

Going into this season i want to make a few things perfectly clear from the get go.

1. How i train jumpers and why i train them in the manner i do.
2. Scheduling training around using my CNS model.
3. Scheduling training around a high school track schedule.

Ok, jumping right into this....

My methods of training a high school high jumper may seem a bit "out of the box" But hopefully by the time we are through it may make a bit of sense.

First off i train my jumpers like they are short sprinters and body builders. A high jumper is usually one of the more athletic personel you will have on the track. We train for 10 steps. You will notice early season we do a lot of general strength, introducing olympic lifts and circuit work. This is all to get a good base and fitness level. As the season moves forward we will start replacing circuit work and focusing mainly on shorter sprints and heavier olympic lifts. My year is usually broken down into 3 phases but for this out door training segmant you will find 2. My first is for a indoor season begining in December usually finishing in Mid March. The phases discussed here will go to mid season then start 2cnd phase and go to the championship season. The first phase will have lots of technical training and lots more jumping then the second phase.

The next topic is training under the CNS model....I will use CNS through out the season. You will also find a article i wrote on the CNS to better explain this. In a nut shell the Central Nervous System sends messages to the body. If you beat your body up day in and day out you will find out you will be very sluggish and never give yourself the oppurtunity to have fresh responsive legs. Your body needs 48 to 72 hours of non taxing rest to let the signals goign from the brain to the body to remain sharp. During your championship season you will have better oppurtunity to take full advantage of this. This means you won't train at 100 percent 2 days in a row. Example of a terrible track week

mon-lifting or sprint work out, high jump practice (taxing)

tuesday- lifting or sprint work out, high jump practice (taxing)

wednesday- dual conference meet(taxing)

thursday- lifting or sprint work out(taxing)

friday-meet preperation, hand offs high jump practice (not taxing)

saturday-invitational (taxing)

sunday- off day.

This type of schedule is extreme but should give you an example of a terrible planned week.

This next is an ideal mid season high jump schedule.

Monday- High jump practice followed by sprint work and lifting. (taxing)

Tuesday- Approach work and a non taxing work out like curve runs (non taxing/recovery)

Wednesday- Track meet and lifting if applicable(taxing)

Thursday- Approaches and or lifting if you couldn't on meet day, also things like curve runs

Friday- approach work, visualization exercises, anything low stress

Saturday-invitational

Sunday-off

Notice the rest days between meets. Ideally you want lots more rest. But as we all know the high school track meet schedule is overloaded with meets making it hard to train properly. Yes we are at the high jump pit a lot but that doesn't mean we are jumping a lot. Most programs over jump their athletes. I hear the horror stories daily. The act of jumping is extremely stressful on the body. More is less.