Warm up:

Mile of walk/jog and drills (8 laps indoors)

2 laps walk jog, walk on heels, toes, inside, outside, backwards

2 laps of crossovers on straightaway – always face the same bleacher so you get both driections

2 laps of high knee skips on straightaway

2 laps of heel seats on straightaway

(for a meet – do half of practice day warmup)

Following are workouts – some will be all you do – some days will be multiple workouts

1. Scissor drill full approach work – 8 full approach scissors – speed needs to be emphasized
2. Full approach jumps – start at two heights below PR – one to two jumps at a height – 3rd to 6th jump should be at PR – then take one to two more jumps at the height above your PR
3. Short approach frog leg jumps – two at each height (6 inches below PR, work up hgt wise until technique suffers – then back down – want at least ten jumps) – working on lean away – drive away – keep lead/drive knee up and then turned to side – maintain frog until clip with heels –“no sit outs” you owe us sit ups if you sit out
4. Hurdle bounding 3 times over 5 hurdles – first one legged – then double legged (bunny hop) – then one legged – total nine times
5. Stadium stairs – three places you can go all the way up – sprint up hitting every other step and back down hitting every step (fast) – walk to next aisle up and repeat – this gets three repeats on one cycle – 4 cycles (12 times up and down)
6. Sprint day – 10 times flying 20 to 40 meters – some days use parachutes for resistance
7. HJ Horse Day
8. High Hgt Tech Day – quality full approach jumps – one jump two inches below PR, then bar goes up 2 inches at a time taking two jumps at each height – goal fast approach, stay away and get upper body over the bar – hips – not concerned about makes but learning to go up and not let your head get in the way of a good attempt – you keep raising the bar until you start bailing out or have poor attempts – then drop 4 inches for last two attempts
9. Wall drills – working on driving knee at arms up and away from wall – hold knee drive and fall away – not into the wall – sets of 10 ( two to three sets) – these should be worked in two to three times a week