

## pole vault

### Outdoor week 1 General conditioning

#### Monday:

warm up: broad run  
sprint mechanics, hurdle mobility  
High bar ( sets of 2 x 5 on each drill)  
bubkas  
knee ups  
v-ups  
pull overs  
chin ups  
windshield wipers  
3 x 3 x 30m flies  
10 x 80m pole runs  
Cool down - 800m, stretch

Tuesday: warm up - ann street run  
sprint mechanics, hurdle mobility  
4 x 150 meters at 95 %  
1 x 50m yellow jacket circuit  
cool down-800m

Wednesday: warm up  
3 x yellow jacket circuit with 100 meters at 80%  
High bar ( sets 2 x 5 )  
Cool down

Thursday: warm up  
2 lap warm up, sprint mechanics  
6 x 200m flies  
8 x 40m swim bounds  
cool down-800 meters

Friday : warm up  
10 x 80 meter build ups with poles  
10 inversions in pit with short approach  
cool down