

# TRIPLE JUMP

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Cherokee Trail High School  
Notes: [tinyurl.com/2016tracknotes](http://tinyurl.com/2016tracknotes)

# ACCOMPLISHMENTS:

- Eric Gutjahr
  - Head Coach in Indiana (17 years: Boys, 3 years: Girls – School size: 1500)
  - Multiple State Qualifiers in Long Jump
    - No Class System in Indiana – Every Kid vs. every Kid (about 27-30 State Qualifiers)
  - 1 State Champion in Indiana
- Arthur Nelson
  - Assistant coach at Aurora Central High School 1998-1999
  - Two, 2-time state qualifiers in the triple jump (4<sup>th</sup> place finishes)

# ACCOMPLISHMENTS AT CHEROKEE TRAIL

- Assistant Coach at Cherokee Trail (entering 4<sup>th</sup> year):
  - Work with long and triple jumpers
  - In Triple Jump, we have had success with both boys and girls
    - 2015: 4 qualifiers/5<sup>th</sup> (boys)                      1<sup>st</sup>, 6<sup>th</sup>, and 7<sup>th</sup> place (girls)
    - 2014: 2 qualifiers/3<sup>rd</sup> place (boys)                      4<sup>th</sup> place (girls)
    - 2013: 2 qualifiers/9<sup>th</sup> place (boys)                      5<sup>th</sup> place (girls)

# SEASON PLANNING

- Must begin the season with the end in mind
- Template/Tool to map out entire season
  - Identify major competitions
  - Provides roadmap for training strategy and intensity
  - Assist with "peak" planning





# SEASON PLANNING: TRAINING CYCLES

- GENERAL, SPECIFIC, COMPETITION
  - Training construct to ensure proper modalities employed throughout the season
- TRAINING PLAN
  - Create guiding training plan for entire season
  - Leverage training plan to create weekly workouts
    - Evaluate weekly plan and adjust as appropriate for weather and/or facility availability

# SAMPLE TRAINING PLANS

Week 1 (Easy)			
Day	Date	Training Sessions	
Mon	2-Nov		Rest
Tue	3-Nov	Weights	General Circuit 1 (E2)
Wed	4-Nov		Rest
Thu	5-Nov	Weights	2 x 3 x 150 (3') (Sp)
Fri	6-Nov		Rest
Sat	7-Nov		Rest
Sun	8-Nov		15-20 min run (60%)

Week 3 (Hard)			
Day	Date	Training Sessions	
Mon	16-Nov		Rest
Tue	17-Nov	Weights	2 x 6 x 250 (70%) [4'] (SE2)
Wed	18-Nov		Rest
Thu	19-Nov	Weights	General Circuit 3 (E2), [Mars]
Fri	20-Nov		Rest
Sat	21-Nov		Rest
Sun	22-Nov		15-20 min run (60%)

Week 8 (Test & Recovery)			
Day	Date	Training Sessions	
Mon	21-Mar	Weights	4 x fly 20 w/ 25m accel zone crouch [5] (Mercury - low)
Tue	22-Mar	Core	10 x 100m @ 70% J turns, R straight, Mobility
Wed	23-Mar		Team Game
Thu	24-Mar	Weights	Blocks on Turn: 3 x 30m, 2 x 50m, 1 x 110m
Fri	25-Mar		Premeet Routine, Run Throughs
Sat	26-Mar		Meet #8
Sun	27-Mar		15-20 min run (60%), Stretch

Week 11 (Hard)			
Day	Date	Training Sessions	
Mon	11-Apr	Weights	15 x 100m @ 75% [45"], Core
Tue	12-Apr	Weights	3 x 55m blocks [6]
Wed	13-Apr		2 x 10 Core/Mobility Circuit [2] w/ 40m jog b/t stations
Thu	14-Apr	Weights	10-step approach jumps
Fri	15-Apr		Premeet Routine, Run Throughs
Sat	16-Apr		Meet #11
Sun	17-Apr		15-20 min run (60%), Stretch



# PRESEASON: IDENTIFYING THE ATHLETE

- 1<sup>st</sup> – MANY thanks to Head Coach Chris Faust who has allowed us to try most any kid in the jumps when we think they have the tools to be successful!
- Early season evaluation – What do we look for:
  - 1. Natural athletes (football, volleyball, and basketball players!)
  - 2. First day of practice: Stations
    - Flying 30's (Natural Speed) – NOTE: Best jumpers will be quickest athletes
    - Standing broad jump/vertical jump (explosiveness and core strength)
    - Note: many of our sprinters are just adequate jumpers

# PRESEASON: GENERAL TRAINING PHASE

- Focus is on developing general strength and fitness levels
- Begin instruction on rudimentary elements of the jump
- Employ use of general circuits
  - Bodybuilding
  - Fitness
  - Plyometric

# GENERAL TRAINING PHASE

- Sample Workouts
  - Fitness
    - Squat Jumps    Crunches
    - Push Ups        Burpees
    - Lunges            Dips
    - Squat Thrust    Superman
  - Use 20-30 seconds work to 30-60 seconds of rest construct
  - Create circuits of 8-12 exercises
  - Leverage longer work rates and shorter rest periods as fitness levels improve

# GENERAL TRAINING PHASE

- Sample Workouts

- Bodybuilding Circuits

- Barbell Squat
    - Leg Curl
    - Pulldowns
    - Overhead Triceps
  - Leg Extension
    - Bench Press
    - Overhead Press
    - Calf Raises
  - Barbell Deadlift
    - Incline Flys
    - Bicep Curls
    - Crunches

- Employ 1-3 sets by 5-10 repetitions as work construct

- Create circuits of 8-12 exercises

- Reduce sets and reps when power output is focus

# GENERAL TRAINING PHASE

- Sample Workouts

- Plyometric Circuits

- Tuck Jumps

- Wideouts

- Speed Skaters

- Split Squat Jumps

- Single Leg Hops (Outward)

- Lateral Hops

- Single Leg Hops (Inward)

- 50-90 contacts total during general phase

- Focus on proper technique and balance

- Reduce sets and reps when power output is focus

# GENERAL TRAINING PHASE

- Power and Acceleration Development
  - Sessions include sprint acceleration workouts of 10-30m [1-3' rest, full recovery]
  - Hill runs or leverage resistance running equipment if available for power development
- Sample Workouts
  - 6 x 25m Hills or Resisted, full recovery
  - 6 x 30m Block Starts
  - 6 x 30m Variable Starts [4-pt, 3-pt, prone, sitting backward, sitting forward, etc.]
  - 8 x 10m Block Starts

# GENERAL TRAINING PHASE

- Speed Development - Tempo Runs
  - Remedial and/or early season speed development
  - Important to have specific times for athletes to meet
  - Must establish different expected times for athletes based on age/grade/experience
- Sample Workouts
  - 8 x 150m, moderate recovery [1-2']
  - 4 x 150m, full recovery [6-8']
  - 8 x 110m, moderate recovery
  - 10 x 100m, moderate recovery
  - Note: Multiple event athletes will require workout modifications specific to their events

## IN SEASON: SPECIFIC TRAINING PHASE

- Focus is on developing event specific fitness and advanced technical skills
- Begin instruction on phase development elements of the jump
  - Introduce intermediate and advanced bounding techniques
- Increase sprint workout intensity and reduce target times
- Introduce Olympic Lifts



# IN SEASON: SPECIFIC TRAINING PHASE

- Sample Workouts
  - Approach, Approach, Approach
    - 12, 14, 16-step approach work
  - Plyometric
    - Single Leg Bounds (Rhythmic)                      Right-Right-Right
    - Left-Left-Left    RRL
    - LRLR    RRL
    - LLRR
  - 60-120 contacts based on athlete age/grade and/or level of fitness

# IN SEASON: SPECIFIC TRAINING PHASE

- Sample Workouts
  - Depth Jumps
    - Lateral Box Push-offs
    - Lateral Box Jumps
    - Four corner bounds (use cones or rings as markers)
    - Lateral single leg bounds
  - Depth jumps should be employed with advanced athletes only and contacts limited to 40-60 contacts in a single session

# IN SEASON: SPECIFIC TRAINING PHASE

- Sample Workouts
  - Speed Development
    - 6-8 x 150m, moderate recovery [2-4']
    - 4 x 150m, full recovery [6-8']
    - 8 x 80m, moderate recovery [2-3']
    - 6 x 60m, full recovery [6-8']
  - Note: Workouts only vary slightly from the general phase, the intensity and volume become the levers to use as variables during this phase

# IN SEASON: SPECIFIC TRAINING PHASE

- Sample Workouts

  - Bodybuilding

    - Olympic Style Lifts

      - Clean
      - Pulls
      - Deadlift

    - Employ lifting circuits on recovery days

    - Engage strength and conditioning coach to teach proper technique

## IN SEASON: COMPETITION TRAINING PHASE

- Focus is on developing competition experience, adjustment of technical skill, and meeting personal best/qualifying distance objectives
- Continue instruction on phase development elements of the jump
- Construct workouts to improve areas of development
- As season progresses, multiple workouts for a single session may be needed based on athletes progression

# IN SEASON: COMPETITION TRAINING PHASE

- Sample Workouts
  - Approach, Approach, Approach, Approach, Approach, Approach
    - 12, 14, 16-step approach work
  - Plyometric
    - Single Leg Bounds (Rhythmic with pit landing)
      - Stiff-legged bounds (L-R) RRL-RRL-Pit
      - LLR-LLR-Pit RRL-Pit
      - LLRR-Pit
  - 60-90 contacts based on athlete age/grade and/or level of fitness

# IN SEASON: COMPETITION TRAINING PHASE

- Sample Workouts
  - Depth Jumps
    - Variable Box Jumps (with hurdle, multiple boxes, variable heights, pit work)
  - Depth jumps should be employed phased out quickly in this phase to ensure optimal readiness for competition
- Speed Development
  - 4-6 x fly 20 w/ 25m acceleration zone [3-5']
  - 2 x 2 60m [3'/8']
  - 3 x 55m blocks [6']
  - 5 x 100m @ 70%
  - 3 x 30/60/90 blocks [3',6',9'] [10]
  - 3 x 150m @ 100%, 3 x 30m blocks
- Note: Workouts begin to increase in intensity with gradual reduction in volume in anticipation of competition demands

# IN SEASON: COMPETITION TRAINING PHASE

- Sample Workouts

- Bodybuilding

- Olympic Style Lifts

- Clean
      - Pulls
      - Squat

- Employ lifting circuits on when recovery day is needed

- Volume of sets and repetitions decrease as max weight becomes focus

- Taper to a single lifting day 4- 6 weeks out from major competitions

- Eliminate lifting 2-4 weeks out from key major competition (League, State Championships)



# IN SEASON: MEET MANAGEMENT

- Ensure athletes complete proper warm-up routine
  - In most instances, athletes will complete team warm-up upon arrival to meet location
  - Important to monitor jump competition timelines and have athlete perform additional warm-up activities if appropriate
  - Ultimately, athletes are responsible for warming up and keeping track of calls before event.
- Coaches place start/checkmarks on runways
  - Note: Identify 2-3 meets toward end of season to have athletes place their own marks on runway
- Keep a template/notebook with all approach lengths for (6, 7, and 8 step).
- Be prepared to make adjustments due to
  - Speed of runway
  - Conditions of day
  - Athletes response to conditions



# IN SEASON: COMMON ISSUES

- Take-Off Foot
  - How do we decide?
    - Power leg vs Coordination leg
    - Advantages/Disadvantages
- Approach Length
  - 12, 14, 16 step – competition length
    - Peril lies ahead for those who brave 16+
- Approach Start
  - Simple Crouch or Rollover
    - KISS
    - Practice, Practice, Practice makes perfect

# IN SEASON: COMMON ISSUES

- Drive Phase Please
  - Sprint Mechanics Count
- This is not the Long Jump
  - Ensure the athlete is not introducing a penultimate step at takeoff
- The Hop
  - Relax, Don't do it
  - Let the hop come to you naturally

# IN SEASON: COMMON ISSUES

- The Dreaded Step Phase
  - We must face reality as coaches
  - Teach proper posture at end of Hop Phase
  - Now is the time for takeoff
- JUMP to IT
  - Mechanics coming out of the step phase
  - Over rotation is our enemy
- Land for The Glory
  - Get to it, Don't wait