

SAMPLE POLE VAULT PROGRAM

October to November (General Preparation Phase)		
Monday	Warm-up jog, flexibility, tempo runs of 300 to 600 m (total volume of 1,200 m with 5- to 8-minute recoveries), weight training (Olympic lifts)	<p>Example of Monday workout during the general preparation phase:</p> <ul style="list-style-type: none"> • Warm-up: 800 m jog, static or dynamic flexibility, 4 × 60 m buildups • Sprint drills (barefoot on grass, if possible): A-skips, B-skips, C-skips, variations of skips, high knee work, high turnover work • Technical development: walking plants (emphasis on timing of curl or press and pushing pole away) • Medicine ball routine with partner • Weight training: Olympic lifts and squats, pressing movements • Cool-down: Jogging or skipping on grass
Tuesday	Warm-up jog, flexibility, sprint form drills (barefoot, if possible; emphasis on posture), walking plants and pole throw drills, medicine ball drills (emphasis on rotational and explosive movements)	
Wednesday	Warm-up jog, flexibility, speed endurance (150 to 200 m repeats, total volume of 1,200 meters with 3- to 5-minute recoveries), weight training (bodybuilding day)	
Thursday	General strength flexibility, circuit with body-weight exercises (total of 2 miles, or 3.2 km, covered)	
Friday	Warm-up jog, flexibility, hill runs of 100 m with 3- to 5-minute recoveries, weight training (Olympic lifts)	
Saturday	Easy tempo run of at least 3 miles (4.8 km)	
Sunday	Rest	
December to January / April to May (Specific Preparation Phase—Indoor Season / Outdoor Season)		
Monday	Warm-up jog, static or dynamic flexibility, medium-approach jumps, speed endurance (100 to 150 m, total volume of 1,000 m with 3- to 5-minute recoveries), lifts (bodybuilding)	<p>Example of Wednesday workout during the specific preparation phase:</p> <ul style="list-style-type: none"> • Warm-up: 800 m jog, 10 minutes of stretching, 4 × 60 m buildups • Technical development: Short-run jumps, emphasis on penultimate mechanics and plant action (maximum of 8 steps) • Speed development: 6 × 50 m accels to 95% with strong drive phase (5-minute recoveries) • Weight training: Olympic lifts and squats, pressing movements • Cool-down: Jogging or skipping on grass
Tuesday	Warm-up, static or dynamic flexibility, form drills and pole drills (easy day)	
Wednesday	Warm-up jog, static or dynamic flexibility, short-run jumps, speed development (50 to 70 m, 300 m total volume with 5-minute recoveries), lifts (explosive)	
Thursday	Warm-up jog, static or dynamic flexibility, gymnastics day (do not do without gymnastics coach)—focus on swinging movements at shoulders (not pulling) and trampoline work (if trained to use properly)	
Friday	Warm-up jog, static or dynamic flexibility, long-run jumps, approach work on track with pole, weight training (explosive lifts)	
Saturday	Active recovery	
Sunday	Rest	

February to March / June to July (Competitive Phase—Indoor Season / Outdoor Season)		
Monday	Warm-up jog, static or dynamic flexibility, full-approach jumps, weight training (explosive)	<p>Example of Wednesday workout during the competitive phase:</p> <ul style="list-style-type: none"> • Warm-up: 800 m jog, static or dynamic flexibility, 4 × 60 m buildups • Technical development: walking plants, single-arm plants, penultimate work from 6 steps • Jumps: 8 to 10 steps maximum • Speed development: 5 × 30 m at 95% with full recovery (time and record) • Weight training: Olympic lifts and squats, pressing movements • Cool-down: Jogging or skipping on grass
Tuesday	Warm-up jog, static or dynamic flexibility, general strength, easy drills, film analysis of Monday	
Wednesday	Warm-up jog, static or dynamic flexibility, pole drills, short-run jumps, speed development (20 to 40 m at 95% with total volume of 150 m, full recovery), weight training (explosive)	
Thursday	Warm-up jog, static or dynamic flexibility, gymnastics day (do not do without gymnastics coach), general strength	
Friday	Warm-up jog, static or dynamic flexibility, pre-meet preparation (travel, light warm-up)	
Saturday	Competition	
Sunday	Rest	