

BOUNCE TRAINING

TRIPLE JUMP PROGRAMMING

By

Bob Thurnhoffer

University of Louisville

MTCCCA '24

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INTRODUCTION



BOUNCE TRAINING

TRIPLE JUMP PROGRAMMING

- Demands of the Triple Jump
- Thoughts on Programming
- Suggestions & Considerations
- Short Approach Jumping & Multi-jumps
- Microcycles (Real Examples)
- Conclusion

Forces In Sprints, Jumps, and Deceleration



Triple Jump - 15-22x bodyweight
Deceleration - 5-6+x bodyweight
Max Velocity - 5-6+x bodyweight
35in Depth Drop - 5.4x bodyweight
35in Depth Jump - 4.9x bodyweight
CMJ - 4+x bodyweight
Acceleration - 2.2x bodyweight

@FRED_DUNCAN

DEMANDS OF THE EVENT

- High Speed, Rhythm, Accuracy Demands
- Huge Coordinative Demand
- Spatial Awareness
- Absolute Strength and Reactive Strength
15-22 Times Bodyweight
- Replication
Consistency and withstand multiple attempts
- The Demands of this Event More Than
Fulfill Demands of Most Other
Speed/Power Events

THOUGHTS ON PROGRAMMING

- **Utilize Density Patterns**

Don't have to cover every modality every week

- **Microdosing is Very Effective**

Can't handle medium-large volumes of bounding? That's ok, do 2 reps...

- **Understand How Training Inputs Influence Other Stimuli**

Reactive strength dev directly influences speed endurance

- **Focus on Main Menu Items & Rely on Rudimentary Secondary Items if Needed**

Do the main menu items, and use simple rudimentary work to build supportive qualities

- **Recovery is Important, While Preserving General Fitness**

Circuits, Bike Workouts, Pool are enormously effective

- **Whole > Part**

Partial work is good and effective...to a degree...don't be a master in minor activities

- **Gradually Add Speed to the Whole Movement**

Speed is the primary form of progression

- **Need to Rep Lots of Full Approach Work**

Everything I talk about in the LJ presentation applies here

SUGGESTIONS & CONSIDERATIONS

- Combo Event Athletes
- Density Patterns
- Microdose
- General Training
- Compatible Training
- Individual Modifications
- Shins Splints



LOUISVILLE TRACK & FIELD

USTFCCCA EVENT SQUAD RANKINGS

MEN'S LONG JUMP 3rd

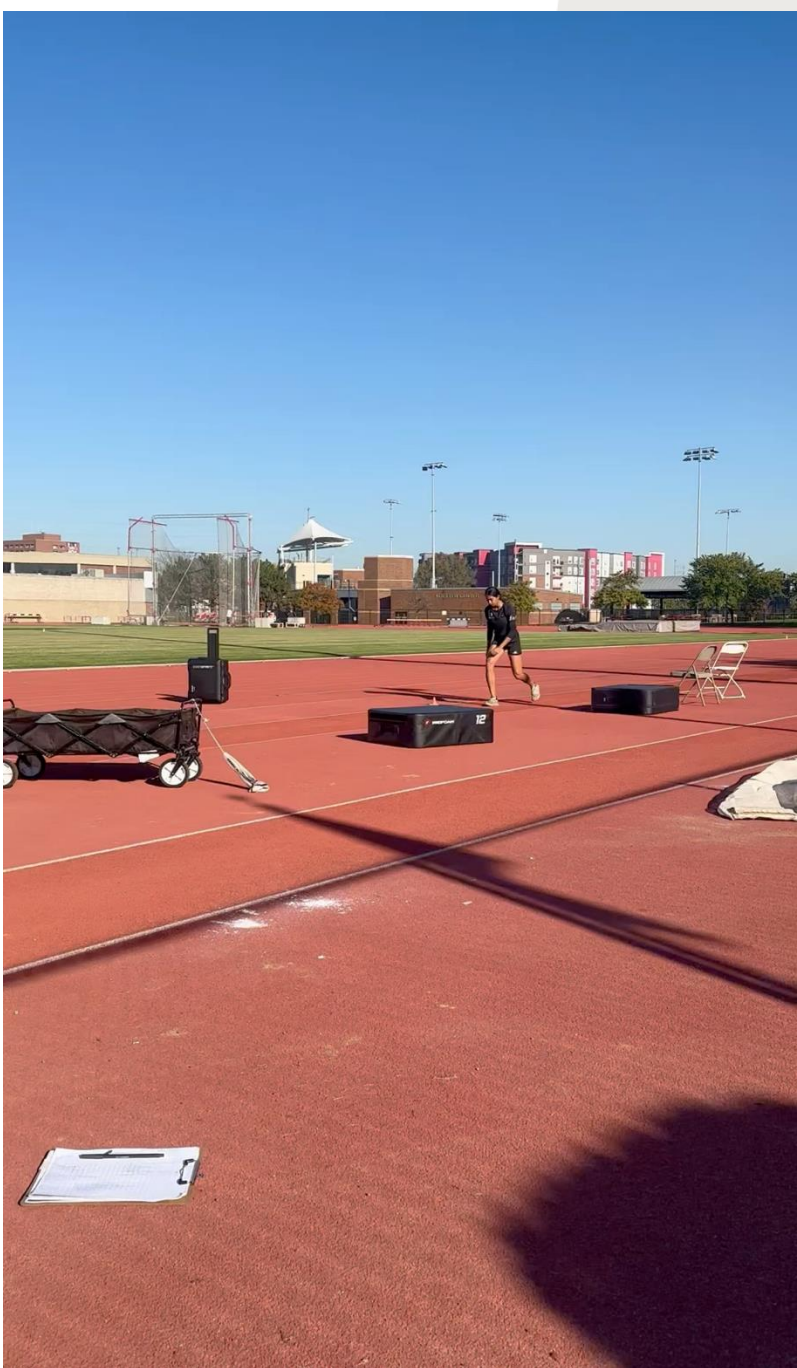
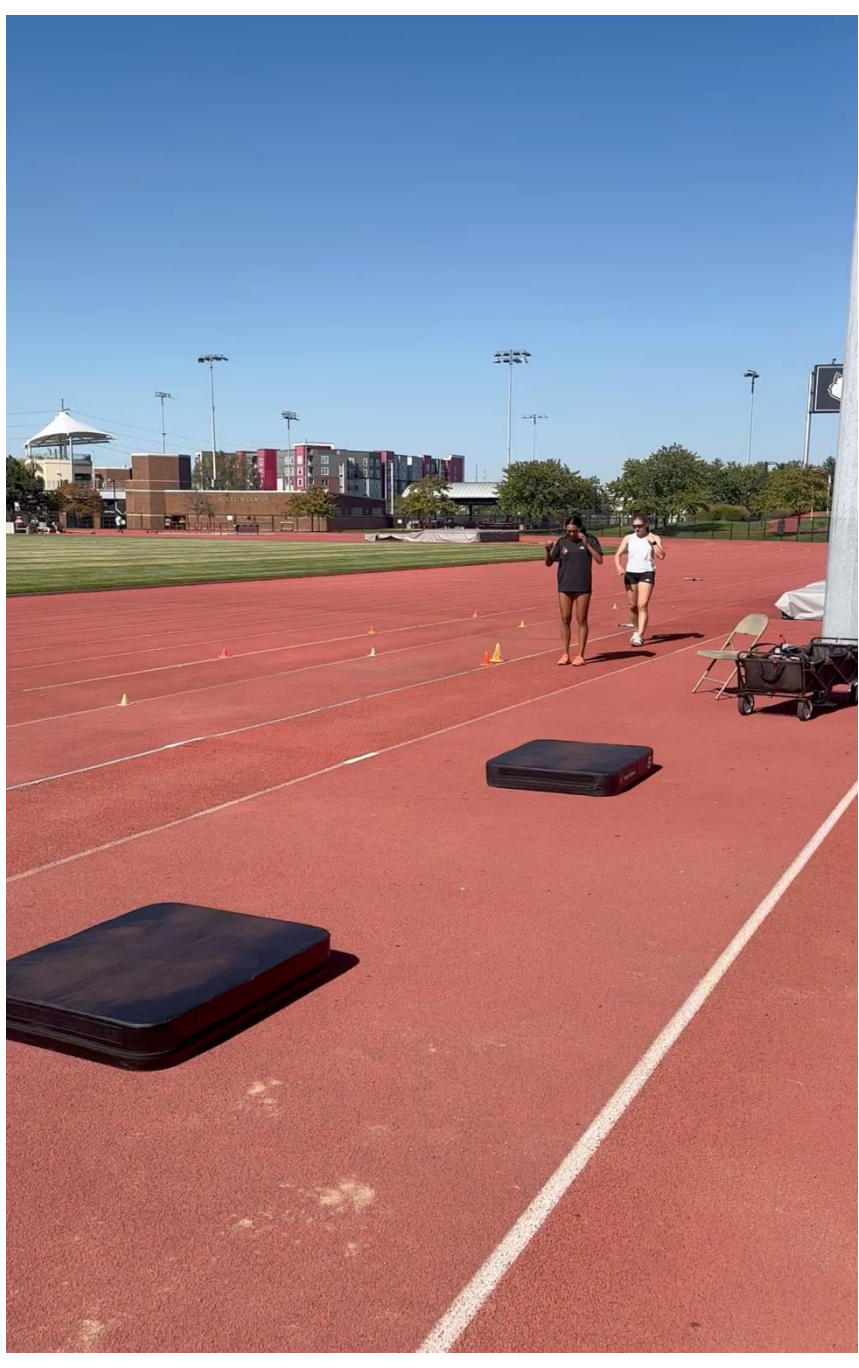
WOMEN'S TRIPLE JUMP 5th

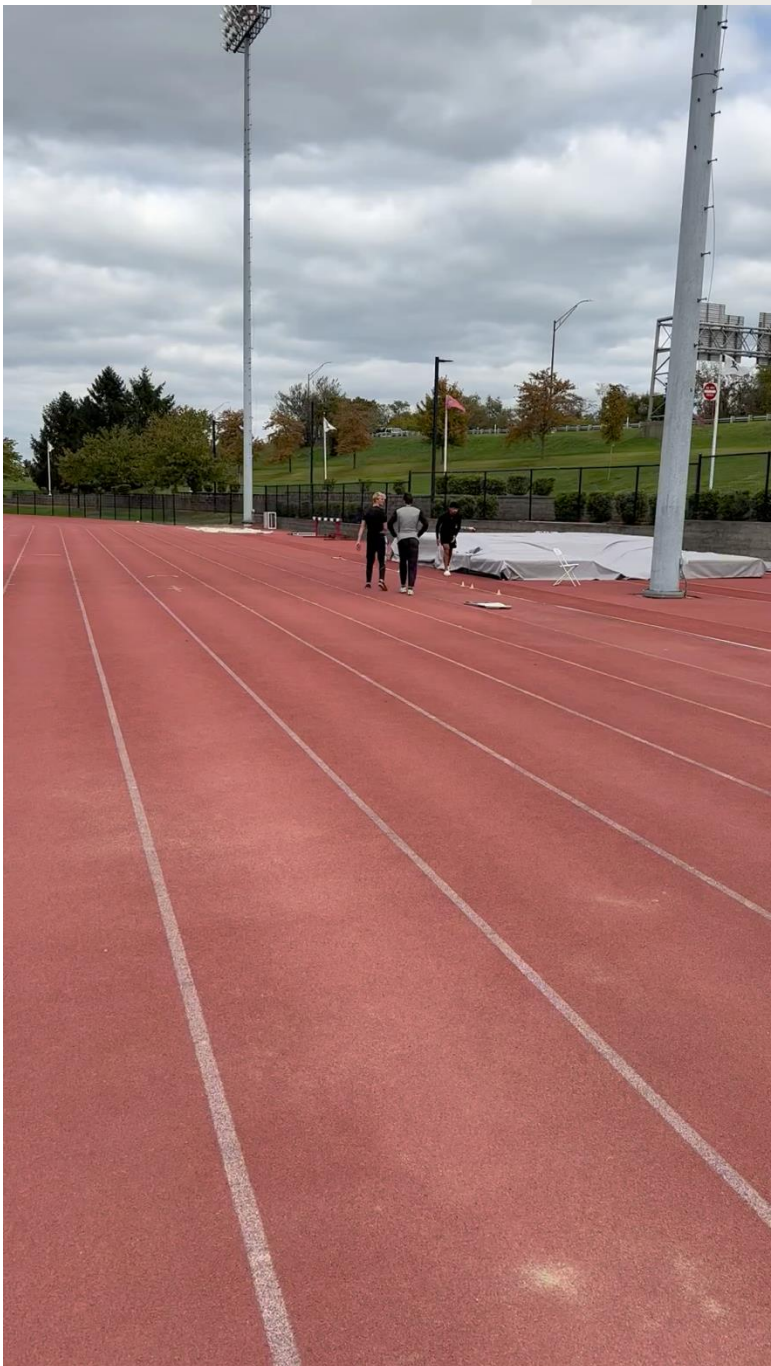
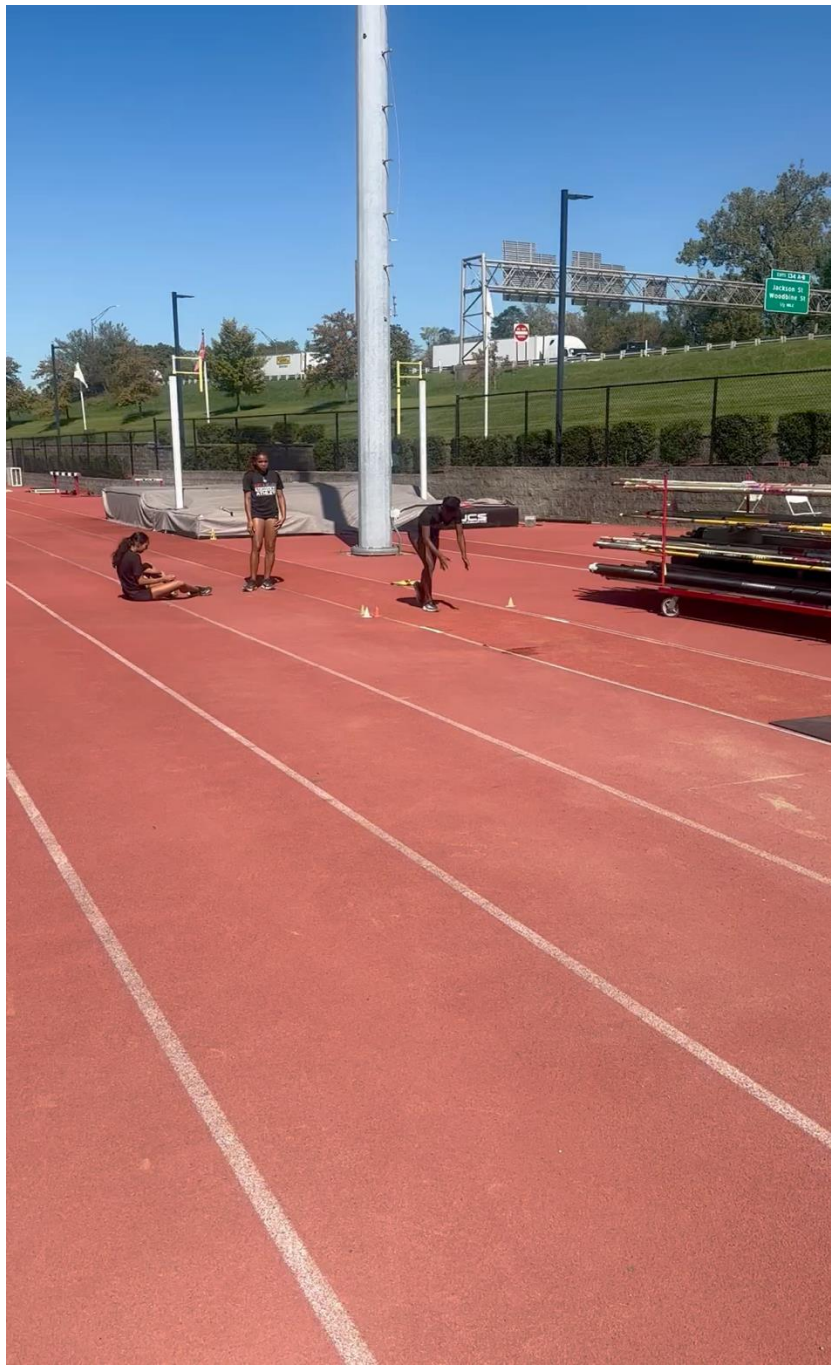
MEN'S TRIPLE JUMP 5th

WOMEN'S POLE VAULT 10th

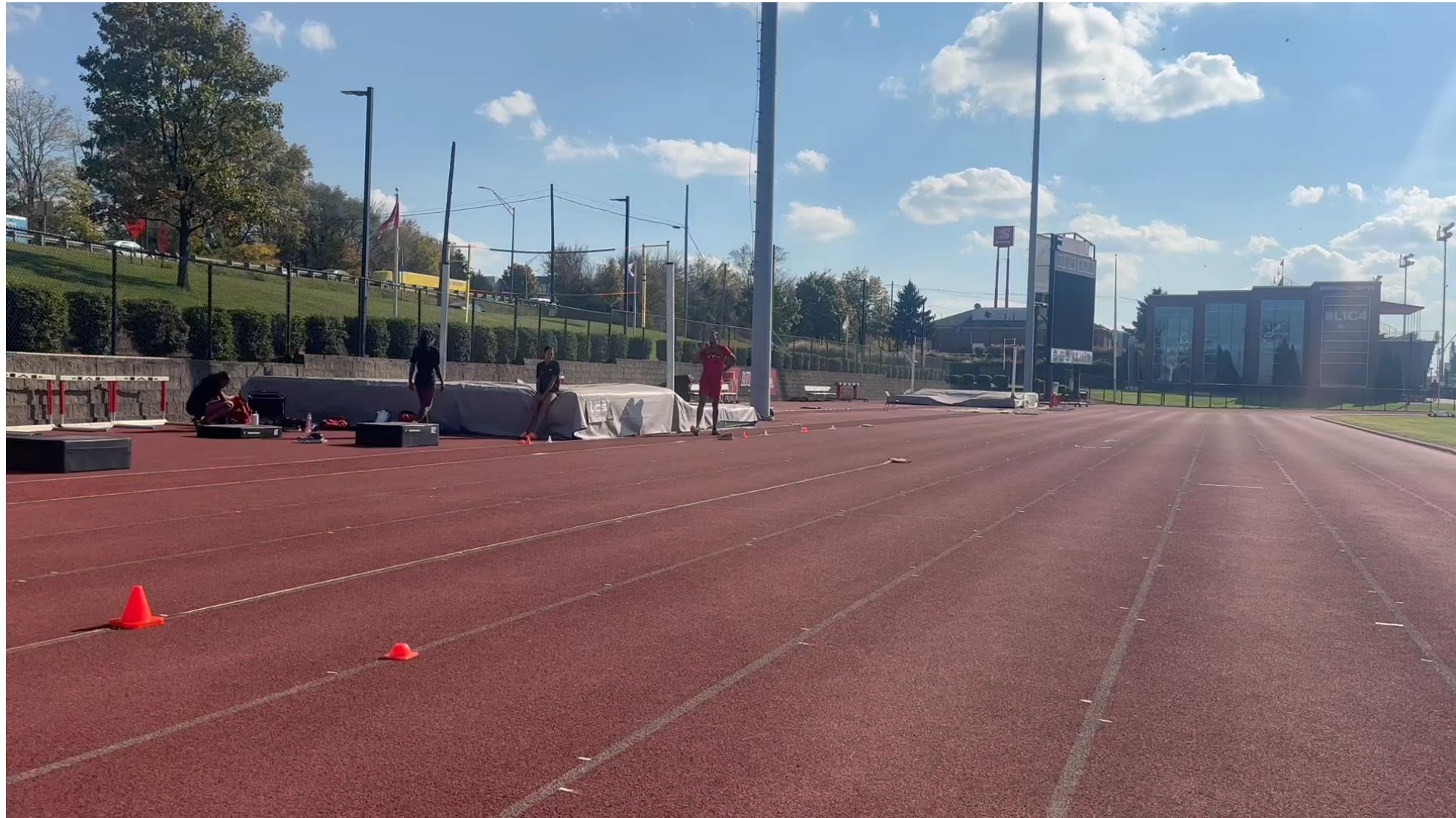
SHORT APPROACH JUMPING

- Short Approach and Full Approach Work are Main Menu Items
- Drills and Partial Movements are Derivative and Complimentary
Don't budget all your time on smaller movements, little transfer
- Need Repetition of the Event so Spend Your Time Here
- Mostly Need to Do Full Movement from Short Approach and Get Full Approach Rhythm, Speed, and Accuracy Down
- *Primarily Progress by Adding Steps to Approach ie Speed*
Standing, 2-Step, 4-Step, 6-Step, 8-Step, 10-Step....
- *Prep with Partial, Derivative Movements then Move into Short Approach*









MULTI-JUMPS

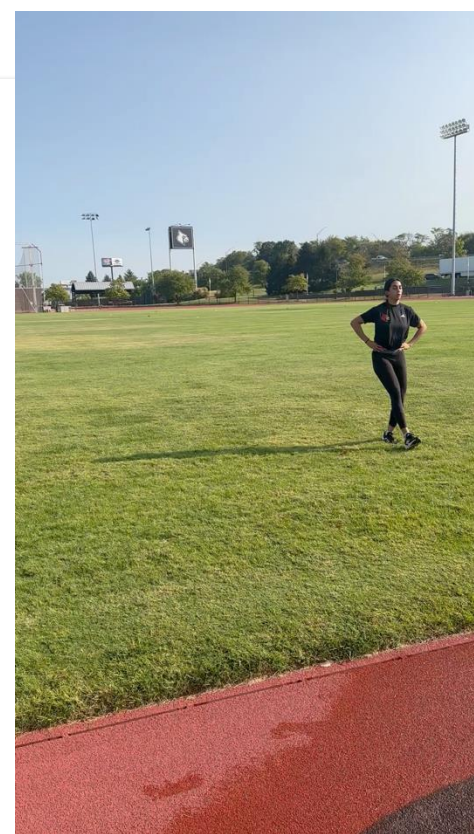
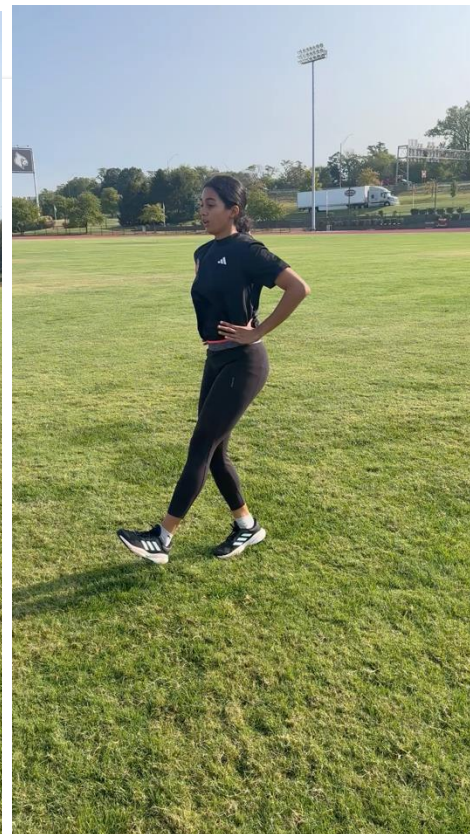
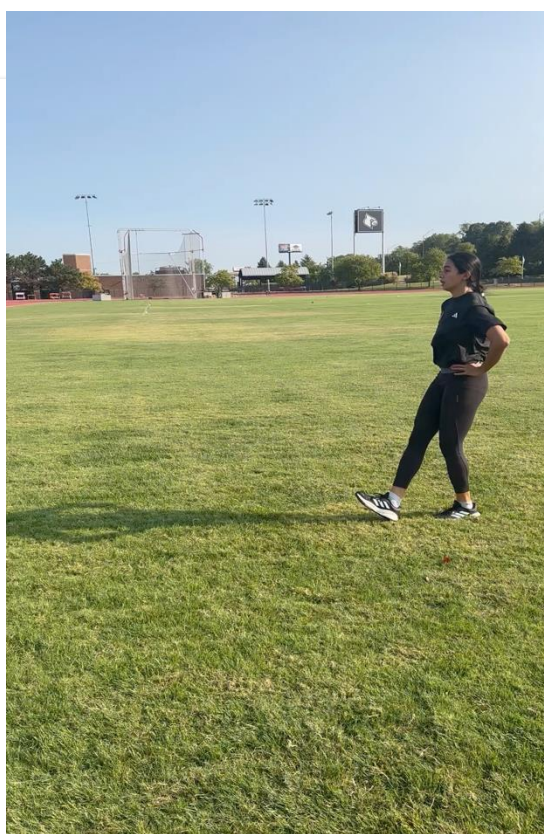
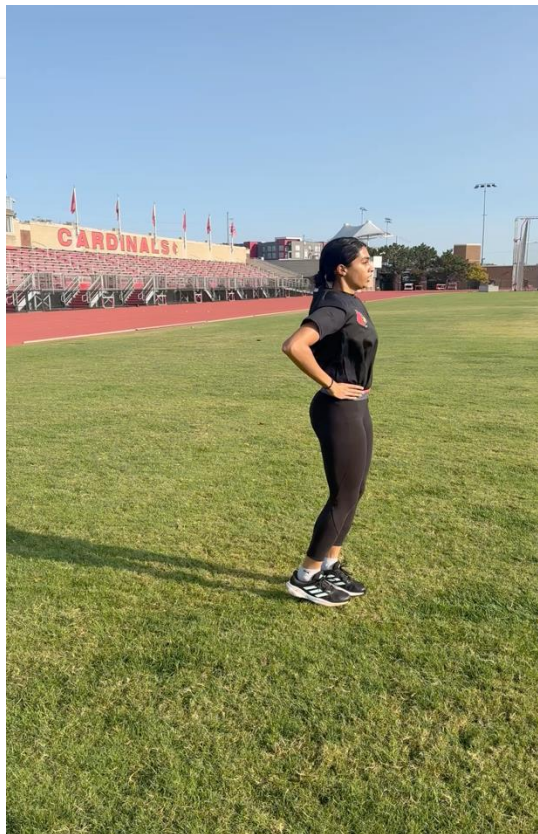
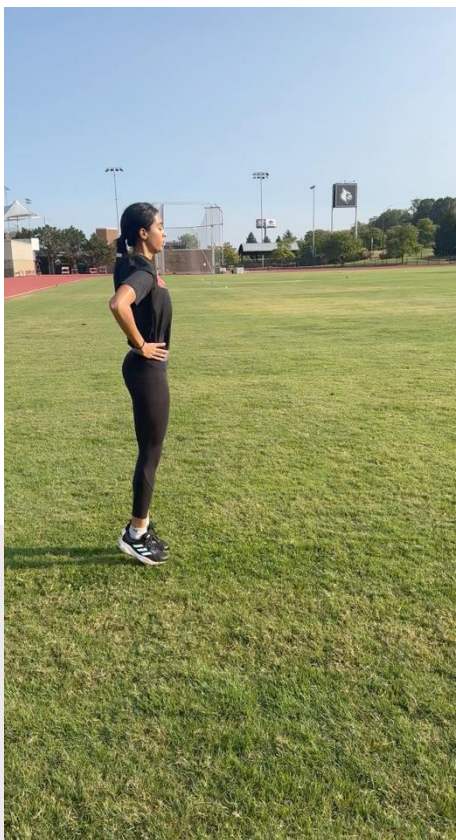
- Critical Component of Training
- Surface, Volumes, Rudimentary Work is Vital
- Microdose Progressions and/or High Intensity Work
- Main Progression is to Add Speed or Force
- Progression Guidelines

In-Place -> Movement

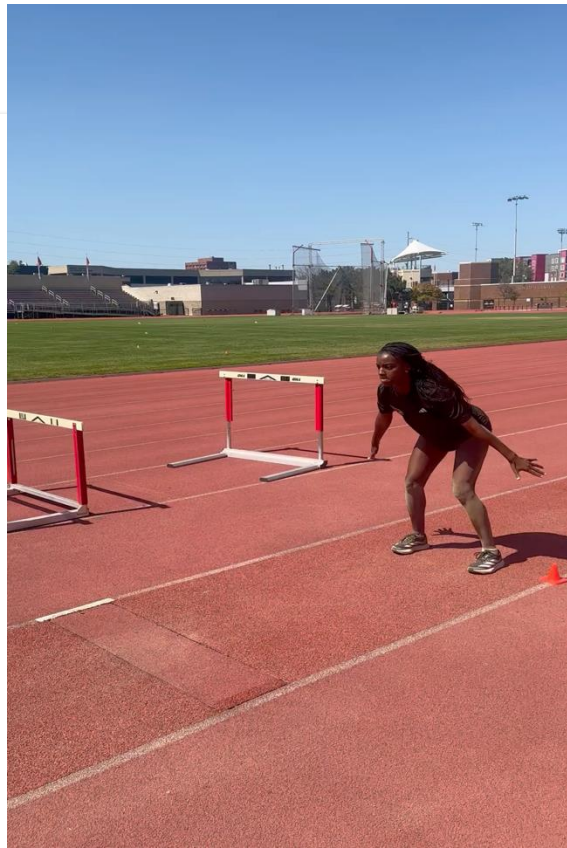
Vertical -> Horizontal

Teaching -> Competitive

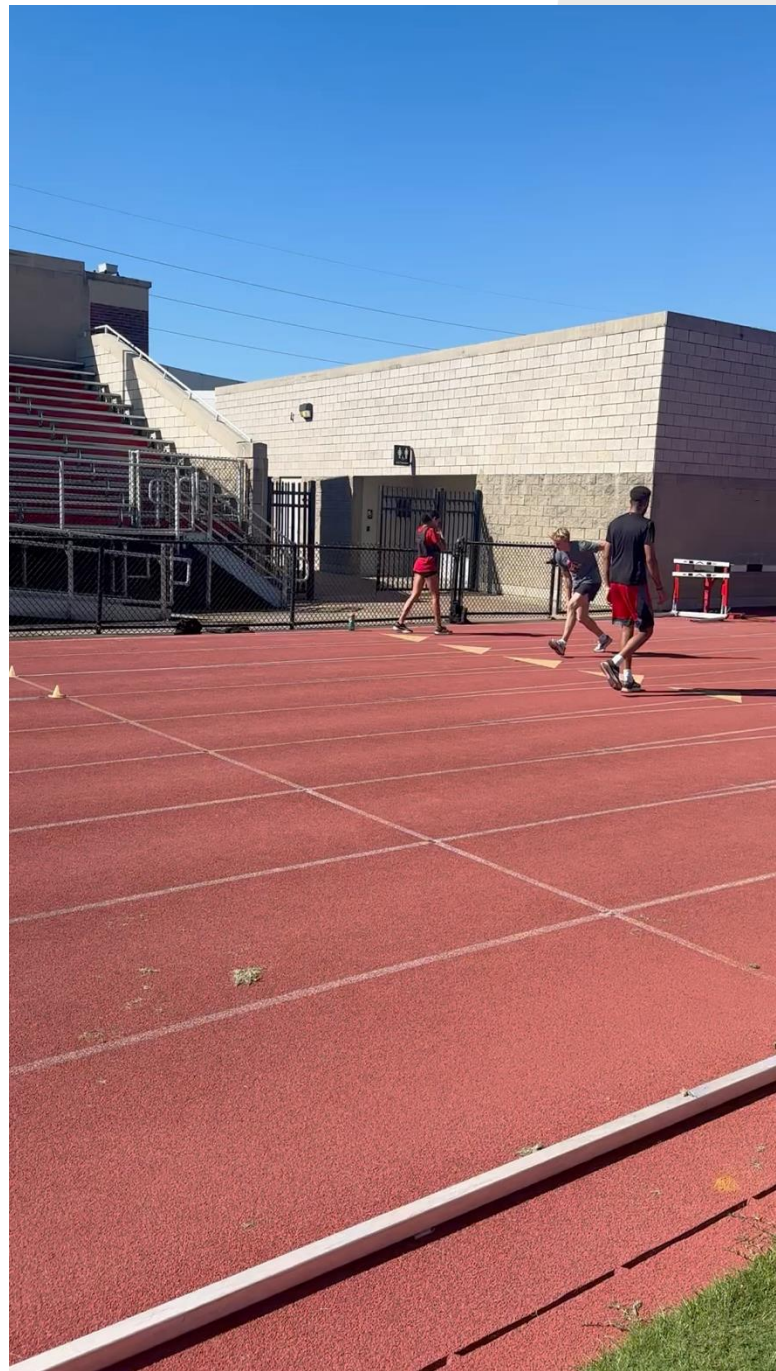
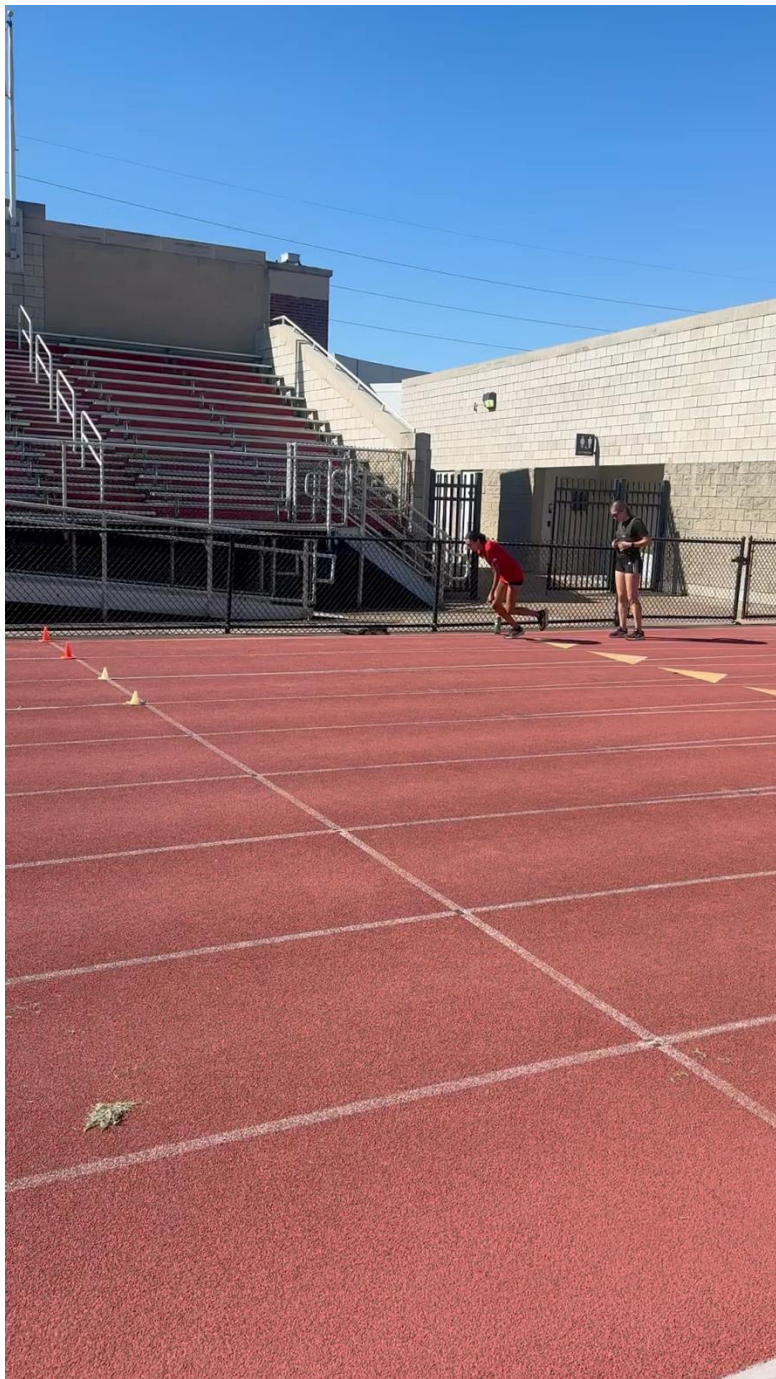
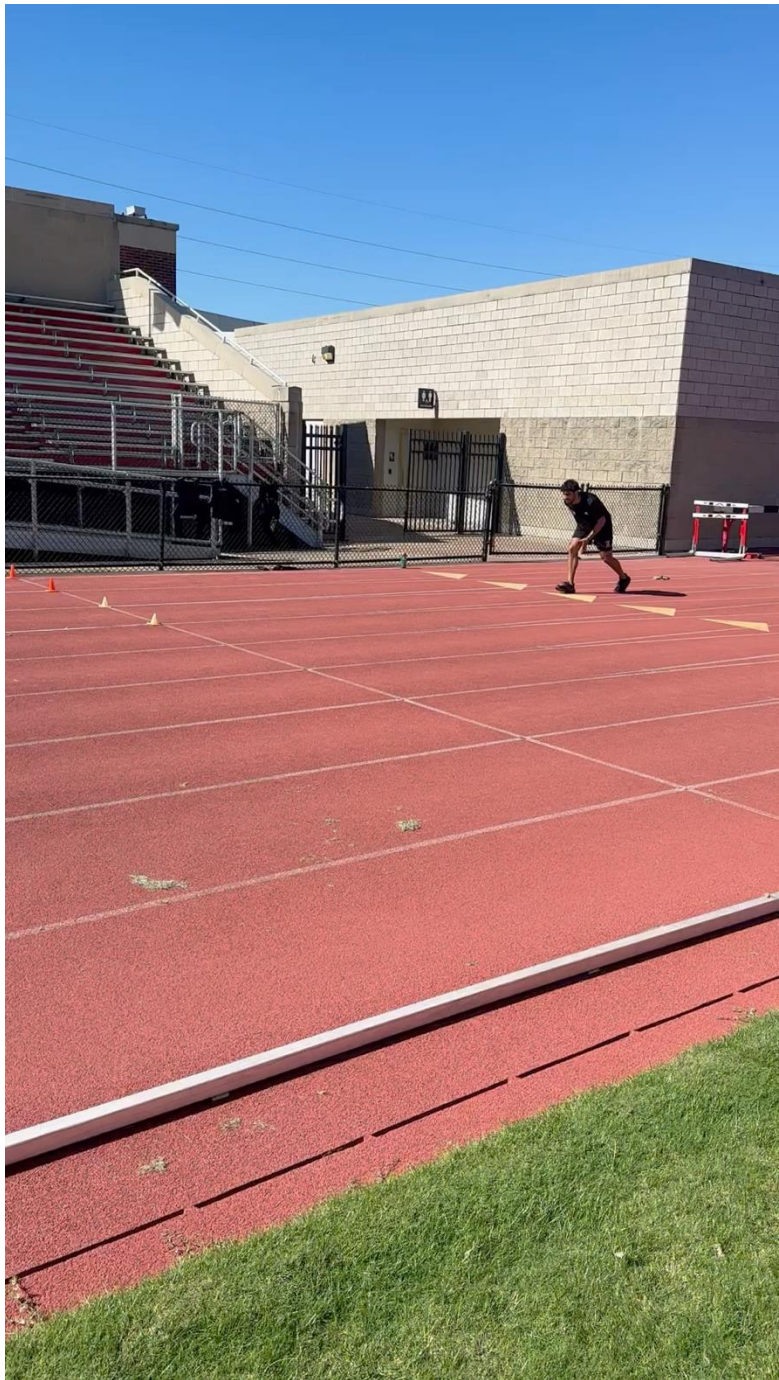


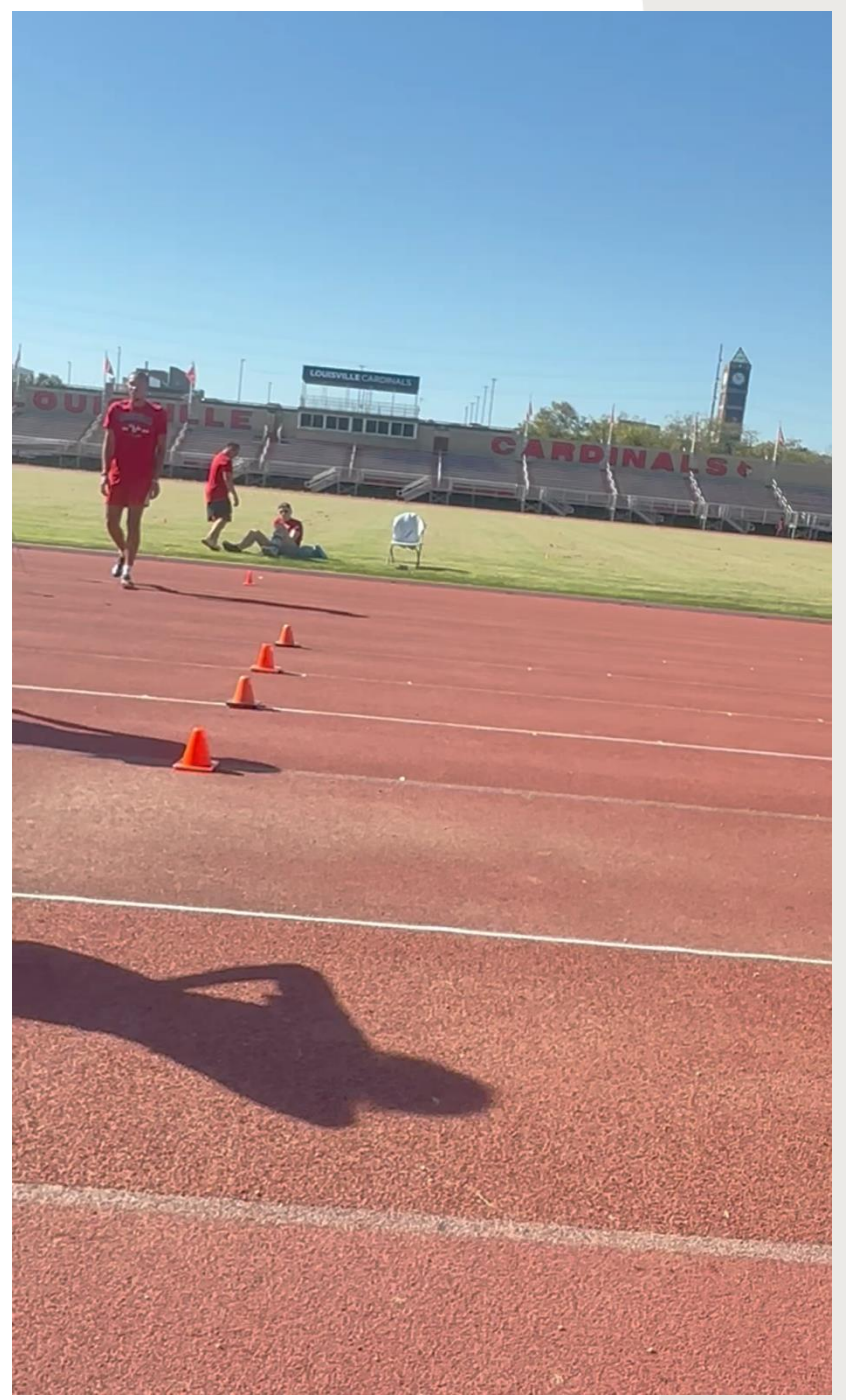
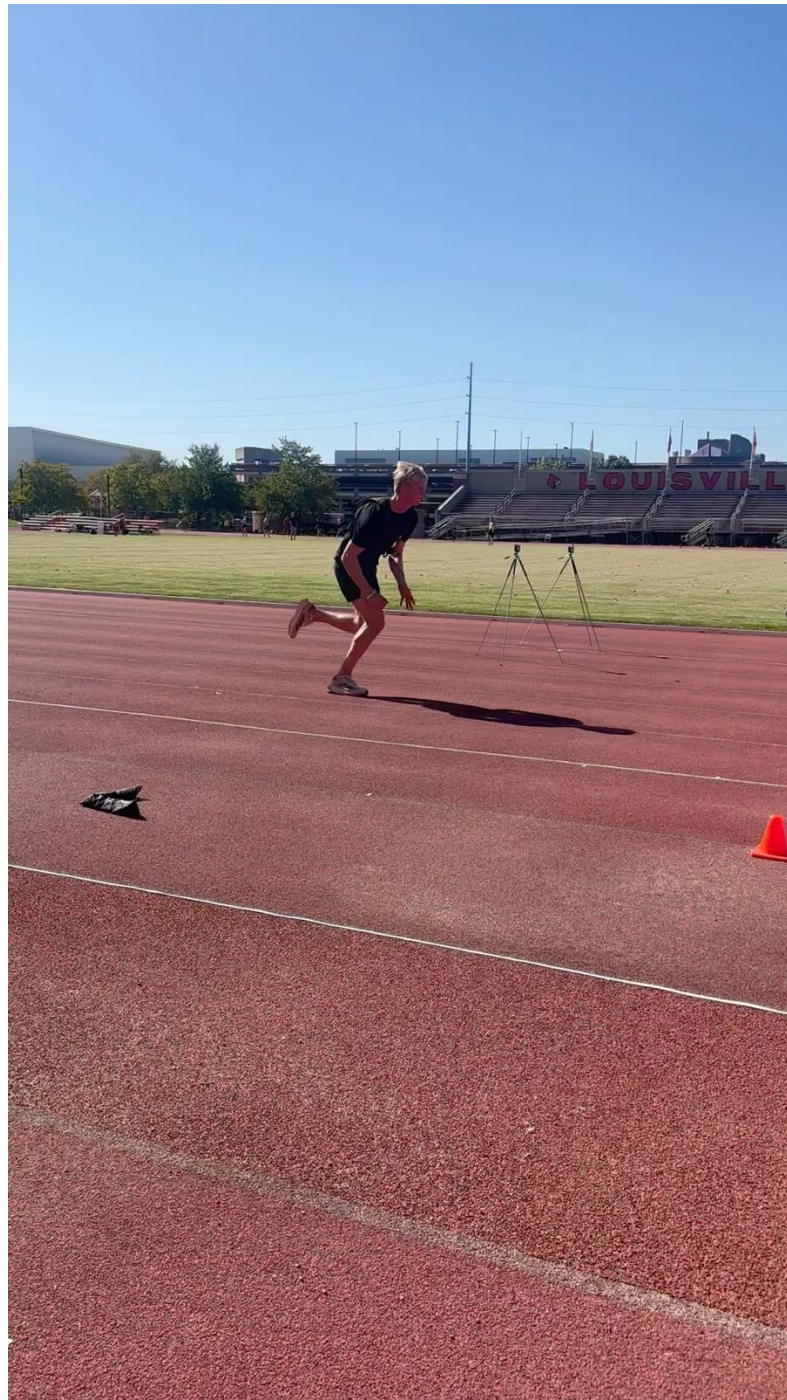
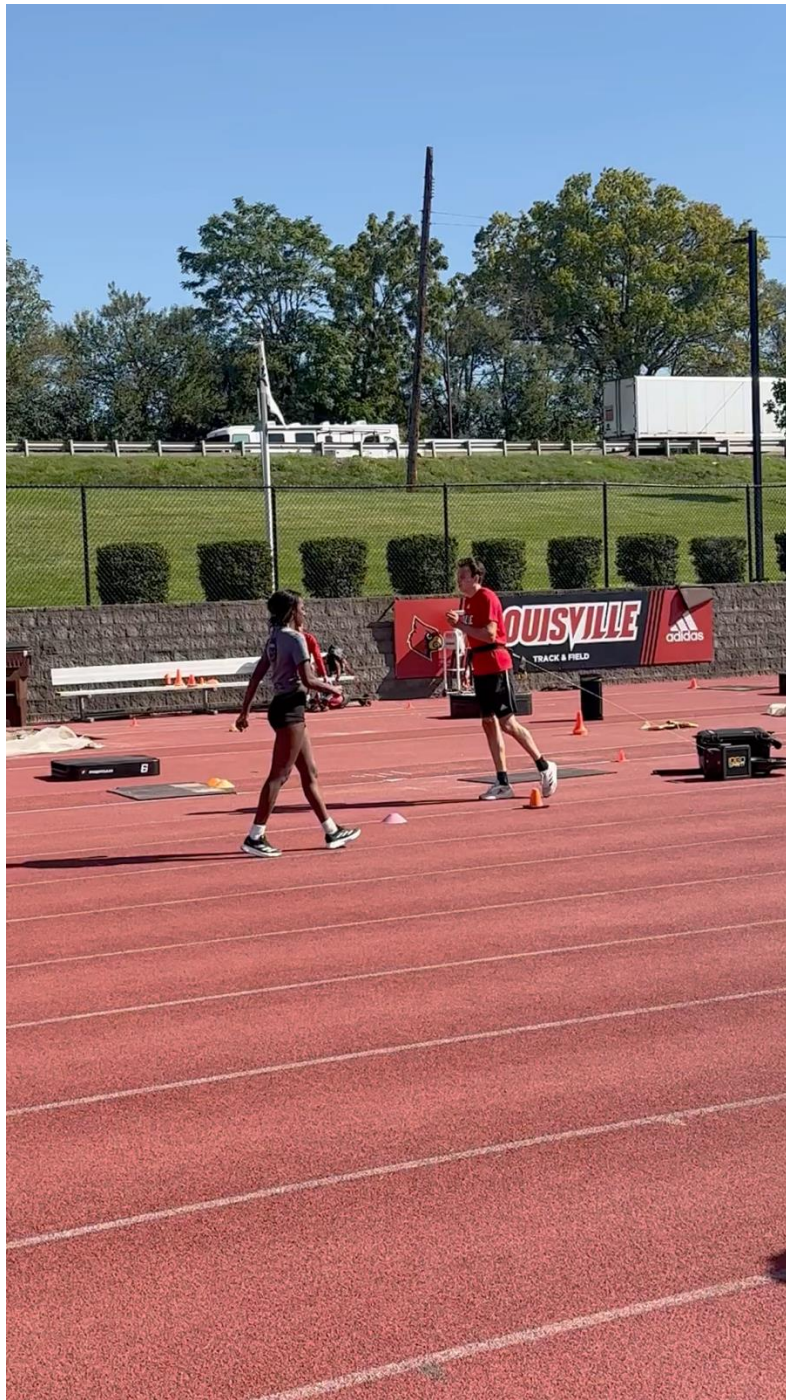


RUDIMENTARY MULTI-JUMPS



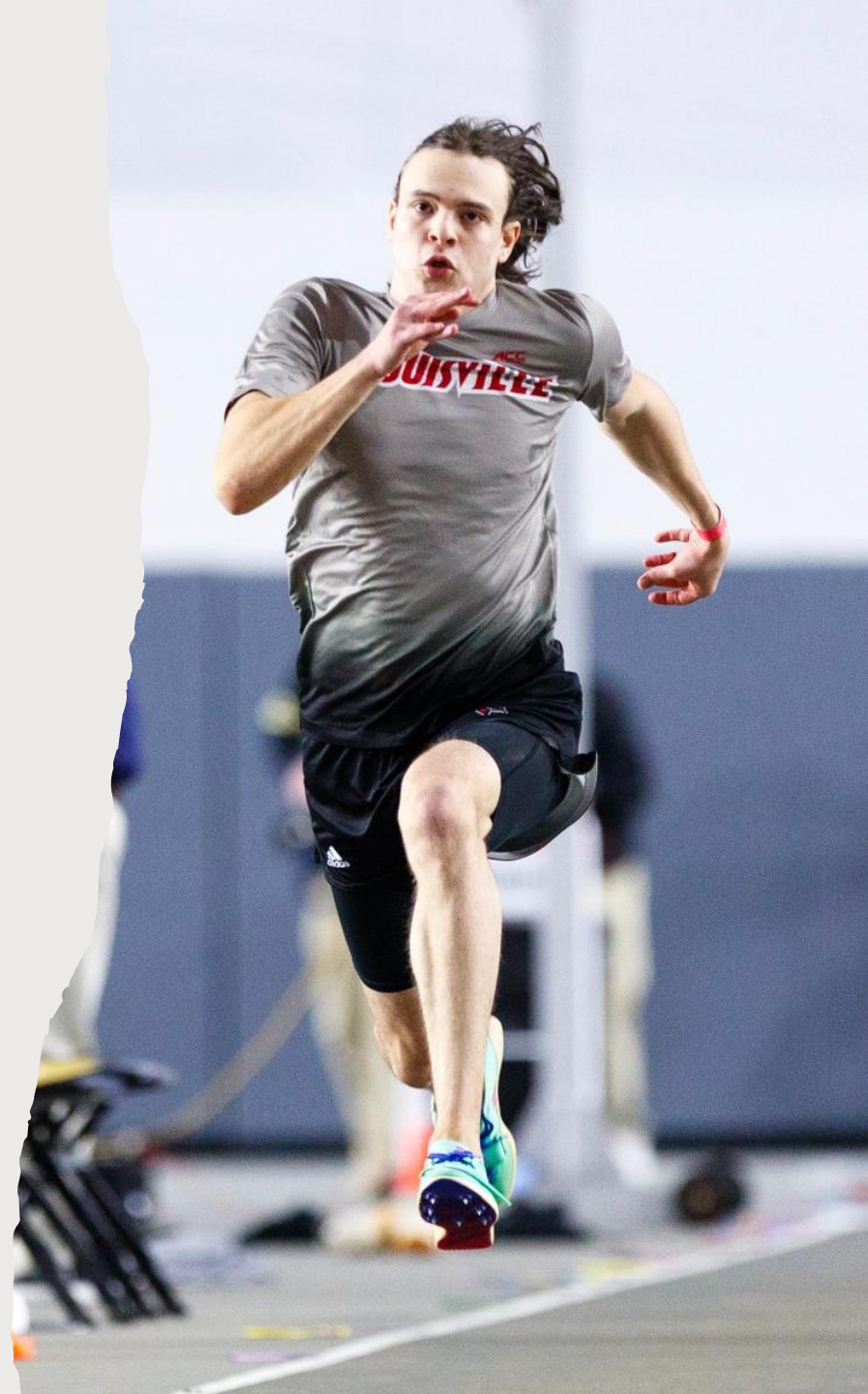
MULTI-JUMP PROGRESSIONS





MICROCYCLES

- **Balanced Polarized Approach**
Preserve main items and work other systems for recovery
- **Much of What's Addressed in Triple Jump Training Will Improve Other Qualities**
Acceleration, Absolute Speed, Speed Endurance
Intensive Tempo
- **Focus Primarily on Main Menu Items**
Speed, Multijumps, Strength
- **Careful on Budgeting Too Much Time on Peripheral Menu Items**
But useful coaching activities and/or tech prep work
- **Subtle Progressions**
Volumes, Intensity, Variety





Louisville Track and Field – Women’s Triple Jump
Sharvari, Autumn, Sophia, Rachel, Anna

General Prep - Mesocycle 1 - Week 3

<p>1. Monday, September 23: <i>Neural</i></p> <ul style="list-style-type: none">▪ Warmup (Acceleration Warmup A)▪ Resisted Runs<ul style="list-style-type: none">○ 3-5 x (5 x 30m Hill Sprints)▪ Multijumps (Rudiment Series, 2 x 10m)<ul style="list-style-type: none">○ Backwards DL○ Forwards DL○ Backwards SL○ Forwards SL○ Sideways SL▪ Multithrows<ul style="list-style-type: none">○ 2 x 5 UHF○ 2 x 5 Lunge Chest R○ 2 x 5 Lunge Chest L▪ Weightlifting<ul style="list-style-type: none">○ Power Cleans/Pulls○ Deep Squat + Vertical Box Jumps○ Core/Back○ Multithrows <p><i>Note: Could do alternate leg short bounds instead of rudiment series. 4-step run up, 15m bound, full bounds. 6-12 total reps. Then do backwards SL, and sideways SL rudiment hops.</i></p>	<p>2. Tuesday, September 24: <i>General</i></p> <ul style="list-style-type: none">▪ Warmup (General Warmup)▪ Plate Circuit (2 x 40-20)<ul style="list-style-type: none">○ Woodchopper R○ Woodchopper L○ Russian Twist Low○ Dead Bugs○ Step Downs R○ Step Downs L▪ General Strength (Tokyo, 2 x 40-20)<ul style="list-style-type: none">○ Alternating Backward Lunge○ Bicycle Crunches○ Alternating Back Hypers○ Alternating Side Lunges○ Side Plank Dips○ SL Glute Bridges○ Burpees▪ Cool Down (Cool Down C)<ul style="list-style-type: none">○ Backwards Skips○ Backwards A-Skips○ Backwards Hi Knees○ Backwards Runs○ Straddle Stretch○ Crossover○ Figure 4○ Calf <p><i>Note: Could do 4 x 150m intensive tempo (3m) and 1-2 x GS</i></p>
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<p>3. Wednesday, September 25: <i>Neural</i></p> <ul style="list-style-type: none">▪ Warmup (Acceleration Warmup A)▪ Technical Execution<ul style="list-style-type: none">○ Takeoff Drills/Free Leg Drop▪ Multijumps (Bounding Series A)<ul style="list-style-type: none">○ Standing LJ○ Continuous Standing LJ○ Standing TJ▪ Technical Execution<ul style="list-style-type: none">○ Short Approach TJ from 2-4▪ Multithrows<ul style="list-style-type: none">○ 4 x 5 OHB○ 4 x 10 Slams Front▪ Weightlifting<ul style="list-style-type: none">○ Snatch Pulls○ Keiser FROM + TB AFSM Drops○ Bench○ Core/Back○ Multithrows <p><i>Note: Or could do 10-15 x 20m tape accels instead of triple jump work. Or could do 4 x 150m intensive tempo (3m) on this day instead of triple jump work. Could add single leg short bounds after triple jumping, 4-step run up, 10m bound, full bounds.</i></p>	<p>4. Thursday, September 26: <i>General or Off</i></p> <ul style="list-style-type: none">▪ Options Below (can do 1-3 of these)<ul style="list-style-type: none">○ Any Restoration Warmups○ Any General Strength Circuits○ Any Plate Circuits○ Any Pool Workouts○ Any Bike Workouts○ Could do the Grass, Sand, or Pool Restoration Series○ Any Cool Downs○ Go for a Walk <p><i>Note: I hope to be back this day so I might do an optional restoration circuit day.</i></p>
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<p>5. Friday, September 27: <i>Neural</i></p> <ul style="list-style-type: none">▪ Warmup (Acceleration Warmup A)▪ Technical Execution<ul style="list-style-type: none">○ Standing LJ/Landing Drills○ Short Approach LJ Takeoffs from 4-6▪ Acceleration Development<ul style="list-style-type: none">○ 3-5 x (1 x Heavy Sled March, 4 x 20m Tape Accels)▪ Multijumps<ul style="list-style-type: none">○ 20 x Depth Drops▪ Multithrows<ul style="list-style-type: none">○ 2 x 5 Vertical○ 2 x 5 Hammer Hip R○ 2 x 5 Hammer Hip L▪ Weightlifting<ul style="list-style-type: none">○ Power Clean Pull○ Front Squat + TB Jumps○ RDL○ Core/Back○ Multithrows <p><i>Note: Bring spikes. I hope to be back this day so I may make adjustments to this session.</i></p>	<p>6. Saturday, September 28: <i>General or Off</i></p> <ul style="list-style-type: none">▪ Options Below (can do 1-3 of these)<ul style="list-style-type: none">○ Could do extensive tempo 2 x (3 x 35s grass runs) with 2m rest between resp and 3m between sets. 70%○ Any Restoration Warmups○ Any General Strength Circuits○ Any Plate Circuits○ Any Pool Workouts○ Any Bike Workouts○ Could do the Grass, Sand, or Pool Restoration Series○ Any Cool Downs○ Go for a Walk <p><i>Note: Or could do Vermax Scramble Circuit with Run or Bike</i></p>
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Louisville Track and Field – Women’s Triple Jump
Autumn, Sophia, Rachel, Anna

Specific Prep - Mesocycle 2 - Week 2

<p>1. Monday, October 14: <i>Neural</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Acceleration B)</i>▪ <i>Special Strength</i><ul style="list-style-type: none">○ Plate Runs or WB Runs▪ <i>Acceleration Development</i><ul style="list-style-type: none">○ Heavy 10m○ 1080V2 20m (Z2)○ 30m Tape Accel▪ <i>Multijumps</i><ul style="list-style-type: none">○ Alternate Leg Short Bounds (WV)○ Alternate Leg Uphill Bounds○ Unilateral Depth Drops▪ <i>Multithrows</i><ul style="list-style-type: none">○ AFSM Vertical○ SL Slams▪ <i>Coordination</i><ul style="list-style-type: none">○ Rotational Switches▪ <i>Weightlifting</i><ul style="list-style-type: none">○ Power Cleans/Pulls○ TBDL + Vertical Box Jump○ Hip Lift + Core/Back○ Multithrows <p><i>Note:</i></p>	<p>2. Tuesday, October 15: <i>General</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Restoration B)</i>▪ <i>Partner Med Ball (Bears)</i><ul style="list-style-type: none">○ SL Variable Toss and Catch Forward (R, L)○ Hut-Hut Hike○ Adductor Toss (R, L)○ Ankle Toss○ Back Hyper Toss○ Knee Punch (R, L)○ Seated Side Ab Toss (R, L)○ Knee Windshield Wipers○ Staggered Side Slam Pass (R, L)▪ <i>General Strength (Mexico City)</i><ul style="list-style-type: none">○ Burpees with Push Up○ Sumo Squats○ Leg Extension○ Plank Twists○ Skater Lunges○ Push Up to Shoulder Tap○ Alternating Toe Taps▪ <i>Cool Down (Cool Down B)</i><ul style="list-style-type: none">○ Sand Foot Turns○ Sand Backward Skip○ Sand Side Shuffle○ Sand Zig Zag Skip○ Supine Knee Across Chest○ Supine Knee to Chest○ Straddle○ Frog Stretch <p><i>Note:</i></p>
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<p>3. Wednesday, October 16: <i>Neural</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Max Velocity A)</i>▪ <i>Technical Execution</i><ul style="list-style-type: none">○ Wickets and/or Special Strength▪ <i>Technical Execution</i><ul style="list-style-type: none">○ Takeoff Free Leg Drill/Vertical Bounds/Phase Work○ Standing TJ (measured)○ Short Approach TJ from 6 i. Cones○ Arm Drills▪ <i>Multijumps</i><ul style="list-style-type: none">○ Box Drills○ Alternate Leg Short Bounds or Hop-Step Bounds (1080)○ Stair Hops or Extended Skips○ Backwards/Lateral Hops▪ <i>Coordination (Injury Prevention and Rehab – Orange)</i><ul style="list-style-type: none">○ Pretension Arms Crossed SL Step to Box○ Accel Switches○ Step Through with Plate 2 Boxes○ Single Leg Snatch▪ <i>Weightlifting</i><ul style="list-style-type: none">○ Snatch/Pulls○ Keiser + Band Resisted TB Drops○ Incline Bench + Core/Back○ Multithrows <p><i>Note: Might do in-place jump circuit instead of stair hops. Could do multithrows instead of coordination.</i></p>	<p>4. Thursday, October 17: <i>General</i></p> <ul style="list-style-type: none">▪ <i>On Your Own</i>▪ <i>Choose Any General Training Modalities</i><ul style="list-style-type: none">○ Restoration Warmups○ General Strength Circuits, Plate Circuits, and/or Partner Med Ball Circuits○ Bike Workouts or Pool Workouts○ Cool Downs <p><i>Note:</i></p>
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<p>5. Friday, October 18: <i>Neural</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Acceleration A)</i>▪ <i>Technical Execution</i><ul style="list-style-type: none">○ Standing LJ○ Short Approach LJ Takeoffs/Jumps from 8▪ <i>Acceleration Development</i><ul style="list-style-type: none">○ 1080V2 30m (Z1)▪ <i>Absolute Speed Development</i><ul style="list-style-type: none">○ Fly 10m or Complete 50m▪ <i>Multijumps</i><ul style="list-style-type: none">○ Single Leg Short Bounds (WV)○ Bilateral Depth Drops/Jumps▪ <i>Multithrows</i><ul style="list-style-type: none">○ OHB○ UHF▪ <i>Special Strength</i><ul style="list-style-type: none">○ Hamstring Switches▪ <i>Coordination</i><ul style="list-style-type: none">○ MV Switches▪ <i>Weightlifting</i><ul style="list-style-type: none">○ Hang Cleans/Pulls○ Back Squats + Keiser Drops + Low Box Depth Jumps○ RDL + Core/Back○ Multithrows <p><i>Note: Could de-emphasize speed work and focus more on bounding. Might add some coordination.</i></p>	<p>6. Saturday, October 19: <i>General</i></p> <ul style="list-style-type: none">▪ <i>Warmup (General)</i>▪ <i>General Strength (Relay Scramble Circuit – Seasmoke)</i><ul style="list-style-type: none">○ 20 x Sumo Squats○ 20 x Narrow Push Ups○ 30 x V-Ups○ 30 x Glute Bridges○ 20 x Alternating Side Lunges○ 30 x Leg Extension○ 50 x Back Hypers○ 20 x Alternating Backward Lunges○ 20 x Wide Push Ups○ 20/20 x SL Hamstring Bridges○ 50 x Alternating Back Hypers○ 20 x Tip Toe Squats○ 30 x Alternating V-Ups○ 60 x Plank Rotations○ 40 x Scissor Kicks○ 100 x Toe Taps▪ <i>Special Strength</i><ul style="list-style-type: none">○ Leg Throws○ Back Extension▪ <i>Cool Down (Cool Down A)</i><ul style="list-style-type: none">○ Forward Skip○ Backward Skip○ Side Shuffle○ Backward A-Skip○ Kneeling Hamstring○ Quad Stretch○ Crossover○ Hip Opener <p><i>Note: No Saturday practice next week (Oct 26) IF both the record of 11:14 (Autumn and Miller) is broken AND the combined average of all relays is 11:45 or faster.</i></p>
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Louisville Track and Field – Women’s Triple Jump
Autumn, Sophia, Rachel, Anna

Specific Prep - Mesocycle 3 - Week 1

<p>1. Monday, November 4: <i>Neural</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Acceleration B)</i>▪ <i>Approach Development</i><ul style="list-style-type: none">○ Drive Phase○ Full Approach▪ <i>Acceleration Development</i><ul style="list-style-type: none">○ Heavy 10m○ 1080V2 30m (Z1)○ 40m Tape Accel▪ <i>Multijumps</i><ul style="list-style-type: none">○ Medium Bounds from 6 (20m-25m, Alt, HS)<ul style="list-style-type: none">i. WVii. Grassiii. Uphill?○ Unilateral Depth Jumps/Drops▪ <i>Multithrows</i><ul style="list-style-type: none">○ Hop into OHB▪ <i>Coordination</i><ul style="list-style-type: none">○ Rotational Switches○ Good Morning WB Punch▪ <i>Weightlifting</i><ul style="list-style-type: none">○ Power Cleans/Pulls + Hawkins○ Safety Bar RFESS + Unilateral Vertical Box Jump + Split Stance Drops○ Core/Back/Posterior○ Multithrows <p><i>Note: Could do some hurdle hops here. Could skip some accel work and in favor of more bounds. Could add different bounding variations. Can microdose the bounds if needed just to keep up with it. Could rely on more vertical based bounds for lower intensity.</i></p>	<p>2. Tuesday, November 5: <i>General</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Restoration B)</i>▪ <i>General Strength Solo Scramble Circuit (Vermex)</i><ul style="list-style-type: none">○ 20 x Alternating Diagonal Lunges○ 20 x Wide Push Ups○ 100 x Bicycle Crunches○ 50 x Alternating Back Hypers○ 20 x Sumo Squats○ 30/30 x Side Plank Dips○ 20/20 x SL Glute Bridges○ 30 x Alternating Leg Extension○ 50 x Back Hypers○ 10 x Burpees○ 30 x Glute Bridges○ 100 x Toe Taps▪ <i>Cool Down (Cool Down A)</i><ul style="list-style-type: none">○ Forward Skip○ Backward Skip○ Side Shuffle○ Backward A-Skip○ Kneeling Hamstring○ Quad Stretch○ Crossover○ Hip Opener <p><i>Note: Or could do 2-3 sets of any GS Circuits at 40-20.</i></p>
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<p>3. Wednesday, November 6: <i>Neural</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Coordination A)</i>▪ <i>Technical Execution</i><ul style="list-style-type: none">○ Wickets and/or Special Strength▪ <i>Technical Execution</i><ul style="list-style-type: none">○ Phase Work from 2-4<ul style="list-style-type: none">i. Box, Cones○ HSS/S Short Bounds from 6○ Short Approach TJ from 8<ul style="list-style-type: none">i. Conesii. Mats○ Arm Drills▪ <i>Multijumps</i><ul style="list-style-type: none">○ Box Drills<ul style="list-style-type: none">i. Multiple Boxes○ Short Bounds on 1080 (10m-15m, SL)<ul style="list-style-type: none">i. Assisted or Resisted○ Stair Hops or Hurdle Hops○ Backwards/Lateral Hops▪ <i>Multithrows</i><ul style="list-style-type: none">○ UHF▪ <i>Special Strength</i><ul style="list-style-type: none">○ Hamstring Switches▪ <i>Coordination</i><ul style="list-style-type: none">○ Gambetta Lunges (Power)▪ <i>Weightlifting</i><ul style="list-style-type: none">○ Snatch/Pulls○ Keiser Reactive Quarter Squat + Band Resisted TB Drop Jumps○ Core/Back/Posterior○ Multithrows <p><i>Note: Can microdose the bounds. Could rely on more vertical based bounds for lower intensity. Might do standing TJ test here. Could add intensive tempo finisher 250m.</i></p>	<p>4. Thursday, November 7: <i>General</i></p> <ul style="list-style-type: none">▪ <i>Warmup (General Strength)</i>▪ <i>Pool-Extensive Tempo (#1)</i><ul style="list-style-type: none">○ Mobility Series○ 3 x (8 x 30s-30s) (2m)○ Cool Down <p><i>Note: Or can do Extensive Tempo Bike # 1.</i></p>
	<p>5. Friday, November 8: <i>Neural</i></p> <ul style="list-style-type: none">▪ <i>Warmup (Max Velocity B)</i>▪ <i>Approach Development</i><ul style="list-style-type: none">○ Drive Phase○ Full Approach▪ <i>Absolute Speed Development</i><ul style="list-style-type: none">○ Fly 20m/30m or SE▪ <i>Technical Execution</i><ul style="list-style-type: none">○ Takeoff Drills○ Short Approach LJ Takeoffs/Jumps from 10<ul style="list-style-type: none">i. Box?▪ <i>Multijumps</i><ul style="list-style-type: none">○ Extended Bounds from 4 (30m-35m, SL, HSHS, Alt)<ul style="list-style-type: none">i. WVii. Grassiii. Uphill?○ Bilateral Depth Drops/Jumps<ul style="list-style-type: none">i. Or Hurdle Hops▪ <i>Multithrows</i><ul style="list-style-type: none">○ AFSM Vertical▪ <i>Coordination</i><ul style="list-style-type: none">○ MV Switches or Step Through's○ SL Clean▪ <i>Weightlifting</i><ul style="list-style-type: none">○ Hang Cleans/Pulls○ Back Squats + TB Jumps + Keiser Drops○ Core/Back/Posterior○ Multithrows <p><i>Note: Choose between LJ or Bounding.</i></p>
	<p>6. Saturday, November 9: <i>Extensive</i></p> <ul style="list-style-type: none">▪ <i>Warmup (General)</i>▪ <i>Extensive Tempo</i><ul style="list-style-type: none">○ 2 x (3 x 40s Grass Runs) (2m, 3m)▪ <i>Coordination (Core Strength & Trunk Integrity - White)</i><ul style="list-style-type: none">○ Contralateral Plank○ Good Morning Hands Behind Head Thoracic Rotation○ Good Morning Plate Punch Overhead○ Gambetta Walk and Chop Flow○ Straddle Plate Rotate and Press on Box○ Sugimotos▪ <i>Cool Down (Cool Down C)</i><ul style="list-style-type: none">○ Backward Skips○ Backward A-Skips○ Backward Hi Knees○ Backward Runs○ Hurdle Stretch○ Eagles○ Figure 4○ Calf <p><i>Note: Or Syrax Scramble Circuit</i></p>

CONCLUSION



- Balanced Compatible Training
- Focus on Main Menu Items
- Can Easily Program with Other Event Demands
- Understand Stimuli
- Steady Progression

THANKS FOR COMING!

- Instagram: @bobthurnhoffer7
- X: @bobthurnhoffer
- Email: bob@gocards.com or bobthurnhoffer@gmail.com
- Further Resources

Coachtube.com: <https://coachtube.com/users/rthurnhoffer>

Linktree: <https://linktr.ee/bobthurnhoffer>