



High Jump Training that you can do at home for those athletes that want to seriously improve their high jump performance.

Become more explosive, jump higher and more consistently.

1st Edition
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[Measure improvements in your explosiveness every 4 weeks.](#)



Introduction

Many people think that they are limited with their high jump training if they don't have access to high jump equipment.

The truth is that you will be limited in your technical training ability. However, the main development required to improve your high jumping ability is in your body's conditioning.

The technical training is one of the easier things to fix. But your explosive vertical power is more challenging to develop.

To improve this, you need the knowledge, space, and resistance weight equipment to do the fundamental training that will help you jump higher in the high jump.

This guide will give you this with links to videos that you can watch for your training.

What high jump training will be covered in this book?

- Warm up drills
- Explosive power exercises
- Curve running drills
- Acceleration drills
- High jump running drills



Warm up drills.

With the exercises presented in this ebook, you will be able to warm-up more dynamically and efficiently as an athlete so that you conserve energy. This is done through the dynamic and functional movements that you will be doing in the exercises. Also, you will be focusing on progressive overload in your training and only on the day of the competition is when you should adjust your warm-up so that your body is conditioned to perform.

Note: Keep in mind is that the warm-up preparation should vary based on the athletic conditions. Athletic preparation on hot days will differ to those on cold days where the athlete's muscle temperature can decrease easily.

You can use the following guide to warm up the body for high jump.

Warm up drill 1.

Warm-up jog.

2 slow jogs around the athletics track twice doing a slow jog. (800m). Alternatively, if you aren't at an athletics track, do a slow jog for 1km. The jog should take 5-8 minutes to complete.

Warm up stretching.

Conduct stretches and dynamic movements that focus on the following areas.



- Hip flexors
- Hip tilt
- Hamstrings
- Quadriceps
- Glutes
- Calves
- Triceps
- Back
- Neck
- Core

Warm up run throughs

Conduct running accelerations of 40-60m at 60-70% of your top running speed. Do this at least 2 times.

Warm up drill 2. - Dynamic warm-up

This warm-up combines dynamic stretching and exercises with the warm-up run. You want to find a running route that is flat and that also a platform like a step or a bench, as well as a wall to incorporate some of the different warm-up drills. Aim for a route that is 1km long.



You will run and at each 100m interval, you will incorporate an exercise drill.

I want you to conduct the following exercise drills at least 8 times during your warm-up.

- Skipping runs
- Left side skips for 50m
- Right side skips for 50m
- Right leg take-off skips
- Left leg take-off skips
- Explosive step-ups (On a bench)

After you have finished the initial warm-up, you will need to stretch your muscles and conduct the run-throughs as stated above.



Explosive power training

You will do explosive power training with one objective in mind. TO JUMP HIGH!

You need to maximise the amount of height with each jumping attempt.

You need to drive as much force into the ground and extend the power through your toes so that you get the maximum amount of driving force to propel you upwards.

You need to have a quick reaction time off the ground.

Training day splits

You will do this 2 times per week. In the non-competition season, aim to do the training on Mondays and Fridays.

Should you have competitions on the weekend, aim to do the second competition on a Wednesday, which will give you at least 2 days to fully recover.

Training instructions

You will actually be training against time to improve your progressive overload.

Each exercise for the muscle group will focus on a 6 minute timeframe.

The approach to the workout is to take 80% of your maximum lifting weight and you will start with that weight to do the explosive weight exercise until failure.

Once you hit failure, you move onto the next version of that exercise until failure.

You continue this through the movements until the last one.



Hamstrings (6 minutes)

[Weighted RDL](#)

[Depth explosive single leg jumps](#)

[Explosive vertical jumps](#)

[Body weight RDL](#)

[Straight leg bounds \(For maximum distance\) until failure](#)

Quads, Glutes, Hamstrings (6 minutes)

[Weighted single leg explosive squats](#)

[Depth explosive single leg jumps](#)

Explosive Bodyweight single leg squats

Bodyweight single leg squats

Kettlebell/Dumbbell swings (2 minutes)

Start with a heavy weight and drop the weight as you hit failure. Focus on swinging the weight up using the force from your hips.

[Play the example video](#)

Take-off training

You can practice your take-offs with a 3 or 5 step approach.

You want to focus on popping up high and maximizing your knee drive.

Ideally, do this exercise next to a wall (such as a brick wall) or a fence or even a clothes line.

Mark a line where you will aim to get your knee drive higher than the mark. Ideally, make this around your personal best for the sake of this drill. You want to become comfortable with the take-off to this height.

As you get more speed, you will get more height.

On your non-power days, you practice 5 sets of 5 repetitions.

This is the end of the sample. Buy the full training on High Jump Club at the following link.

<https://highjump.club/product/high-jump-training-that-you-can-do-at-home/>