Strength (general, elastic)
- Power
- Absolute Speed
- Acceleration
- Coordination
- Endurance
- Flexibility

Learn To Sprint!

*Proper
sprint
mechanics
vital*



Improve Running Techniques

- Speed Drills
 - Mach drills
 - A's march, skip
 - B's march, skips
 - High Knees march, skips

More Speed Drills

- 20m starts
- Walk into the start & sprint
- Bound into a 30m sprint
- 2 hops into a 30m sprint
- Starts with gun/clap
- Side steps and sprint
- Crossover step and sprint
- Standing Lj and sprint
- Forward roll and sprint
- Do 180° jump and sprint

How Do You Build Speed?

- Power work = Exert max strength over short period of time
- Absolute Speed = Obtaining Maximum Contractile Strength
- Elastic Strength = Overcome resistance using fast contractions
- Speed Endurance = Express many times over

Measuring Speed

- Use a consistent testing protocol
- 10m, 20m from a crouch start
- Flying 30m, 60m
- Standing 10m
- 50m shuttle race of 5 x 10m
- 30° cone jumps
- 5-10-5 agility race

Resistance Drills

- Sleds
- Weight vests
- Tires
- Hill sprints 30-50m
- Start in sand & sprint for 10-30m
- Sand to grass sprints
- Uphill 10 steps & 10 steps on the flat

Resistance Training

- Squats
- Cleans
- Single leg squats
- Core
- Step ups
- Bands



Increase Your Agility

- Balance drills
- Low hurdles
- Quick 1st step
- Zig zag, S runs
- Cross overs
- Carioca
- Circle 8's in both directions

Footwork + Power

- Jump rope
- Single legged hops
- Low box quick jumps
- Line jumps-side to side, front to back
- Cone jumps
- Hoop patterns
- Low hurdles
- Agility ladders

Core Work

- Hips
- Abdominals
- Lower back
- Balance abs + lower back muscles
- Medicine ball drills
- Twists with/without med ball
- Chopping actions

Create Circuits

- Drills using body weight as the resistance
- Drills adding resistance
- Focus on certain parts of the body
- Medicine ball
- Pool work
- Swiss ball
- Games, relays



Strength Levels

- General Strength Developed

- Develops a base and foundation for the season

Special Strength

- Multi-jumps

- Throws

- Higher speeds

Specific Strength

- Action of the skill with resistance

- Great intensity

- Quick ground time

Multi-Jumps

- | | |
|---|--|
| <ul style="list-style-type: none"> ■ Levels <ul style="list-style-type: none"> ■ Very low stress <ul style="list-style-type: none"> ■ Recovery very rapid ■ Low stress <ul style="list-style-type: none"> ■ 1 day recovery ■ Moderate stress <ul style="list-style-type: none"> ■ 1-2 recovery days ■ High stress <ul style="list-style-type: none"> ■ 2 days recovery ■ Very high stress <ul style="list-style-type: none"> ■ 3 days recovery | <p>In Place Jumps 8-20 contacts
150-300 session</p> <p>Short Bounds 1-5 contacts</p> <p>Extended Bounds 20-50m</p> <p>Depth Jumps 20-50 contacts</p> |
|---|--|

High School Program

- *Off Season*

■ Strength training	3 x week
■ Multi-jumps	3 x week
■ Core work	4 x week

High School Pre Season

- Strength training 3 x week
- Multi-jumps 2 x week
- Core work 4 x week

High School In Season

- Strength training 2 x week
- Multi-jumps 1 x week
- Core work 3 x week

Suggested Plyometrics

Exercise	Off Season	PreSeason	In Season

Suggestion Plyometrics

Plyometric Drills

- Double legged hurdle hops
- Combinations
- LLR, RRL, RRL, etc



Testing

- 30m standing
- 30m fly
- 10 x RLRL time & distance
- Vertical jump
- Med balls (Overhead back shot, Underhand forward shot)
- S TJ, sLJ
- 150m sprint

High Jump Drills

- Straight runs
- Curve runs
- S runs
- Circle runs
- J runs in direction of approach
- Backovers with/without a box
- Walking approaches
- Scissors
- 1 step, 3 step, 6 step, full approaches

High Jump Strategies

- Have a warm up for small meets
- Have a warm up for large meets
- Measuring your approach
- Clear your opening height
- Be aggressive and get warm up jumps completed at YOUR heights

High Jump Strategies Continued

- Sprint before you jump
- Locate stable sights
- Know your place in the jumping order
- Stay warm between jumps
- Are they using 4-5 alive or going straight through?

High Jump Strategies Continued

- What does your place in the jumping order mean?
- What happens if you are the only one left?
- Wind effect on your mark
- Other weather effects on you

Technique Workouts

- Quality Days
 - Bar is 4"-6" low PR
 - 15-20 jumps taken
 - Technique is main focus

Technique Workouts

- Endurance Days
 - Bar is 8" below PR
 - 20-30 jumps taken
 - Play games moving bar up & down

Technique Days

- PR Jumping
 - Bar is set 2"-3" off jumper's best
 - 12-14 jumps taken at high height
 - Getting comfortable with bar high vs. just clearing bar
 - Short 4" box could be used

DVD's Available!

- Get an instructional DVD to take home
- Learn "How To Teach" the High Jump from Sue Humphrey + her elite jumpers

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