Training for Long Jump

## Fundamentals of a training program

**Athletes must be:**

- highly conditioned both generally and specifically for jumping fast and efficient runners
- powerful with good acceleration skills
- agile and good at learning rhythmic skills
- strong and explosive
- flexible
- competitive

**Training sessions for developing athletes will include:**

- a dynamic warm up with mobility work
- drills which enhance the skills of running, take-off, flight posture and landing
- runway specific work , on and off the long jump runway, for pattern and accuracy.
- speed work over 40m – 50m.
- sprinting
- strength development
- conditioning – general and specific
- cool down with flexibility work

Training sessions for mature athletes will be more frequent and include more specialized technique work and conditioning. This will often mean separate sessions for technique, strength, speed in addition to additional recovery sessions.

### Equipment for Long Jump

A sand pit or soft landing area.
The wooden take-off board should be replaced each winter and made secure, ensuring no movement in any direction.
Warm clothing should be worn, including leggings allowing full range of movement.
A pair of training shoes providing good support.
Jumper's spikes should be much stronger than sprint spikes and allow little twisting, therefore giving good support through the arch of the foot and especially around the heel.


Adapted from

Fredericton Legion Track Club

# Long Jump

**Long Jump Basics**

**The long jump is a simple but exciting event which requires incredible speed, strength and skill for success at the highest level. There is a huge emphasis on having an efficient running technique, enabling the generation of optimum speed on the runway with the least effort.**

Speed and strength combined with good posture and agility will allow a dynamic take-off followed by efficient long jump flight technique, which should be practiced to maximize the length of the jump and ensure a safe landing. The approach and take-off are identical irrespective of the chosen flight techniques for long jump, however, posture, movements and shape in flight vary with the athlete and the chosen technique.

### Basic Rules of Long Jump

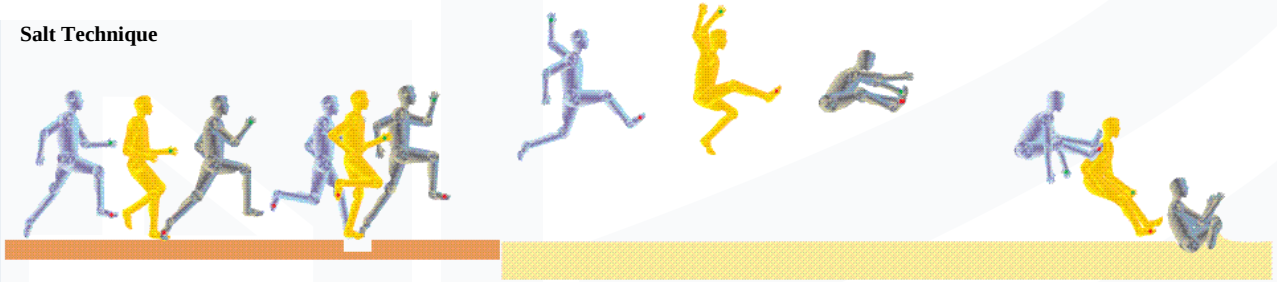
The runway should allow at least 40metres from the edge of the board nearest the pit (the take-off line).
The distance between the take-off line and the end of the pit should be at least 10m.
The board should be level with the runway and pit surface, allowing between 1metre and 3metres from the take-off line to the nearest edge of the pit.
The athlete should run to the take-off board with the intention of placing the take-off foot accurately onto to the board (which is 20cm in width).
Competitors should take-off from behind the take-off line and within the width of the take off board.
All legal jumps are measured from the nearest mark made in the sand pit by any part of the jumper's body, perpendicular to the take-off line or its extension sideways.

Sprint

## Long Jump Technique

**Hang Technique**

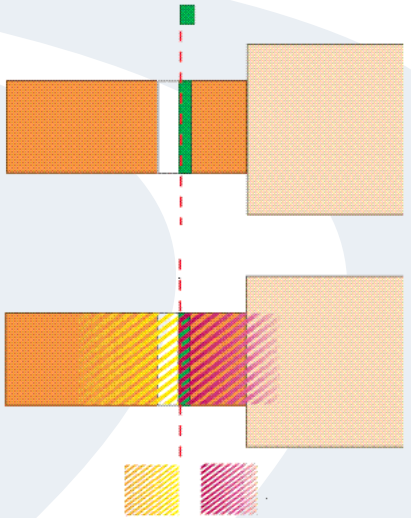
**Salt Technique**



**Single Hitch or Hitch Hang Technique**

**2½ Hitch Kick Technique**

## The Runway



**Start**

There are two main start techniques, with variations of each:

i) Moving:
- (a) walk ins – to a check mark
- (b) jog / skip ins – to start running

ii) Standing:
- (a) rock back
- (b) lean ins

There is no research that shows any advantage to the distance jumped of any of the above methods. However, a secure starting position is more likely to give a consistent movement pattern and stride pattern during the acceleration phase, and therefore a greater probability of taking-off from exactly the correct position on top of the board.

Never try to FIND the board for take-off, always trust that it will be under your foot if you perform the run up you regularly practice.

**Length**

The number of strides in the run up is important. It was suggested by Arnold (1986) that the athlete's age is a good guide to the number of strides that should be taken:

11 – 13 yrs old — 13 strides
14 – 16 yrs old — 16 strides
17 – 19 yrs old — 19 strides

Mature juniors and Seniors can and often do move up to 21 strides, or more.

**Adjustments**

Whilst making adjustments is an important practice, it should NOT be done by moving the normal start marker, but ONLY by making the required adjustment at the beginning of the next attempt, from the original marker.

This way, the many practice run ups are not wasted and the athlete learns to make adjustments based on the conditions for each jump.