Wheaton Track and Field - High Jump Training Menu

**General Strength Circuits:**

**G.S. 1:**
1. Pushups
2. Prisoner Squats
3. V-sits
4. Back Hypers
5. Pushups w/ Claps
6. Dips
7. Windshield Wipers
8. Leg Toss
9. Prone Opposite Arm/Leg
10. Crunches

**G.S. 2:**
1. Incline Pushups
2. Single Leg Squats
3. Crunches w/ Twist
4. Decline Pushups
5. Yogis
6. Side-Ups
7. Single Leg Toe Raises
8. Back hyps w/ Twist
9. Leg Toss
10. Crunches

**Killer Pillar: 1x25 Continuous**
1. ¼ Straight leg sit-ups
2. Crunches
3. Side Hip thrusts
4. Straight Leg crunches
5. Toe touches
6. Leg Toss

**Core Stability: x20 sec Continuous**
1. Prone Elbow Stand Leg Lifts (L-R)
2. Supine Elbow Stand Leg Lift (L-R)
3. Prone Handstand Leg Lifts (L-R)
4. Supine Handstand Leg Lifts (L-R)
5. Side Elbow Stand Upper Leg Lifts (L-R)
6. Side Handstand Upper Leg Lifts (L-R)
7. Side Elbow Underside Leg Lifts (L-R)
8. Side Handstand Underside Leg Lifts (L-R)
9. Supine Elbow Stand Hip Arch
10. Low Reach Crunch
11. Low Reach Crunch w/ Twist

**Monster: Continuous**
1. 25 V-Sits
2. 25 Prisoner Squats
3. 50 In-place A-skips
4. 25 Chinnies (lower case V-sits)
5. 25 Pushups
6. 25 Fire Hydrants (25 on right side and 25 on left side)
7. 25 Trail Leg Circles (25 on right side and 25 on left side)
8. 15 4-Count Thrusts (GET FULL EXTENSION!!)
9. 25 Crunches
10. 10 Rocket Jumps

**Athena**
1. jumping jacks x 20
2. modified push-ups x 15
3. crunches x 30
4. two hand flying reaches alternating x 20
5. crabwalk x 10
6. prone elbow plank x 30 seconds
7. counter pushups x 15
8. side leg lifts right lying down x 20
9. side leg lifts left lying down x 20
10. crunches with double twist x 30
11. low bridge x 20
12. squat with hands on ground x 20
13. TGU lunge style right x 5
14. TGU lunge style left x 5

**Hephaestus**
1. mountain climbers x 20
2. pushups x 15
3. reverse crunches x 30
4. flying reaches right hand to left foot x 10
5. flying reaches left hand to right foot x 10
6. duck walk x 10
7. prone elbow plank with alternate leg lifts x 20
8. modified Hindu pushups x 15
9. chair sit x 30 seconds
10. flutter kicks x 30
11. legs elevated bridge x 30
12. lunges x 20
13. TGU squat style right x 5
14. TGU squat style left x 5

**Hades**
1. side mountain climbers x 20
2. feet elevated pushups x 15
3. leg raise x 30
4. Hindu squats x 20
5. bear crawls x 10
6. stretcher x 10
7. Hindu pushups x 15
8. alternate single leg squats x 20
9. candlesticks x 10
10. full bridge x 10
11. reverse lunges alternating x 20
12. tuck get ups x 10

**Artemis**
1. squat thrusts x 15
2. triangle pushups x 10
3. leg raise to plow x 20
4. wide squats x 20
5. crocodile crawls x 10
6. table makers x 10
7. feet low on wall pushups x 10
8. alternating pistol squats x 20
9. reverse crunch and extend x 20
10. full bridge right hand x 5
11. full bridge left hand x 5
12. jump squats for height x 20
13. wall walk x 4 (down and back up)
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General Bounding Drills:
**Straight Leg Hops:**
1. Medial Hops
2. Lateral Hops
3. Bunny Hops
4. Alternate Hops
5. RRLL Hops

**Baby Bounds:**
1. Standing LJ
2. Standing TJ
3. Dbl leg Bounds
4. Alt. leg Bounds
5. Standing RRLL
6. Standing LLRR
7. Standing LRLR

**Horizontal Bounds A:**
1. Standing LJ
2. 3 Standing LJ
3. Standing TJ
4. Dbl Dbl - LLRR/RRLL

**Horizontal Bounds B:**
1. 3 Rts from Dbl
2. 3 Lefts from Dbl
3. Dbl Dbl - LLRR/RRLL
4. 4 Alt. Bounding
5. 8'-9' Hurdle Rhythm Gallops

**Horizontal Bounds C:**
1. Straight Leg Bounds
2. Alternate Bounds
3. All Rights
4. All Lefts

**Horizontal Bounds D:**
1. Alternate Bounds
2. All Lefts
3. All Rights
4. LLR
5. RRL
6. RRLL

**Vertical Bounding A:**
1. Repeated Rt Leg Hops
2. Repeated Left Legs Hops
3. Dbls Dbls - LLRR/RRLL

**Jupiter**
Box-SLJ
Box-Hurdle
Box-Box-SLJ
Box-Box-Hurdle

Ancillary Depth Jumps
Box Rebounds
Lateral Box Rebounds
Twisting Box Rebounds
Single Leg Box Rebounds

**In-Place Jumps:**
**Series C:**
1. Ankle Pops
2. Side to Side
3. Front to Back
4. Crossovers
5. Diagonals
6. Split Jumps

**Series B:**
1. Buttkickers
2. 180's
3. Rocket Jumps
4. Speed Skaters
5. Wideouts
6. Prisoner Squats
7. Step-up Jumps

**Series A:**
1. Tuck Jumps
2. Ski Jumps
3. Squat Jumps
4. S. Leg Lateral Turns
5. Single Leg Medial turns
6. Lane Hops
7. Single Leg Squat

**Multiple Throws Series:**
**Series A:** x3
1. Overhead Back
2. Underhand Forward
3. Squat Chest Throw

**Series B:** x3
1. FWD Hop-Overhead Back
2. FWD Hop-Underhand Forward
3. FWD Hop- Squat Chest Throw

**Series C:** x3
1. 2 FWD Hop-Overhead Back
2. 2 FWD Hop-Underhand Forward
3. 2 FWD Hop- Squat Chest Throw