

Tim asked me to start a blog on preseason pole vault training. SO, here goes. Most everyone who cares about the vault already does a good job getting their jumpers ready to go in November. I am currently in my "rigorous thought" phase before we train. I am weighing what we already have compared to what we need. McGill graduated our all-state vaulters and so we are in a rebuilding year. Right now i'm reflecting on what has worked in the past and trying to create a structure for training that doesn't burn them out.

Monday : mile warm up, sprint mechanics over 30 meters.  
Speed: 3 x 3 30m flies  
weights: 6 x 4 combos, 3 x pull up burn outs, 3 x 10 bulgarian split leg squaTs

Tuesday: mile warm up, sprint mechanics over 30 meters  
hurdle mobility  
plyos: 4 x 40m swim bounds  
4 x 40m sprint bounds  
2 x 20m double leg hops  
2 x 20m single leg bounds

Wednesday: 2 mile warm up  
2 x yellow jacket curcuit training

Thursday: mile warm up, sprint mechanics over 30 meter  
4 x 150m speed endurance  
weights: 6 x 4 combos, 3 x pull up burn outs, 3 x 10 bulgarian split leg squars

Friday: stadiums : atleast 16 minutes of constant work

\* notice there is no pole vaulting

Althought the AHSAA is allowing for 2 hours a week of technical instructions within the frame work of small groups, I would caution against pole vaulting this esrly. Make your kids better athletes and pole vaulting will be easier. Its not a bad idea to challenge your vaulters to become students of the sport . QUIZ them on the greats and make them watch youtube. Give them a little video homework. That being said, I know we all have some vaulters that do not need too much time away form jumping or they lose their nerve. "Different strokes for different folks. " In the case of the "headcase" use that 2 hours a week to maintain their mojo on the runway. And, as a coach, you need time away from the runway as well. I haven't coached pole vaulting since the DSV and it feels....spectacular.