**Track and Field Jumpers workouts**

**Day 1**

**Warm-up – Choose 2 exercises (2 minutes total)**

dot drills, ladder drills

Jump rope

OH squat PVC bar

**Exercises**

Stretch and foam roll after workouts.

Plyometric jumps and bounds can be done 2 x week depending on your club practice and game schedule.

Squat 3 x 8-10

SL squat off step-box 2 x 6-8 each leg weight optional

3-way ham touch w/ weight x 6

DL hop (bounding) 2 x 20 yds weight optional

SL hop 2 x 10 yds each leg

Wall sit 2 x 60 seconds

Lateral band walks 10-15 each way

Toe/heel walks w/weight 2 x 20 yds

Swiss ball plank walkout x 10

Bird dog x 10

Plank hip dip x 20 each side

Side plank hip dip x 15 each side

**Day 2**

**Warm-up – Choose 2 exercises (2 minutes total)**

dot drills, ladder drills

Jump rope

OH squat PVC bar

**Exercises**

SA snatch 2 x 8 each arm

Diagonal Lunges 2 x 10 each leg

Swiss ball hamstring curls 3 x 10

Clamshells 2 x 10-15 each side

DL 180° jumps 2 x 6 with weight

SL 90° jumps 2 x 4

DL hurdle hops 2 x 8 weight optional

DL box hops for height 2 x 6

SL calf raise with weight 2 x 20 each leg

Elastic band trunk rotation 2 x 20 each side

Bird dogs 2 x 20

**Day 3**

**Warm-up – Choose 2 exercises (2 minutes total)**

Dynamic exercises in gym

I,Y,T,W with elastic bands x 5 reps

OH squat PVC bar

**Exercises**

SL Deadlift to calf raise 2 x 8 each leg

Push press 3 x 8

Front plank leg lift x 15 each leg

Step box 1 x 8 each leg followed by elastic band speed squat x 10 (repeat)

DL lateral line hops x 20 weight optional

BOSU side plank x 30 seconds each side

Tuck Jumps x 12

Split squat jumps x 6 each leg

Crunches x 50

Side crunch x 30 each side

Spiderman plank x 10 each side

**Day 4**

**Warm-up – Choose 2 exercises (2 minutes total)**

dot drills, ladder drills

Jump rope

OH squat PVC bar

Stretch and foam roll after workouts.

Plyometric jumps and bounds can be done 2 x week depending on your club practice and game schedule.

**Exercises**

Hang clean 2 x 8-10

Single-leg squat 2 x 6 each leg with PVC bar

Elastic band trunk rotation x 15 each side

RDL 2 x 8-10

DL box jump 2 x 6

Incline sit-ups x 30

DL Plyo box step down jump 2 x 5

SL box step down jump 2 x 5

DL forward/backward line hops x 10 each side

Side plank twist x 15 each side

Dead bugs x 10 each side

Farmers unilateral bucket carry x 2 laps

USATF Jumpers program

<http://www.ustfccca.org/assets/symposiums/2013/Huber%20power%20development%20for%20website.pdf>

Triple Jump program

<https://speedendurance.com/2013/03/11/progressive-training-for-triple-jump/>