



My TM Pole Vault Academy Workout

Sand Pit Drills



- have a partner steady the pole
- stand with your two feet together on a box
- get on your toes and reach as high as you can
- lean over your feet and grab the pole slightly in front of you
- continue leaning until you come off the box and you are hanging from your hands
- hold 2-3 seconds and return to start position
- 6-8x



- stand 1-2 ft from the pole
- reach as high as you can, lean over your feet and grab the pole, with hands together, as high as possible
- back up one step, lower pole so both hands are 90deg, pick your take-off leg to 90deg
- move forward to your take-off leg while moving your hands forward
- as you come off your take-off leg, reach forward and up as high as possible
- extend off your take-off leg and reach until you come off the ground
- hold the figure-4 take-off position for 2-3 seconds, then return to



- the pole tip should be in a hole in the sand
- stand 1'-2' away from the pole tip
- stand on your toes, lean over your feet and grab the pole as high as possible.
- take one step back, arms at 90degrees, take-off leg at 90deg
- take a step forward with your take-off leg while moving your arms up and forward
- continue to move forward while also reaching up and forward
- as you come off your take-off leg continue to reach up and forward
- come off your take-off leg, hold the figure-4 position, continue to reach up and forward, land on your take-off leg



- have a partner steady the pole
- stand 1'-2' away from the pole.
- stand on toes, lean forward over your feet and grab the pole as high as possible in front of you
- take 1 step back
- lean slightly back, arms at 90 deg, take-off leg at 90deg
- move forward onto you take-off leg while you move arms up and forward
- as your take-off foot strikes the ground, continue to reach up and forward
- continue to move your body over you take-off foot while reachin up and forward



- hold the pole straight up in a hole in the sand
- stand on toes 1'-2' away from the pole
- lean forward over your feet and grab the pole in front of you as high as possible
- take one step back, lean slightly back, arms at 90deg, take-off leg at 90deg
- move forward to take-off leg as you move your arms forward and up
- when take-off foot hits you should be leaning slightly back
- move over your take-off foot forward while you continue to reach up/forward
- as you come off your take-off foot, reach forward with your