

# HIGH JUMP WORKOUT PLAN

## How to Design a High Jump Workout Plan?

A good high jump workout routine must include the following elements to achieve optimal results:

- Dynamic Warm-up
- High Jump Drills
- Plyometrics Workouts
- Core Workout
- Strength Training
- Short Sprints

### Dynamic Warm-up

Your high jump workout session must start with 5-10 minutes of dynamic warm-up.

The dynamic warm-up helps increase heart rate and oxygen flow, prepare your muscles to perform intense and challenging exercises, and can boost your performance. It also helps reduce the risk of injury.

Here are the best dynamic warm-up exercises you can do before starting your main high jump training session.

- [Forward Backward Skip](#)
- Leg Swings Side to Side
- Leg Swings Front to Back
- High Knees
- Tall Shuffle
- Ankle Hops
- Butt Kicks
- Squat Jumps
- Jumping Lunges

You can also see in the below video how The Jump Guy is demonstrating a great warm-up for high jumps.

# High Jump Drills

The high Jump drills are specific high-jump training warm-up exercises that help prepare the body and nervous system for intense and explosive workout sessions.

They also help improve strength, speed, technique, and focus and power up your jump.

There are various high jump drills you can integrate into your training schedule. Here are some examples:

- [Fast Leg Drill](#)
- Single Leg Ankle Hops
- [Straight Leg Bounds](#)
- [Power Skips](#)
- [Scissor Drill](#)
- [A and B Skips](#)

# Plyometrics Workouts

[Plyometric training](#) includes various [high jump exercises](#) that help increase jumping skills.

You should incorporate those plyo jumps that fit your fitness level and can help you achieve your goal.

For example, you can do vertical jumps, single-leg hops, scissor jumps, back-overs, side-to-side ankle hops, front-to-back cone hops, [standing long jumps](#), lateral jumps over the barrier, and side-to-side cone hops to enhance your jumping ability and performance.

# Core and Strength Training

The [legs and core](#) are the primary muscles that are needed to be strong and flexible for jumping high.

From body weight to resistance, you can do various exercises to bolster your abdominal and lower body muscles for scaling your jump height.

**Here are some of the best exercises you can include in your high jump workout program:**

**Core Exercises**

- [Best Plank Variations](#)
- [25 Core Workouts](#)
- [14+ Lower Ab Workouts](#)
- [10 Best Exercises to Build Solid Core](#)

### Lower Body Exercises:

- Front Squat
- Lunges Variations
- [Dumbbell Romanian Deadlift](#)
- Push Press
- Hip Thrust
- [Landmine Squat](#)
- Step-up
- [Good Morning](#)
- Glute-Ham Raise
- Perform mostly unilateral exercises because each stride, from the approach to the takeoff, is done on a single leg during the high jump training.

You can also perform some of these [upper body strength exercises](#) to bolster your torso.

## Short Sprints

You can also include short sprints to enhance your speed and endurance.

Sprints distance can be 20, 30, or 50 meters.

# Example of a High Jump Workout Program

## Monday

### Week 1 – Workout

- Dynamic warm-up – 300 meters, strides, dynamic stretches, sprint drills (a-skips, etc.)
- Sprint training – 3 x 30 meters, 2 x 60 meters
- Low-impact bounding, low-depth jumps, standing vertical jumps, 3 stride vertical jumps, 5 stride vertical jumps
- Bodyweight strength series

### Week 2 – Workout

- Dynamic warm-up
- High Jump – 8-10 Approaches, Hurdles Jumps
- Sprints on curve – 3 x 30m, 3 x 40m
- General strength

### **Week 3 – Workout**

- Dynamic warm-up
- High Jump – Approaches, Full Jumps
- Body weight strength circuit

## **Tuesday**

### **Week 1 – Workout**

- Dynamic warm-up, hurdle walkovers
- Endurance runs – 4 x 100 meters (4 min rest between sets), 2 x 2 x 250 meters (walk back recovery)
- Sand Plyometrics
- Gym-based strength session

### **Week 2 – Workout**

- Dynamic warm-up, hurdle walkovers
- Plyometrics: Weighted jumps, depth jumps
- Full approach jumps

### **Week 3 – Active Recovery**

## **Wednesday**

### **Week 1 – Active Recovery**

### **Week 2 -Light sand running or swimming**

### **Week 3 – Workout**

- Dynamic warm-up
- High Jump – Approaches and Full Jumps
- Gym-based weights

## **Thursday**

### **Week 1 – Workout**

- Dynamic warm-up – 300 meters, strides, dynamic stretches, sprint drills (a-skips, etc.)
- Speed training – Hills (30 meters), Sled pulls (30 meters), Free Sprints (30 meters) x 3. 1-3 min rest between reps.
- Body weight strength series

### **Week 2 – Workout**

- Dynamic warm-up
- High Jump Approaches
- 3 or 5 stride approaches with jumps
- Medicine ball series

### **Week 3 – Workout**

- Dynamic warm-up – 300m, strides, dynamic stretches, sprint drills (a-skips etc.)
- 30m sprints (generally 4-6 reps)
- Light hurdle hops

## **Friday**

### **Week 1 – Workout**

- 10-20 minutes Dynamic warm-up
- Jumps circuit in sand 150 meters and 200 meters reps
- Gym-based strength session

### **Week 2 – Workout**

- Dynamic warm-up
- Bounding exercises: Skipping for height, Single leg bounds, alternate bounds (keep very short distances 5-15m)

### **Week 3 – Workout**

- Dynamic warm-up
- Bounding exercises: Skipping for height, Single leg bounds, alternate bounds (keep very short distances 5-15m)

## **Saturday – Active recovery**

## **Sunday – OFF**

Source: [Squarespace.com](https://www.squarespace.com) (Program created by Mellanee Welty, University of Florida's High Jump coach.)

# Strength and Conditioning Program for High Jumpers

These programs are for collegiate high jumpers.

You can make necessary changes to make it fit for you.

## Off Season Workout

### Monday

- **Event:** Approach Jumps 3, 5, or 7 strides, 2-3 times at each stride length
- **Plyometric:** Box Jumps, 5-10 times, and Scissor Jumps and Stick Landing 5-10 times each leg
- **Sprint:** OFF
- **Strength Training:** Back squats, Romanian deadlift, Bent-over Rows, Bench Press, and Military Press, Three sets of 4-8 reps at 75-80% of your one-rep max.

### Tuesday

- **Event:** OFF
- **Plyometric:** Bounds, Three rounds of 20-30 meters each
- **Sprint:** 5 to 10 rounds of 20-40 meters
- **Strength Training:** Power Clean, Clean Pulls, and Push Jerks, Three sets of 3 to 6 reps at 60-70% intensity. (During PC and CP, start lifting the bar from a knee level)

### Thursday

- **Event:** Standing back-ward flop, 5-10 times, High Jump 5, 7, or 9 strides, 5-10 times
- **Plyometric:** Standing Long Jumps (5-10 times) and Hurdle Hops (3 x 10 meters)
- **Sprint:** OFF
- **Strength Training:** Split Squat, Good Morning, Incline Press, 1-arm DB Row, and Seated Military Press, Three sets of 4-8 reps at 75-80% of your 1-rep max.

### Friday

- **Event:** OFF
- **Plyometric:** Bounds, Three rounds of 20-30 meters
- **Sprint:** 5 to 10 rounds of 40-60 meters

- **Strength Training:** Split Clean, One-Leg Dumbbell Clean, and Spit Jerks, Three sets of 3 to 6 reps at 60-70% intensity. (Lift the weight from a knee level)

## Transition/Preparation Phase Routine

### Monday

- **Event:** High Jumps 5-10 times
- **Plyometric:** Box Jumps, 5-10 times, and Scissor Jumps and Stick Landing 5 times each leg
- **Sprint:** OFF
- **Strength Training**
  - Superset- Split Clean 3 sets x 2-4 reps and Split Squat: 3 sets x 8-12 reps (60-70 %)
  - Standard Set – Romanian Deadlift: 3 sets x 4-8 reps (80-90%)
  - Superset – Bench Press (4-8 reps at 80-90%) and Medicine Ball Chest Pass (10 throws) x 3

### Tuesday

- **Event:** OFF
- **Plyometric:** Bounds, Three rounds of 30-40 meters
- **Sprint:** Stride length drill 3 x 10-20 meters and sprint 5 x 20-40 meters.
- **Strength Training:** OFF

### Wednesday

- **Event:** High Jumps 5-10 times
- **Plyometric:** Standing Long Jumps (5-10 times) and Hurdle Hops (3 x 10 meters)
- **Sprint:** OFF
- **Strength Training**
  - Superset 1 – Power Clean (2-4 reps) + Front Squat (8-12 reps) x 3 at 60-70%
  - Superset 2 – Clean Grip Deadlift (6-10 reps) + Clean Pulls (4-6 reps) x 3 at 70-80%
  - Superset 3 – Bent-over Rows (4-8 reps) + Behind The Back Medicine Ball Throws (10 Throws) x 3 (intensity level 80-90%)

### Thursday

- **Event:** OFF

- **Plyometric:** Bounds, Three rounds of 30-40 meters
- **Sprint:** Stride length drill 3 x 40-60 meters and sprint 5 x 40-60 meters.
- **Strength Training:** OFF

**Program Source:** Coachinsider.com/[The High Jumper Strength and Conditioning](#) by USTFCCCA. I highly recommend checking the original site if you have any questions related to the program).

## Tips and Consideration

- **Allow your muscles decent recovery time.** The recovery period allows the muscles to heal and rebuild, optimize performance and reduce the risk of overtraining and injury. There are two ways you can give your muscles time to recover. The first is one or two days during the week, and the second is one week after five or six weeks of training. During the weekly recovery period, you can still exercise but at a lower intensity.
- Adjust the program depending on age, experience, and ability.
- Keep tracking your progress and make necessary modifications to the routine.
- Intense training also requires proper nutrition and sleep. So, make sure not to skip this part.