



Monday

Technique Training

- Warm-up: 10-15 minutes jogging, easy stretching, run drills with the pole
- Pole vaulting about 15 jumps (not including warm-up jumps)
- Hurdles workout (different variations depends of circumstances)
- General strength training (abs, core, feet etc)
- Cool down 5-10 minutes jogging, stretching.

Tuesday

Runs, Plyometrics

- Warm-up: 5-8 minutes jogging + Fartlek, active stretching (swings etc), running drills
- Mid-distance sprints (80-150 meters); sprint types and quantities depend on circumstances.
- Bounding set: jog back after each drill, 2 - 4 sets with 5 minutes rest between: 8-12 Frogs => 6-8 single-leg jumps (right/left) => 16-20 bounds => sparrow 6-8 jumps on single right/left leg => easy sprint
- Cool down 5-10 minutes jogging, stretching + light general strength (abs, core, feet etc)

Wednesday

Short approach pole vault

- Warm-up: 15-30 minutes jogging
- Technique drills (plants, land bendings, walk-ins etc)
- Short approach pole vaulting, adjusted for each athlete.
- Stretching.

Thursday

Technique Training

- Warm-up: 10-15 minutes jogging, easy stretching, running drills with the pole.
- Pole vaulting about 15 jumps (not including warm-up jumps)
- Hurdles workout (different variants depends of circumstances)
- General strength training (abs, core, feet etc)
- Cool down 5-10 minutes jogging, stretching.

Friday

Special strength training

- Warm-up: 5-8 minutes jogging + Fartlek
- Short distance sprints (15-80 meters); sprint types and quantities depend on circumstances.
- 2-6 sets of strength training using free weights, barbells, kettlebells, etc., depending on circumstances.
- Cool down 5-10 minutes jogging, stretching.

Saturday

Recreation

- Swimming, cross-running/walking, sauna, yoga.

Sunday

Complete Rest

- Relaxation - Spend time resting completely on the couch to allow the body full recovery and relaxation

