LONG JUMP/TRIPLE JUMP

Session 1: Speed and Power

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Speed Training
- 8 X stair runs at 80%MHR with work/rest ration 1:5
- 8 X 30 metre sprints at 80%MHR with work/rest ratio 1:5

Power Training
- 3 sets 30 step ups work/rest ration 1:5
- 3 sets 30 two foot jumps work/rest ration 1:5
- 5 sets 8 squats work/rest ration 1:5

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 2: Technique and Muscle Memory

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Technique Training
- 10 run throughs work/rest ration 1:5
- 10 short run take offs
- 10 X one step landing practice jumps

Muscle Memory Training
- 20 X two steps followed by high knee and arm take off
- 20 X standing long jump
- 10 X 20m hopping on each foot

Cool Down
- 400 metres slow jog
- Static stretching- flexibility
Session 3:  Speed and Power

Warm up
  • 400 metres slow jog  
  • 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Speed Training  
  • 8 X stair runs at 80%MHR with work/rest ration 1:5  
  • 8 X 30 metre sprints at 80%MHR with work/rest ratio 1:5

Power Training
  • 3 sets 30 step ups  work/rest ration 1:5  
  • 3 sets 30 two foot jumps  work/rest ration 1:5  
  • 5 sets 8 squats  work/rest ration 1:5

Cool Down  
  • 400 metres slow jog  
  • Static stretching- flexibility

Session 4:  Technique and Muscle Memory

Warm up
  • 400 metres slow jog  
  • 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Technique Training
  • 10 run throughs work/rest ration 1:5  
  • 10 short run take offs  
  • 10 X one step landing practice jumps

Muscle Memory Training
  • 20 X two steps followed by high knee and arm take off  
  • 20 X standing long jump  
  • 10 X 20m hopping on each foot

Cool Down  
  • 400 metres slow jog  
  • Static stretching- flexibility
Session 5: Speed and Power

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Speed Training
- 9 X stair runs at 80%MHR with work/rest ration 1:5
- 9 X 30 metre sprints at 80%MHR with work/rest ratio 1:5

Power Training
- 3 sets 40 step ups work/rest ration 1:5
- 3 sets 40 two foot jumps work/rest ration 1:5
- 5 sets 9 squats work/rest ration 1:5

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 6: Technique and Muscle Memory

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Technique Training
- 12 run throughs work/rest ration 1:5
- 12 short run take offs
- 12 X one step landing practice jumps

Muscle Memory Training
- 22 X two steps followed by high knee and arm take off
- 22 X standing long jump
- 12 X 20m hopping on each foot

Cool Down
- 400 metres slow jog
- Static stretching- flexibility
**Session 7:  Speed and Power**

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Speed Training
- 9 X stair runs at 80%MHR with work/rest ration 1:5
- 9 X 30 metre sprints at 80%MHR with work/rest ratio 1:5

Power Training
- 3 sets 40 step ups  work/rest ration 1:5
- 3 sets 40 two foot jumps  work/rest ration 1:5
- 5 sets 9 squats  work/rest ration 1:5

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

**Session 8:  Technique and Muscle Memory**

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Technique Training
- 12 run throughs work/rest ration 1:5
- 12 short run take offs
- 12 X one step landing practice jumps

Muscle Memory Training
- 22 X two steps followed by high knee and arm take off
- 22 X standing long jump
- 12 X 20m hopping on each foot

Cool Down
- 400 metres slow jog
- Static stretching- flexibility
Session 9: Speed and Power

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Speed Training
- 10 X stair runs at 90%MHR with work/rest ration 1:5
- 10 X 30 metre sprints at 90%MHR with work/rest ratio 1:5

Power Training
- 3 sets 50 step ups work/rest ration 1:5
- 3 sets 50 two foot jumps work/rest ration 1:5
- 5 sets 10 squats work/rest ration 1:5

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 10: Technique and Muscle Memory

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Technique Training
- 14 run throughs work/rest ration 1:5
- 14 short run take offs
- 14 X one step landing practice jumps

Muscle Memory Training
- 24 X two steps followed by high knee and arm take off
- 24 X standing long jump
- 14 X 20m hopping on each foot

Cool Down
- 400 metres slow jog
- Static stretching- flexibility
Session 11: Speed and Power

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Speed Training
- 10 X stair runs at 90%MHR with work/rest ratio 1:5
- 10 X 30 metre sprints at 90%MHR with work/rest ratio 1:5

Power Training
- 3 sets 50 step ups work/rest ration 1:5
- 3 sets 50 two foot jumps work/rest ration 1:5
- 5 sets 810 squats work/rest ration 1:5

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 12: Technique and Muscle Memory

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Technique Training
- 14 run throughs work/rest ration 1:5
- 14 short run take offs
- 14 X one step landing practice jumps

Muscle Memory Training
- 24 X two steps followed by high knee and arm take off
- 24 X standing long jump
- 14 X 20m hopping on each foot

Cool Down
- 400 metres slow jog
- Static stretching- flexibility