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# The Horizontal Jumps: Planning For Long Term Development



## Synopsis

A comprehensive insight into how to develop the Horizontal Jumper. Detailing every aspect of long term preparation, training periodization, technical guidelines, and much more. Chapter breakdowns include: 1) Introduction to the horizontal jumps, a look at past, present, and future jumpers and details of all the major jumps in history. 2) Detailed breakdown of all technical components related to the long and triple jump. Step by step picture guides, common errors and corrections, and strongly contested topics all included. 3) A look at every physical component needed for success in the horizontal jumps. You will learn exactly what is required and where the training focus should lie. The chapter concludes with descriptions of specific testing protocols and detailed evaluation tables for both the men's and women's event standards. 4) Discusses many training methods and principles related to the development of event specific physical abilities. Concludes with information on recovery methods, the prevention of overtraining and more. 5) How the individual training components are periodized throughout the training year. Detailed information on exercise progressions, periodization styles, load manipulation and exercise choice included. 6) The recipe for success. How everything fits together into a comprehensive structured training program. Breakdown of the training phases and how to structure your short and long term planning. Including the USA and European training set up and philosophies, various methods of periodization, tapering and peaking guidelines, detailed graphs, tables, charts and more. 7) Fully periodized coach/athlete ready training programs in 3 different training styles. Includes each phase of preparation, competition guidelines and peak competition set ups. 8) Event specific exercise pictures and detailed description. Includes plyometric, special weight training, and ballistic training exercises along with a secondary exercise training inventory and description guide. Final Thoughts: Includes 101 tips for horizontal jumpers and closing words. Overall the book is packed full of information, thoughts and opinions, pictures, graphs, tables and charts, tips and tidbits on every facet of jumps training, and is a guaranteed interesting read. From the serious professional to the high school coach, if you are interested in the jumps or in track and field training in general this is a must have addition to your library.

## Book Information

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## Customer Reviews

I am a Division 1 long and triple jumper and this is the best book that I have come across. It is a great resource for any coaches or athletes to add to their collection. This is a must have book for jumpers it is by far the best horizontal jumps book out there for sample workouts and drills.

I am an elite USA triple jumper so it's hard for me to find training philosophy that I agree with. I am impressed with this book; it's thorough, simplified, right on point. I am applying the method to my training. Best jump book I read so far. Thank you for sharing your knowledge, it has gained me many successes.

Must read for anyone trying to increase their explosive power. It goes beyond horizontal jumping and it is VERY useful to S&C coaches in general. Highly recommend it. What makes this book stand out are concrete examples of programs and hence it makes it easier to grasp the concepts and apply it ASAP. Cannot recommend it highly enough.

Used Newman's book quite a bit to make my TJ training program more comprehensive and progressive. Great examples of weekly plans and exercise inventories. Definitely worth the read. Only downside was lack of technique drills.

There isn't any book on a complete training information for horizontal jump. The author has a very profound area in the horizontal jump. He has covered a brief history on horizontal jump, followed by the technical aspect, the training principles, including training samples and drills, exercises, weights and plyometrics to complement the training. A great book and must read.

A lot of books on the market are very general in their advice and I really enjoyed how thorough and deep this book got with discussing the horizontal jumps. It presents several different options for

setting up the training plan which gives you options depending on your current training philosophy. I highly recommend this book for both coaches and athletes alike.

I bought this book largely based on the great information Nick would post on track and field forums; you can tell he is very knowledgeable and passionate about the jumps, both in training and in theory. I was very happy with the content of the book, especially with the wide variety of information. I honestly believe that just about any coach can take away something new from this book, regardless of experience level, it is that thorough. Lots of graphs and charts on training setups! Really enjoyed that part. If you are really serious about coaching the horizontal jumps, and don't mind reading a bit, this book should be part of your library. It is as valuable as a whole stack of DVD's off of championship productions in my opinion.

I have not read a book in years! I decided to buy this book and learn about my event! I will be using many aspects of this book for my training. This book has made me rethink lots of stuff we do on the track! fingers crossed lets see how it goes!!

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