

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



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•		•	
Warm-Up	Club Warm-Up	·	Club Warm-Up
Speed	8 x towel plants/slide box	Speed	8 x towel plants/slide box
	5x100m strides		7x100m strides
Plyo	5x3om bounds	Plyo	3x10 split jumps
•	3x10 SLH		3-min jump rope
VS Strength	-	VS Strength	VS #2
_			WR #2 (L-I) / WR #1 (L-II)
wik Strength	VVIC #I(E I) / VVIC #I(E II)	WK Strength	VVIX #2 (L 1) / VVIX #1 (L 11)
Day 1		Day 2	
Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
Speed	8 x towel plants/slide box	Speed	8 x towel plants/slide box
·		•	5x100m strides
			2x200m strides
Plyo		Plyo	3x5 DLH
Tiyo		1 190	
\/C C+		\/C Ctth	3-min jump rope
_		_	VS #4
WR Strength	WR #3 (L-I) / WR #1 (L-II)	WR Strength	WR #4 (L-I) / WR#1 (L-II)
Day 1		Day 2	
Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
•		•	8 x towel plants/slide box
'	· · · · · · · · · · · · · · · · · · ·	'	5x100m strides
	•		1x200m strides
			1x400m strides
Dhao		Dhyo	•
Piyo	• •	Piyo	3x10 split jumps
	•		3-min jump rope
9			VS #2
WR Strength	WR #1 (L-I) / WR #2 (L-II)	WR Strength	WR #2 (L-I) / WR #2 (L-II)
Day 1		Day 2	
	Club Warm-Up		Club Warm-Up
			8 x towel plants/slide box
Speca.		opeca.	3x100m strides
			1x200m strides
			1x400m strides
	2X100M Strides		3x100m strides
Plyo	5x5 hurdle hops	Plyo	3x5 DLH
Plyo		Plyo	
Plyo VS Strength	5x5 hurdle hops	Plyo VS Strength	3x5 DLH
	Plyo VS Strength WR Strength Day 1 Warm-Up Speed Plyo VS Strength WR Strength	Warm-Up Speed Speed Sx towel plants/slide box 5x100m strides Plyo 5x30m bounds 3x10 SLH VS Strength WR #1 (L-I) / WR #1 (L-II) Day 1 Warm-Up Speed Sx towel plants/slide box 4x100m strides 2x200m strides 2x200m strides 2x200m strides 2x200m strides 2x200m strides 4x100m strides 2x200m strides 2x200m strides 2x200m strides 2x200m strides 2x200m strides 2x200m strides 1x400m strides 1x200m strides 1x200m strides 1x200m strides 1x200m strides 1x200m strides 1x400m strides 1x4	Warm-Up Speed 8 x towel plants/slide box 5x100m strides Plyo 5x30m bounds 3x10 SLH VS Strength VS #1 WR Strength WR #1 (L-II) / WR #1 (L-II) Day 1 Warm-Up Speed 8 x towel plants/slide box 4x100m strides 2x200m strides Plyo 5x5 hurdle hops 3x5 box jumps VS Strength WR #3 (L-I) / WR #1 (L-II) WR Strength WR Strength WR #3 (L-I) / WR #1 (L-II) Day 1 Warm-Up Speed 8 x towel plants/slide box 4x100m strides 2x200m strides Plyo 5x5 hurdle hops 3x5 box jumps VS Strength WR #3 (L-I) / WR #1 (L-II) WR Strength WR Strength WR Strength WR #1 (L-II) / WR #2 (L-III) Day 1 VS Strength VS #1 VS Strength VS #1 VS Strength VS #1 VS Strength WR Strength WR #1 (L-I) / WR #2 (L-III) Day 1 Day 2 Warm-Up Speed 8 x towel plants/slide box 3x10 SLH VS Strength WR #1 (L-I) / WR #2 (L-III) Day 1 Day 2 Warm-Up Speed 8 x towel plants/slide box 3x10 SLH VS Strength VS #1 VS Strength VS #2 (L-III) Day 2 Warm-Up Speed 8 x towel plants/slide box 3x100m strides 1x200m strides



Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 4x50m builds 4x100m builds	Week - 5	Day 1		Day 2	
### Ax5om builds		Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
Ax100m builds Ax100m builds Ax100m builds Ax200m accells A		Speed	8 x towel plants/slide box	Speed	8 x towel plants/slide box
Plyo			4x5om builds		5x5om builds
VS Strength			4x100m builds		4x100m builds
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 Warm-Up Speed Day 2 8 x towel plants/slide box 6x50m builds 9x300m builds 9x300m builds 9x35 box jumps Day 2 Warm-Up 9x5 burdle hops 9x5 burdle hops 9x50m accells 9x50m accells 9x50m accells 9x50m builds Plyo 9x5 brength WR #4 (L-I) / WR #3 (L-II) Week - 7 Day 1 Warm-Up Speed Day 2 8 x towel plants/slide box 9x50m accells 9x50m builds Day 2 9x50m builds 9x50m builds 9x50m builds 9x50m builds 9x50m builds 9x50m builds Plyo 9x60m builds 9x50m builds 9x50m builds 9x50m builds 9x50m builds 9x50m accells 9x50m builds 9x50m builds 9x50		Plyo	5x3om bounds	Plyo	3x10 split jumps
Week - 6 Day 1 Warm-Up Speed Club Warm-Up 8 x towel plants/slide box 6x50m builds 3x100m builds Day 2 Warm-Up Speed Club Warm-Up 8 x towel plants/slide box 6x50m builds 3x100m builds Speed 8 x towel plants/slide box 8x50m builds 2x100m builds Plyo 5x5 burdle hops 3x5 box jumps Plyo 3x5 DLH 3x5 box jumps 3x5 DLH 3x5 box jumps VS Strength VS #3 WR Strength VS #3 WR #4 (L-I) / WR #3 (L-II) VS Strength VS #4 WR #4 (L-I) / WR #3 (L-III) Week - 7 Day 1 Warm-Up Speed Club Warm-Up 8 x towel plants/slide box 5x50m accells Speed 8 x towel plants/slide box 5x50m accells 5x50m accells 5x50m builds Plyo 5x30m bounds 3x10 SLH 9lyo 3x10 split jumps 3x10 split jumps VS Strength VS #1 WR Strength VS Strength VS #2 WR #2 (L-I) / WR #4 (L-II) Week - 8 Day 1 Warm-Up Speed Club Warm-Up 8 x towel plants/slide box 3x50m accells Day 2 Warm-Up Warm-Up VS #2 Club Warm-Up Warm-Up Speed Speed 8 x towel plants/slide box 3x50m accells 4x50m accells 4x50m accells Plyo 5x5 burdle hops 3x5 box jumps Plyo 3x5 DLH 3-min jump rope VS Strength VS #4			3x10 SLH		3-min jump rope
Week - 6 Day 1 Warm-Up Speed Club Warm-Up 8 x towel plants/slide box 6x5om builds 3x10om builds Day 2 Warm-Up Speed Club Warm-Up 8 x towel plants/slide box 8x5om builds 2x10om builds Plyo 5x5 hurdle hops 3x5 box jumps Plyo 3x5 DLH 3-min jump rope VS Strength VS #3 WR Strength VS \$4 WR \$4 (L-I) / WR #3 (L-II) Week - 7 Day 1 Warm-Up Speed Day 2 8 x towel plants/slide box 5x5om accells 4x5om builds Speed 8 x towel plants/slide box 5x5om builds Plyo 5x3om bounds 3x10 SLH Plyo 3x10 SLH 3-min jump rope VS Strength VS #1 WR Strength VS \$1 WR #1 (L-II) / WR #4 (L-II) VS Strength VS #2 Warm-Up Warm-Up Speed 8 x towel plants/slide box 3x5om accells 4x5om builds Day 2 Warm-Up Club Warm-Up Week - 8 Day 1 Warm-Up Day 2 Warm-Up Club Warm-Up WR #2 (L-II) / WR #4 (L-III) Week - 8 Day 1 Warm-Up Day 2 Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 4x5om accells 4x5om accells 4x5om accells 4x5om accells 4x5om accells 4x5om accells 4x5om accells 4x5om accells 4x5om accells 3x5		VS Strength	VS #1	VS Strength	VS #2
Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 6x50m builds 3x100m builds 2x100m builds		WR Strength	WR #1 (L-I) / WR #3 (L-II)	WR Strength	WR #2 (L-I) / WR #3 (L-II)
Speed	Week - 6	 Day 1		Day 2	
Secont Second Secont Second S		Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
Plyo		Speed	8 x towel plants/slide box	Speed	8 x towel plants/slide box
Plyo			6x5om builds		8x5om builds
3x5 box jumps 3-min jump rope			3x100m builds		2x100m builds
VS Strength WR Strength VS #3 WR Strength VS #4 WR Strength VS #4 WR #4 (L-I) / WR #3 (L-II) Week - 7 Day 1 Warm-Up Club Warm-Up Speed Day 2 Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 5x50m accells 5x50m accells 5x50m builds Plyo 5x30m bounds Plyo 3x10 SLH YS Strength WR Strength WR #1 (L-I) / WR #4 (L-II) VS Strength WR #2 (L-I) / WR #4 (L-II) Week - 8 Day 1 Warm-Up Club Warm-Up Speed Day 2 Warm-Up Club Warm-Up Warm-Up Speed Speed 8 x towel plants/slide box 3x50m accells 4x50m builds 2x50m builds 2x50m builds 2x50m builds 2x50m builds 4x50m accells 4x50m accel		Plyo	5x5 hurdle hops	Plyo	3x5 DLH
Week - 7 Day 1 Day 2 Warm-Up Club Warm-Up Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 5peed 8 x towel plants/slide box 5x5om accells 5x5om accells 5x5om builds 4x5om builds 5x5om builds 5x5om builds Plyo 5x3om bounds Plyo 3x1o split jumps 3x1o SLH 3-min jump rope VS #2 WR Strength WR #1 (L-I) / WR #4 (L-II) WR Strength 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 3x5om accells 4x5om accells 4x5om accells 4x5om builds 2x5om builds 3x5om accells 4x5om accells Plyo 5x5 hurdle hops Plyo 3x5 DLH 3x5 box jumps VS Strength VS #4		•	3x5 box jumps	·	3-min jump rope
Week - 7 Day 1 Warm-Up Speed 8 x towel plants/slide box 5x5om accells 4x5om builds Plyo Strength VS Strength WR #1 (L-I) / WR #4 (L-II) Week - 8 Day 2 Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 5x5om accells 5x5om builds Sx5om builds Sx5om builds Sx5om builds Sx3om bounds 3x10 SLH VS Strength VS #1 VS Strength VS #2 WR Strength WR #1 (L-I) / WR #4 (L-II) Warm-Up Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells 4x5om builds 3x5om accells 4x5om builds 3x5om accells Plyo 5x5 hurdle hops 3x5 box jumps VS Strength VS #4 VS Strength VS #4		VS Strength	VS #3	VS Strength	VS #4
Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 5x5om accells 5x5om accells 5x5om builds 5x3om builds 5x3om bunds 3x10 SLH 7S Strength 7S H 7S Speed 8 x towel plants/slide box 3x10 SLH 7S Strength 7S H 7S Strength 7S Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells 4x5om builds 4x5om accells 4x5om accells 4x5om accells 7S Strength 7S		WR Strength	WR # ₃ (L-I) / WR # ₃ (L-II)	WR Strength	WR #4 (L-I) / WR #3 (L-II)
Speed 8 x towel plants/slide box 5x5om accells 4x5om builds 5x5om builds 7x5om accells 7x5om builds 7x5om accells 7x5om builds 7x5om accells 7x5om accells 7x5om accells 7x5om builds 7x5om accells 7x	Week - 7	 Day 1		 Day 2	
Sx50m accells			Club Mariae I In		· · · · · · · · · · · · · · · · · ·
## Ax5om builds 5x5om builds 5x5om builds 5x3om bounds 5x3om bounds 7lyo 3x1o split jumps 3x1o SLH 3-min jump rope 7lyo 3x1o split jumps 3-min jump rope 7lyo 3x1o SLH 7lyo 7ly		Warm-Up	Club warm-up	Warm-Up	Club Warm-Up
Plyo 5x3om 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 #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) Week - 8 Day 1 Day 2 Warm-Up Club Warm-Up Club Warm-Up Speed 8 x towel plants/slide box 5peed 8 x towel plants/slide box 3x5om accells 4x5om accells 4x5om accells 4x5om builds 2x5om builds 4x5om accells Plyo 5x5 hurdle hops Plyo 3x5 DLH 3x5 box jumps 3-min jump rope VS Strength VS #4		•	·	•	•
3x10 SLH 3-min jump rope VS Strength VS #1 VS Strength VS #2 WR Strength WR #1 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) WR #2 (L-I) / WR #4 (L-II) WR #4 (L-II) WR #2 (L-I) / WR #4 (L-II) WR #4 (L-II) WR #2 (L-I) / WR #4 (L-II)		•	8 x towel plants/slide box	•	8 x towel plants/slide box
VS Strength VS #1 VS Strength VS #2 WR Strength WR #1 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) Week - 8 Day 1 Day 2 Warm-Up Club Warm-Up Club Warm-Up Speed 8 x towel plants/slide box Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 2x5om builds 4x5om accells 4x5om accells Plyo 5x5 hurdle hops Plyo 3x5 DLH 3x5 box jumps 7x5 Strength 7x5 Strength 7x5 Strength		•	8 x towel plants/slide box 5x5om accells	•	8 x towel plants/slide box 5x5om accells
WR Strength WR #1 (L-I) / WR #4 (L-II) Week - 8 Day 1 Warm-Up Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells Plyo 5x5 hurdle hops 3x5 box jumps VS Strength WR #2 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) WR #2 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II) WR #2 (L-I) / WR #4 (L-II) WR Strength WR #2 (L-I) / WR #4 (L-II)		Speed	8 x towel plants/slide box 5x5om accells 4x5om builds	Speed	8 x towel plants/slide box 5x5om accells 5x5om builds
Week - 8 Day 1 Warm-Up Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells 4x5om accells 4x5om accells 4x5om accells Plyo 5x5 hurdle hops 3x5 box jumps VS Strength VS #3 Day 2 Warm-Up Speed 8 x towel plants/slide box 4x5om accells 2x5om builds 4x5om accells		Speed	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds	Speed	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps
Warm-Up Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells 4x5om accells		Speed Plyo	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH	Speed	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope
Speed 8 x towel plants/slide box 3x5om accells 4x5om builds 2x5om accells 4x5om accells 9 y y y y y y y y y y y y y y y y y y		Speed Plyo VS Strength	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x10 SLH VS #1	Speed Plyo VS Strength	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2
3x5om accells 4x5om builds 3x5om accells 4x5om builds 3x5om accells 4x5om accells	Week - 8	Speed Plyo VS Strength WR Strength	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x10 SLH VS #1	Speed Plyo VS Strength WR Strength	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2
4x5om builds 2x5om builds 3x5om accells 4x5om accells Plyo 5x5 hurdle hops Plyo 3x5 DLH 3x5 box jumps 3-min jump rope VS Strength VS #4	Week - 8	Plyo VS Strength WR Strength Day 1	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II)	Plyo VS Strength WR Strength Day 2	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II)
3x5om accells Plyo 5x5 hurdle hops 3x5 box jumps VS Strength 3x5 box jumps VS Strength 4x5om accells 4x5om accells 3x5 DLH 3-min jump rope VS Strength VS #4	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II)	Plyo VS Strength WR Strength Day 2 Warm-Up	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II)
Plyo $5x5$ hurdle hops Plyo $3x5$ DLH $3x5$ box jumps 3 -min jump rope VS Strength VS #3 VS Strength VS #4	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x10 SLH VS #1 WR #1 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box	Plyo VS Strength WR Strength Day 2 Warm-Up	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box
3×5 box jumps 3-min jump rope VS Strength VS #3 VS Strength VS #4	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 3x5om accells	Plyo VS Strength WR Strength Day 2 Warm-Up	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 4x5om accells
VS Strength VS #3 VS Strength VS #4	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 3x5om accells 4x5om builds	Plyo VS Strength WR Strength Day 2 Warm-Up	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 4x5om accells 2x5om builds
VS Strength VS #3 VS Strength VS #4	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up Speed	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells	Plyo VS Strength WR Strength Day 2 Warm-Up Speed	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 4x5om accells 2x5om builds 4x5om accells
WR Strength WR #3 (L-I) / WR #4 (L-II) WR Strength WR #4 (L-I) / WR #4 (L-II)	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up Speed	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells 5x5 hurdle hops	Plyo VS Strength WR Strength Day 2 Warm-Up Speed	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 4x5om accells 2x5om builds 4x5om accells 3x5 DLH
	Week - 8	Plyo VS Strength WR Strength Day 1 Warm-Up Speed	8 x towel plants/slide box 5x5om accells 4x5om builds 5x3om bounds 3x1o SLH VS #1 WR #1 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 3x5om accells 4x5om builds 3x5om accells 5x5 hurdle hops 3x5 box jumps	Plyo VS Strength WR Strength Day 2 Warm-Up Speed	8 x towel plants/slide box 5x5om accells 5x5om builds 3x1o split jumps 3-min jump rope VS #2 WR #2 (L-I) / WR #4 (L-II) Club Warm-Up 8 x towel plants/slide box 4x5om accells 2x5om builds 4x5om accells 3x5 DLH 3-min jump rope



Week - 9	Day 1		Day 2	
J	Warm-Up	Club Warm-Up	Warm-Up	Club Warm-Up
	Speed	8 x towel plants/slide box	Speed	8 x towel plants/slide box
	·	4x10m falling starts		4x10m falling starts
		4x10m falling from knee		4x10m falling from knee
		4x10m 3-pt starts		4x1om 3-pt starts
		2x5om accells		2x50m accells
		2x6om in and outs		2x6om in and outs
	Plyo	5x3om bounds	Plyo	3x10 split jumps
		3x10 SLH		3-min jump rope
	VS Strength	VS #1	VS Strength	VS #2
	WR Strength	WR #1 (L-I) / WR #5 (L-II)	WR Strength	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	Speed	8 x towel plants/slide box
		4x10m falling starts		2x10m falling + 20m accel
		4x10m falling from knee		2x1om 3pt +2om accel
		4x10m 3pt starts		3x5om accells
		3x5om accels		3x6om in and outs
		3x6om in and outs		
	Plyo	5x5 hurdle hops	Plyo	3×5 DLH
		3x5 box jumps		3-min jump rope
	VS Strength	VS # ₃	VS Strength	VS #4
	WR Strength	WR # ₃ (L-I) / WR # ₅ (L-II)	WR Strength	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	Speed	8 x towel plants/slide box
		2x10m falling + 20m accel		2x10m falling + 20m rrb
		2x1om 3pt + 2om accel		2x10m 3pt + 20m rrb
		2x6om in and outs		4x6om accels
		4x6om rrb		2x50m flys
	Plyo	5x3om bounds	Plyo	3x10 split jumps
		3×10 SLH		3-min jump rope
	VS Strength	VS #1	VS Strength	VS #2
	WR Strength	WR #1 (L-I) / WR #6 (L-II)	WR Strength	WR #2 (L-I) / WR #6 (L-II)



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	Speed	8 x towel plants/slide box 2x10m falling + 20m rrb 2x10m 3pt + 20m rrb
		3x6om in and outs 3x6om rrb		3x6om accels 3x5om flys
	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)
Week - 13	Day 1		Day 2	
RECOVERY	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)
1x5om jog
1x50m backward jog
1x5om jog w/toe touches
1x50m low skip
1x50m jog w/ankle hops
1x5om 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
WR	Weight Room
ВВ	Barbell
DB	Dumbbell
SB	Stability Ball
CG	Close Grip
WG	Wide Grip
RRB	Run Run Bound
SLH	Single Leg Hop
DLH	Double Leg Hop (frog leaps)

_R	Low Rep (4-6)
ИR	Medium Rep (6-8)
I R	High Rep (8-10)
3M	Good Morning
JR	Upright Row
OP	Overhead Press
HS	Hanging Snatch

VS STENGTH TRAINING								
	Max # of reps / 30 seconds per set / 30 second rest							
	Exercise	Sets	Reps	Target				
	Bar Sweeps	2	30-sec	Vault				
VS #1	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				
	Exercise	Sets	Reps					
	Hip Extensions	2	30-sec	Vault				
VS #2	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				
	Exercise	Sets	Reps					
	Bar Sweeps	2	30-sec	Vault				
VS #3	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				
	Exercise	Sets	Reps					
	Hip Extensions	2	30-sec	Vault				
VS #4	Dips	2	30-sec	Push				
	Biscuits	2	30-sec	Core				
	Hanging Leg raises	2	30-sec	Alt Core				
	Horizontal Rows	2	30-sec	Pull				



	Exercise	Reps	Wght								
	Hang Clean	8		6		4		3		2	
WR #1	Squats	8		6		4		3		2	
*******	Inclined Bench Press	8		6		4		3		2	
	Leg Curls	10		8		6					
	Exercise	Reps	Wght								
	Push Press	14		12		10					
	BB Bent over Rows	14		12		10					
WR #2	Reverse Lunge	14		12		10					
	Calf Raises	30		25		20					
	Exercise	Reps	Wght								
	Hang Clean	14		12		10					
WR #3	Squats	14		12		10					
,	Inclined Bench Press	14		12		10					
	Leg Curls	20		16		12					
	Exercise	Reps	Wght								
	Push Press	6		4		3		3		2	
WR #4	BB Bent over Rows	8		6		4		3		2	
·· - T	Reverse Lunge	10		8		6		4		4	
	Calf Raises	20		12		10		8		6	

WR (L	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.