



## POLE VAULT EVENT WORKOUT #5

### **REQUIREMENTS**

Pole, Rope, Hurdles, Sand Pit

### **DURATION**

60-90 Minutes

### **TEAM WARMUP (10-15 MINS)**

#### **Jogging Warmup**

2-3 Laps. Jog Forward, Skip Forward, Jog Backward, Skip Backward, Side Shuffles

#### **Team Static Stretch**

Shoulder/Chest, Butterfly, Seated Hamstring, Hip Twist, Kneeling Hip Flexor, Quads, Calves

#### **Dynamic Warmup**

Arm Swings, Leg Swings Side to Side & Front to Back, Glute Kick Run, Straight Leg Bound, High Knee Run, Backwards Run

#### **Build-Ups**

3 x 80m - 60%, 80%, 80%

### **POLE VAULT DRILLS (40-60 MINS)**

#### **Curl the Pole Drill**

**10-15 mins**

Plant pole in box and curl to shoulder

#### **3-Step Approach Drill**

**10-15 mins**

Run-Run-Jump off alternating legson the vault runway

#### **Sand Pit Drill**

**10-15 mins**

Plant end of pole into the sand pit

#### **Rope Drill**

**10-15 mins**

Vaulter goes inverted on rope

### **TEAM COOLDOWN (10-15 MINS)**

#### **Jogging Cool Down**

1-2 Laps. Jog Forward, Jog Backward, Side Shuffles

#### **200m Walking**

Heel Walk, Backwards Walk

#### **Team Static Stretch**

Shoulder/Chest, Groin, Hips, Quads, Calves