THE HIGH JUMP
ACCORDING TO
HOLM
I NEVER TALK ABOUT THE EXACT WORKOUTS BECAUSE SOMEONE WILL THINK THAT THEY ALSO SHOULD DO THAT, AND THEY WILL GET HURT. THEY DON'T KNOW WHAT WE DID TO GET TO THAT POINT.

(Alberto Salazar)
ANY FOOL CAN JUMP
OVER A HIGH HURDLE.

(Stefan Holm)
COACHING PHILO-SOFIE

Stefan Holm – @scholm240 – www.scholm.com – stefan.holm@scholm.com
IF YOU WANT TO BE A GOOD JUMPER YOU HAVE TO JUMP.
TRADE OFFS!
IN TWO DIFFERENT WAYS.
IT WILL TAKE YOU 3 – 5 YEARS TO GET FULL EFFECT OF YOUR TRAINING.
Training plan Sofie Skoog – 2016 season

13 September 2015 – Sweden vs Finland

14 – 20 September 2015 – Rest

11 October 2015 – Ski slope, Kil

12 October – 8 November 2015 – Ground 1

9 November – 6 December 2015 – Ground 2

7 December 2015 – 10 January 2016 – Max och explosivity

11 January – 28 February 2016 – Competition period

29 February – 6 March 2016 – Rest
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Four sessions done six times each during four weeks:

I: Deep squat (6x6), Half squat (6x6), Calf raises (4x16), Step-ups (3x5/ben) and Hamstringscurl (3x12)

II: Snatch (5x5), Cleans (5x5), Jerks (3x12), Core

III: Both feet (10x5), Jump on side of hurdle (8x5), Jump over hurdle (6x5), Holm hurdles (6x5), Drop-jump (10x2), Drop-jump between boxes (3x12)

IV: Bounces (16x15-steps upwards) and medicinboll

+ foot strenght and running 3x60 m to end each session
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Six sessions done four times each during four weeks:

**M:** Snatch (2-3), Deep squat (5x5), Step ups (3x5/ben), Bouncing (16 x 10-steps)

**T:** Cleans (6x3), Haft squats (5-4-3-4-3-4), Calf raises (4x12), Both feet hurdlejumps (10x5)

**W:** Jump on side of hurdle (10x5), Holm hurdles (8x5), Snatch (6x3), Core

**T:** Half squat (5x3), Jerks (8-6-4-2-), Drop-jump between boxes (3x12), Hamstringscurl (4x8)

**F:** Cleans (2-3), Both feet (10x5), Drop-jump (10x2), Medicinboll

**S:** High jump

+ foot strenght and running 3x60 m to end each session
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M: Deep squat (3-3-2-1… until max), Half squat (5-5-3-3-3 explosive), Step ups (5x3 three boxes), Calf raises (4x12)

T: Snatch (3-3-2-1… until max), Cleans (3-3-2-1… until max), Jerks (8-6-4-2)

O: High jump

T: Both feet (5x5), Jump on side of hurdle (5x5), Holm hurdles (5x5), Drop-jump (5x2)

F: Bounces 10-steps/5-steps, Medicinboll

S: High jump

+ foot strenght and running 3x60 m to end each session
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Set your competition plan as early as possible.

What kind of training do you do during the last days before a competition?

What do you do? How do you do it? Why do you do it?

What do you do the last hours before a competition? What does your warm up routine look like?

How do you act during a competition?
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THE BEST-LAIID PLANS
OF MICE AND MEN
OFTEN GO AWRY.

(John Steinbeck)
Training plan Sofie Skoog – 2016 season

20 March 2016 – World indoors, Portland, USA

24 March – 17 April 2016 – Ground 1

18 April – 13 May 2016 – Max och explosivity

14 May – 28 May 2016 – Training camp, Spain

29 May – 4 September 2016 – Competition period
BUT WHAT ABOUT HIGH JUMP TECHNIQUE THEN?
Do you think Junuh can win?
- Work purposefully, systematically and with a long-term continuity.

- Evaluate along the way. What is working out and what is not?

- Have the courage to stick to your plan.