

## Planning the Training Season

- 1) What aspects need to be trained?
  - a. Total Athlete
  - b. Strength Training
  - c. Speed
  - d. Jumps/Multi-Jumps Training
- 2) Goals of training
  - a. To be as fast, light, and reactive as possible
  - b. Be able to execute a high jump approach consistently and correctly
- 3) What is the Most Important?
  - a. Approach Development and Technical Skill
  - b. Acceleration Development and Speed
  - c. Reactive Strength (Plyometrics/Multi-Jumps/Throws)
  - d. Strength (MxS & Power. Vs. Speed Strength & Reactive Strength)
- 4) Approach Development
  - a. There is no Fosbury Flop without a great approach – if the approach isn't consistent, maximal height will never be achieved and the risk of injury increases
  - b. Emphasis on curve running with multiple drills and exercises
- 5) Acceleration Development and Speed
  - a. I coach a stand start in the high jump (consistency) – Overcoming inertia becomes very important – developing useable speed in 5-6 steps is very important
- 6) Reactive Strength
  - a. Reactive strength demonstrates an athletes ability to quickly and effectively change from an eccentric to a concentric contraction (amortization at plant)
  - b. Trained with plyometric exercises, multi-jump exercises, and speed work
- 7) Strength
  - a. Greatest amount of force that a muscle or muscle group can produce regardless of time frame
  - b. Power - ability to produce as much force as quickly as possible
- 8) Plyometrics/Multi-Jumps/Throws
  - a. Plyometrics – How they are used – training progression
  - b. Multi-Jumps – How they are used and how they are different from plyometrics
  - c. Throws – How they are used – How we use them as an evaluation tool
- 9) Training Examples
  - a. Weekly templates for training cycles including (General Prep/Specific Prep/Comp. Phase)