



DC Vault - Quarterly Pole Vault Conditioning Program

Pole Vaulting is universally recognized as one of the most exciting and fun, yet difficult sporting events in the world, as it draws on multiple aspects of fitness, including speed, strength, explosion, flexibility, spatial awareness and gymnastics ability. Though steady progress can be made in the vault with technical training alone, rapid and substantial progress can be difficult without proper physical conditioning to supplement an athlete's technical work.

The DC Vault Quarterly Pole Vault Conditioning Program is designed to provide Level I – Level III athletes with a flexible, highly effective conditioning program, which allows athletes to develop the athletic ability needed to achieve rapid and continuous progress in the Pole Vault. The program is specifically tailored for athletes who have demanding schedules due to other sports, classes or work responsibilities and assumes athletes are completing their technical work during regularly scheduled DC Vault training classes.

The program is flexible in that an athlete can execute the workouts as written, requiring only 2 hours a day, 2 days a week to complete, or the athlete may split the speed and strength portions of the program apart, taking just 1 hour a day, 4 days a week to complete the required workouts.

The program can be started at any time of the year, but it is recommended that the program is started the first week of each seasonal quarter (Fall-September / Winter-December / Spring-March / Summer-June). The program provides the athlete with a peak in performance at the end of each quarter and concludes with a recovery week. The program should be repeated with the start of each new quarter, while focusing on improving performance, speed and strength during each cycle (recording reps, weights and times for reference is highly recommended).

The Speed and Plyo training are listed week by week in the following pages. The Warm-ups, Vault Specific (VS) strength circuits and Weight Room (WR) strength circuits referenced in the weekly template are all listed on the final pages of the program, along with acronym definitions for reference.

All portions of the workout, from stretching to sprints, must be given 100% effort in order to achieve the greatest benefit from the program, as each aspect of the program is written to work in tandem with the others. Please note, the strength training portion of the program in particular should be supervised by a certified strength training coach, as many of the lifts require strict form for best results and more importantly, for injury prevention.

Good luck...

Coach Luthy
Head Coach, DC Vault



DC Vault - Quarterly Pole Vault Conditioning Program

Week - 1	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 5x100m strides	Speed	8 x towel plants/slide box 7x100m strides
	Plyo	5x30m bounds 3x10 SLH	Plyo	3x10 split jumps 3-min jump rope
	VS Strength	VS #1	VS Strength	VS #2
	WR Strength	WR #1 (L-I) / WR #1 (L-II)	WR Strength	WR #2 (L-I) / WR #1 (L-II)
Week - 2	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 4x100m strides 2x200m strides	Speed	8 x towel plants/slide box 5x100m strides 2x200m strides
	Plyo	5x5 hurdle hops 3x5 box jumps	Plyo	3x5 DLH 3-min jump rope
	VS Strength	VS #3	VS Strength	VS #4
	WR Strength	WR #3 (L-I) / WR #1 (L-II)	WR Strength	WR #4 (L-I) / WR #1 (L-II)
Week - 3	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 4x100m strides 1x200m strides 1x400m strides	Speed	8 x towel plants/slide box 5x100m strides 1x200m strides 1x400m strides
	Plyo	5x30m bounds 3x10 SLH	Plyo	3x10 split jumps 3-min jump rope
	VS Strength	VS #1	VS Strength	VS #2
	WR Strength	WR #1 (L-I) / WR #2 (L-II)	WR Strength	WR #2 (L-I) / WR #2 (L-II)
Week - 4	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 3x100m strides 1x200m strides 1x400m strides 2x100m strides	Speed	8 x towel plants/slide box 3x100m strides 1x200m strides 1x400m strides 3x100m strides
	Plyo	5x5 hurdle hops 3x5 box jumps	Plyo	3x5 DLH 3-min jump rope
	VS Strength	VS #3	VS Strength	VS #4
	WR Strength	WR #3 (L-I) / WR #2 (L-II)	WR Strength	WR #4 (L-I) / WR #2 (L-II)



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Week - 5	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 4x50m builds 4x100m builds	Speed	8 x towel plants/slide box 5x50m builds 4x100m builds
	Plyo	5x30m bounds 3x10 SLH	Plyo	3x10 split jumps 3-min jump rope
	VS Strength WR Strength	VS #1 WR #1 (L-I) / WR #3 (L-II)	VS Strength WR Strength	VS #2 WR #2 (L-I) / WR #3 (L-II)
Week - 6	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 6x50m builds 3x100m builds	Speed	8 x towel plants/slide box 8x50m builds 2x100m builds
	Plyo	5x5 hurdle hops 3x5 box jumps	Plyo	3x5 DLH 3-min jump rope
	VS Strength WR Strength	VS #3 WR #3 (L-I) / WR #3 (L-II)	VS Strength WR Strength	VS #4 WR #4 (L-I) / WR #3 (L-II)
Week - 7	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 5x50m accells 4x50m builds	Speed	8 x towel plants/slide box 5x50m accells 5x50m builds
	Plyo	5x30m bounds 3x10 SLH	Plyo	3x10 split jumps 3-min jump rope
	VS Strength WR Strength	VS #1 WR #1 (L-I) / WR #4 (L-II)	VS Strength WR Strength	VS #2 WR #2 (L-I) / WR #4 (L-II)
Week - 8	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 3x50m accells 4x50m builds 3x50m accells	Speed	8 x towel plants/slide box 4x50m accells 2x50m builds 4x50m accells
	Plyo	5x5 hurdle hops 3x5 box jumps	Plyo	3x5 DLH 3-min jump rope
	VS Strength WR Strength	VS #3 WR #3 (L-I) / WR #4 (L-II)	VS Strength WR Strength	VS #4 WR #4 (L-I) / WR #4 (L-II)



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Week - 9	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 4x10m falling starts 4x10m falling from knee 4x10m 3-pt starts 2x50m accells 2x60m in and outs	Speed	8 x towel plants/slide box 4x10m falling starts 4x10m falling from knee 4x10m 3-pt starts 2x50m accells 2x60m in and outs
	Plyo	5x30m bounds 3x10 SLH	Plyo	3x10 split jumps 3-min jump rope
	VS Strength WR Strength	VS #1 WR #1 (L-I) / WR #5 (L-II)	VS Strength WR Strength	VS #2 WR #2 (L-I) / WR #5 (L-II)
Week - 10	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 4x10m falling starts 4x10m falling from knee 4x10m 3pt starts 3x50m accels 3x60m in and outs	Speed	8 x towel plants/slide box 2x10m falling + 20m accel 2x10m 3pt + 20m accel 3x50m accells 3x60m in and outs
	Plyo	5x5 hurdle hops 3x5 box jumps	Plyo	3x5 DLH 3-min jump rope
	VS Strength WR Strength	VS #3 WR #3 (L-I) / WR #5 (L-II)	VS Strength WR Strength	VS #4 WR #4 (L-I) / WR #5 (L-II)
Week - 11	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 2x10m falling + 20m accel 2x10m 3pt + 20m accel 2x60m in and outs 4x60m rrb	Speed	8 x towel plants/slide box 2x10m falling + 20m rrb 2x10m 3pt + 20m rrb 4x60m accels 2x50m flies
	Plyo	5x30m bounds 3x10 SLH	Plyo	3x10 split jumps 3-min jump rope
	VS Strength WR Strength	VS #1 WR #1 (L-I) / WR #6 (L-II)	VS Strength WR Strength	VS #2 WR #2 (L-I) / WR #6 (L-II)



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Week - 12	Day 1		Day 2	
	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box 2x10m falling + 20m accel 2x10m 3pt + 20m accel 3x60m in and outs 3x60m rrb	Speed	8 x towel plants/slide box 2x10m falling + 20m rrb 2x10m 3pt + 20m rrb 3x60m accels 3x50m flies
	Plyo	5x5 hurdle hops 3x5 box jumps	Plyo	3x5 DLH 3-min jump rope
	VS Strength	VS #3	VS Strength	VS #4
	WR Strength	WR #3 (L-I) / WR #6 (L-II)	WR Strength	WR #4 (L-I) / WR #6 (L-II)
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Week - 13 RECOVERY	Day 1		Day 2	
	Warm-Up	¼ mile v-slow jog 10-min stretch	Warm-Up	¼ mile v-slow jog 10-min stretch
	Cardio	pool-20 min easy swimming	Cardio	bike-20 min easy riding
	Cool-Down	10-min stretch	Cool-Down	10-min stretch

REPEAT CYCLE (Weeks 1-13)

DC Vault Club Warm-Up

Flexibility (static/dynamic stretching)
Groin
Trunk Twist
Hamstring-1 (knee to chest)
Hamstring-2 (grip ball of foot – pull knee to chest)
Hamstring-3 (straight leg)
Hamstring-4 (rockback stretch)
Hamstring-5 (hurdler stretch)
Quad-1 (standing)
Quad-2 (bent over-leg kick-out)
Vault Lunge
Calve-1 (both legs straight)
Calve-2 (both knees slightly bent)
Calve-3 (Left leg straight)
Calve-4 (Left leg slightly bent)
Calve-5 (Right leg straight)
Calve-6 (Right leg slightly bent)
30 Second Arm Swings
Leg Swings
10 Piked Pushups
20 Declined Pushups
10 Biscuit Makers

Biomechanics (dynamic warm-up)
1x50m jog
1x50m backward jog
1x50m jog w/toe touches
1x50m low skip
1x50m jog w/ankle hops
1x50m ankle bounds
1x50m front-side As (5L, 5R, 5L, 5R)
1x50m walk w/3x10m bicycle jogs (jog10/walk10)
3x10m starts (falling, from knee, 3-pt)
1x50m jog-jog-bound
1x20m large A-skips + 30m high knee run
1x50m jog with fast leg (5-L, 5-R)
1x30m stiff leg bounds
1x50m build
1x50m accel from falling start



ACRONYMS

VS	Vault Specific	LR	Low Rep (4-6)
WR	Weight Room	MR	Medium Rep (6-8)
BB	Barbell	HR	High Rep (8-10)
DB	Dumbbell	GM	Good Morning
SB	Stability Ball	UR	Upright Row
CG	Close Grip	OP	Overhead Press
WG	Wide Grip	HS	Hanging Snatch
RRB	Run Run Bound		
SLH	Single Leg Hop		
DLH	Double Leg Hop (frog leaps)		

VS STENGTH TRAINING				
Max # of reps / 30 seconds per set / 30 second rest				
VS #1	Exercise	Sets	Reps	Target
	Bar Sweeps	2	30-sec	Vault
	SB Rotation Twists	2	30-sec	Core
	Wide grip Pull-Ups	2	30-sec	Pull
	Declined Push Ups	2	30-sec	Push
	Hyperextensions	2	30-sec	Alt Core
VS #2	Exercise	Sets	Reps	
	Hip Extensions	2	30-sec	Vault
	Piked Pushups	2	30-sec	Push
	Hanging Leg Crossovers	2	30-sec	Alt Core
	Pullovers	2	30-sec	Pull
	Declined Sit-up Combo	2	30-sec	Core
VS #3	Exercise	Sets	Reps	
	Bar Sweeps	2	30-sec	Vault
	Close Grip Chin-ups	2	30-sec	Pull
	L-Overs	2	30-sec	Core
	Dive Bomber Pushups	2	30-sec	Push
	Hyperextension Combos	2	30-sec	Alt Core
VS #4	Exercise	Sets	Reps	
	Hip Extensions	2	30-sec	Vault
	Dips	2	30-sec	Push
	Biscuits	2	30-sec	Core
	Hanging Leg raises	2	30-sec	Alt Core
	Horizontal Rows	2	30-sec	Pull

WR (L-I) STENGTH TRAINING (Level I)											
WR #1	Exercise	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght
	Hang Clean	8		6		4		3		2	
	Squats	8		6		4		3		2	
	Inclined Bench Press	8		6		4		3		2	
	Leg Curls	10		8		6					
WR #2	Exercise	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght
	Push Press	14		12		10					
	BB Bent over Rows	14		12		10					
	Reverse Lunge	14		12		10					
	Calf Raises	30		25		20					
WR #3	Exercise	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght
	Hang Clean	14		12		10					
	Squats	14		12		10					
	Inclined Bench Press	14		12		10					
	Leg Curls	20		16		12					
WR #4	Exercise	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght	Reps	Wght
	Push Press	6		4		3		3		2	
	BB Bent over Rows	8		6		4		3		2	
	Reverse Lunge	10		8		6		4		4	
	Calf Raises	20		12		10		8		6	

WR (L-II) STRENGTH TRAINING (3-sets of each unless otherwise indicated via - HR/MR/LR)					
WR#1	5x (GM/UR/OP/HS)	Dead Lift w/shrug: HR	BB Press (F/B): HR	Full Squats: HR	Step-up knee-drives: HR
WR#2	5x (GM/UR/OP/HS)	Jump Shrug w/3-pt xtn: MR	BB Press: HR	Squats: * 50 reps in 3-sets	Step-up knee-drives: MR
WR#3	5x (GM/UR/OP/HS)	Jump Shrug w/High Pull: MR	BB Press: MR	Squats: MR	Step-up knee-drives: LR
WR#4	5x (GM/UR/OP/HS)	Clean: MR	BB Press: LR	Squats: LR	Step-down/up knee-drive: HR
WR#5	5x (GM/UR/OP/HS)	Clean: LR	BB Push Press: HR	Squat Jump: MR	Step-down/up knee-drives: MR
WR#6	5x (GM/UR/OP/HS)	Hang Clean: MR	BB Push Press: MR	Squat Jump: HR	Step-down/up knee-drive: LR

*Note - A blank in the weight column means you enter the weight you are using. Each week the weight should increase. Ask for assistance from a certified strength training coach to instruct in proper lifting techniques.