



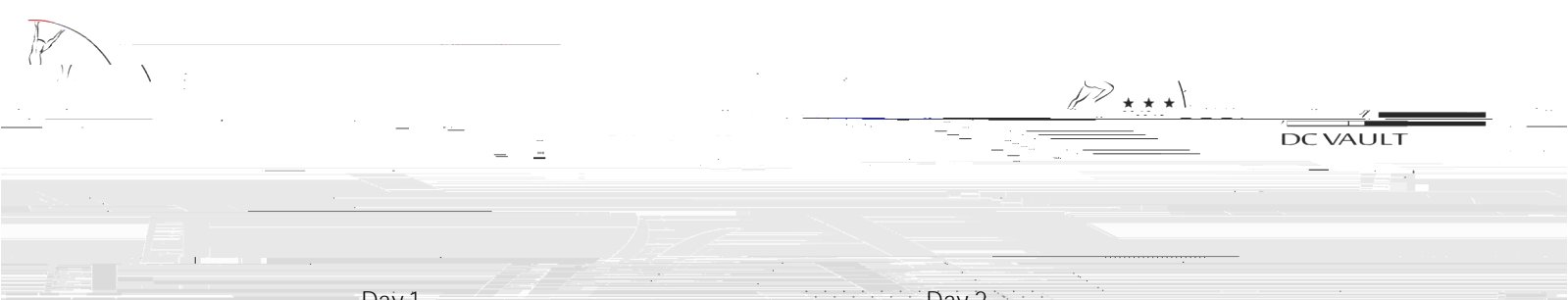
Pole Vaulting is universally recognized as one of the most exciting and fun, difficult sporting events in the world, as it draws on multiple aspects of fitness, including speed, strength, explosiveness, flexibility, spatial awareness and gymnastics ability. Though steady progress can be made in the vault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

The DC Vault Quarterly Pole Vault Conditioning Program is designed to provide Level I and Level II athletes with a flexible, highly effective conditioning





Day 1



Day 1

Warm-Up

Speed

Club Warm-Up

8 x towel plants/slide box

4x10m falling starts

4x10m falling from knee

4x10m 3-pt starts

2x50m accells

2x60m in2and2outs

Plyo

5x30m bounds

Day 2

Warm-Up

Speed

Club Warm-Up

8 x towel plants/slide box

4x10m falling starts

4x10m falling from knee

4x10m 3-pt starts

2x50m accells

2x60m in2and2outs

Plyo

3x10 split jumps







