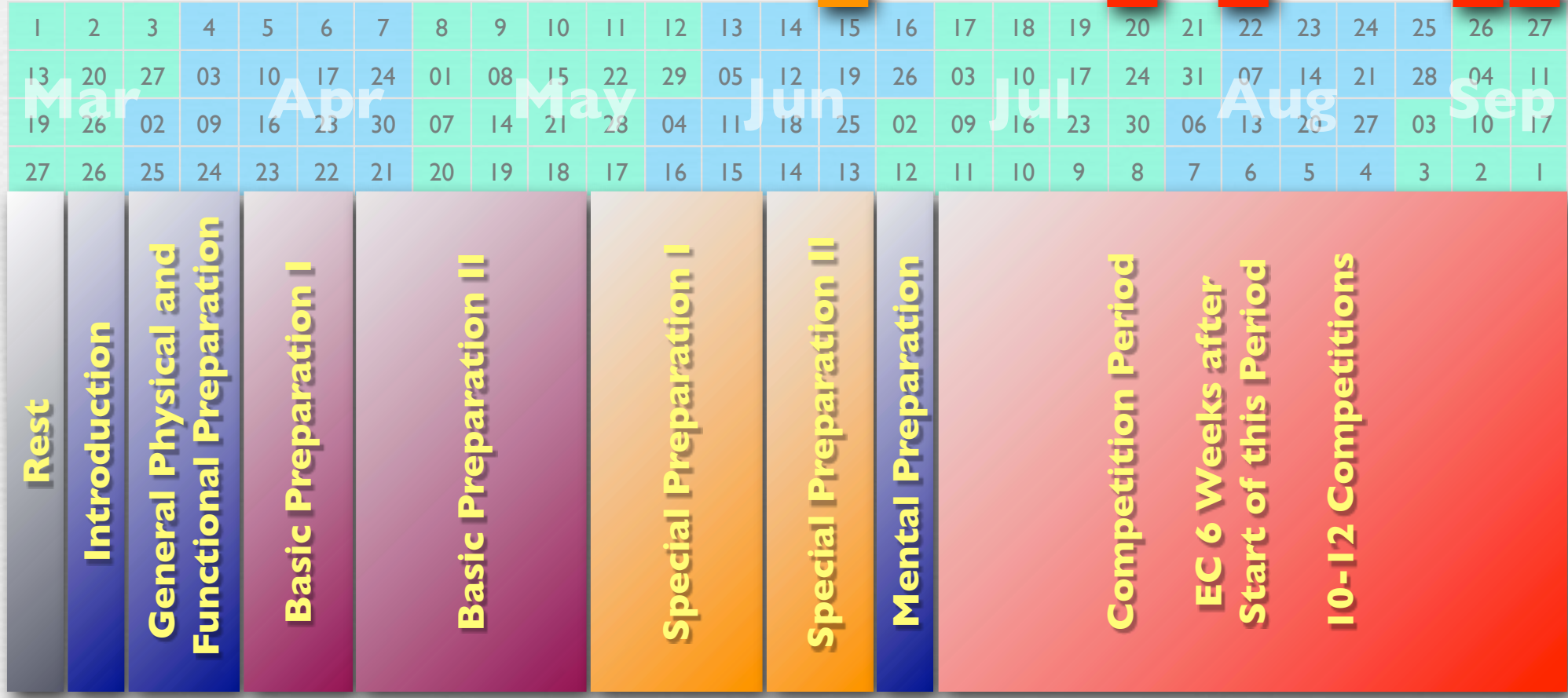


Vitali Petrov:

**Planning For Peak
Performance in the
Polevault**

2006

Outdoor Season





1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Mar **Apr** **May** **Jun** **Jul** **Aug** **Sep**

**Planning For Peak
Performance:**

Technique

General Functional Preparation

Technique

Running

Jumping

Strength

1. Exercises standing, walking and in easy run
2. School of movements for the polevault: lowering, plant, takeoff, swing and rock back from 1 to 6 steps
3. Frequent repetitions of lowering the pole for the plant, takeoff, in easy run over 60 to 100m

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17	
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

Basic Preparation Period I

Technique

Running

Jumping

Strength

1. School of movements from 2 to 6 steps (takeoff, swing, long jump with poles - „Fly“, „Flieger“)
2. TakeOff from 8 to 12 steps into sand or from deep box with bent pole (“Jagodin“)
3. Swing-Whip from 10 steps
4. Touch elastic or ball from 12 steps
5. Complete jumps from 12 steps (only last week in this period)
(Using the same pole for exercises 2 to 5)

Rest	General Physical Prep.			Basic Preparation							Special Preparation					Competition Period										
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Mar			Apr				May				Jun				Jul			Aug				Sep				

Basic Preparation Period II

Technique

Running

Jumping

Strength

1. Special imitation exercise in walk and easy run
2. School of movements from 2 to 6 steps (takeoff, swing, long jump with poles - „Flieger“)
3. Jump with pole from middle runup (girls 12-14, boys 14-16)
4. Takeoff jumps (“Jagodin“) from full runup (18-20 steps) - only last week in this period
5. Separate element jumps (takeoff, elastic rope, swinging rope...)

Rest	General Physical Prep.			Basic Preparation							Special Preparation			Competition Period												
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
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27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Mar			Apr				May				Jun			Jul			Aug			Sep						

Special Preparation I

Technique

Running

Jumping

Strength

1. Special support exercises for school of technique (stand, walk, 2-6 steps, individual choice)
2. Runup Check from full runup with soft pole (Jagodin), check for accuracy and rhythm
3. Complete jump from full runup, with video check after training

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17	
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

Special Preparation II

Technique

Running

Jumping

Strength

1. Special support exercises for school of technique (stand, walk, 2-6 steps, individual choice) Special support exercises for school of technique (stand, walk, 2-6 steps, individual choice)
2. Runup Check from full runup with soft pole (Jagodin), check for accuracy and rhythm
3. Complete jump from full runup, with video check after training

Rest	General Physical Prep.			Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Mar			Apr				May				Jun				Jul				Aug				Sep			

**Planning For Peak
Performance:**

Running

General Functional Preparation

Technique

Running

Jumping

Strength

1. Cross Country Running 3-5km, Hill Climbing and Hiking, Walking on different ground: sand, beach, grass...
2. Interval running 3-4 x 1000-800m, in pauses mobility exercises for arms, hips and legs
3. Interval running 3-4 x 1000-800m, in pauses local strength exercises for arms, hips and legs (tendons and ligaments conditioning)
4. Basic technical drills: running and hurdles, max. 1000m per training

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
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27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

Basic Preparation Period I

Technique

Running

Jumping

Strength

1. Interval training 400-150m, 5 - 8 x, volume for 1 training around 2 kms
2. Running drills in combination with hurdles for strengthening and coordination of hips and pelvis (volume 1 km for 1 training)
3. Various Running drills, always ending with normal running
4. Running with poles 80 - 100m, concentration on coordination of the first 6 steps (length and rhythm of the first 6 steps!)
5. Tapping and frequency exercises, running over small hurdles with short quick steps
6. Cross country, Bergwandern, schwimmen, aquajogging

Rest	General Physical Prep.			Basic Preparation							Preparation Period															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Mar			Apr				May				Jun				Jul				Aug				Sep			

Basic Preparation Period II

Technique

Running

Jumping

Strength

1. Interval running 5 to 10 times 200 - 100 m, 200m: 26-28sec, 150m: 18-20sec, 100m: 12-13sec; 100-150m Hurdle running with 5 to 7 steps between hurdles
2. Running with pole in competition runup rhythm with big competition pole and higher grip, 50-60m with plant, 10-12 times, swithing between normal and heavier pole
3. Running with pole, complete runup with plant and takeoff, with speed check in the last 5-10 m.
4. Resistance running (better elastic running than weight pulling), Running with weight disc, uphill and downhill running, Hurdle running with 3 to 5 steps between hurdles 60-80m
5. Combination of resistance, normal and super speed running, 600m in one training
6. Running drill exercises into maximum speed, 8-10 x 60-80m
7. Cross country, swimming etc. for regeneration

Rest	General Physical Prep.			Basic Preparation																						
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Mar			Apr				May				Jun				Jul				Aug				Sep			

Special Preparation I

Technique

Running

Jumping

Strength

1. Interval running 3-5 x 100-150m
2. Running drill exercises into maximum speed, 8-10 x 60-80m
3. Sprint, Hurdle runs into max controlled speed, 60-80m, 6-8 times
4. Runup check pole runs 3 to 4 times
5. Cross to recover 15-20', once per week

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17	
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

Special Preparation II

Technique

Running

Jumping

Strength

1. Interval running 3-5 x 100-150m
2. Running drill exercises into maximum speed, 8-10 x 60-80m
3. Sprint, Hurdle runs into max controlled speed, 60-80m, 6-8 times
4. Runup check pole runs 3 to 4 times
5. Cross to recover 15-20', once per week

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
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27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

**Planning For Peak
Performance:**

Strength

General Functional Preparation

Technique

Running

Jumping

Strength

1. Preparing joints, tendons and ligaments with general exercises, Working on weak parts of body posture related to pole vault
2. Special body exercises, whole body and local exercises for preparing pole vault
3. Method: 15-25 repetitions to prepare tendons and ligaments
4. Mountain hiking
5. Special exercises to develop upper body for pole vaulters

Rest	General Physical Prep.			Basic Preparation							Special Preparation					Competition Period										
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Basic Preparation Period I

Technique

Running

Jumping

Strength

1. Every 4 days special acrobatic work, gymnastic equipment and special equipment for pole vaulters
2. Special training with different working regimes: static-dynamic, etc. Passive and active mobility, Shoulder, hips, feet, ham strings, total time 2 to 2 1/2 hours.
3. Exercise complex for mobility and coordination
4. Weight lifting with general and specific exercises; 10-15 reps until 6-8 reps; 4-8 tons in one training
5. Speed force development with medicine ball, basketball with heavy belt or sand runs, continue with mountain hiking

Rest	General Physical Prep.			Basic Preparation							Preparation Period															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Basic Preparation Period II

Technique

Running

Jumping

Strength

1. Acrobatic and gymnastic exercises, also pay attention to special exercises for pole vault
2. Circuit training for muscle groups important for pole vaulters, dynamic exercise regime
3. Weight lifting exercises with explosive character, 4-5 tons per training, maximum resistance
4. Static and isometric exercises, 4 to 5 exercises per training
5. Running with heavy pole, uphill running etc., in combination with fast exercises (contrast method)
6. Medicine ball, Shot throwing exercises

Rest	General Physical Prep.			Basic Preparation						Special Preparation					Competition Period											
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Special Preparation I

Technique

Running

Jumping

Strength

1. Acrobatic and gymnastic preparation, special exercises, special equipment for pole vaulters 30-40mins
2. Circuit training for muscle groups important for pole vaulters, dynamic exercise regime (4 to 6 exercises)
3. Strength Special weight lifting exercises with explosive and isometric character (Maintaining strength, 3 to 4 tons per training)

Rest	General Physical Prep.				Basic Preparation					Special Preparation					Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27			
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11			
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17			
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
Mar				Apr					May					Jun				Jul				Aug				Sep			

Special Preparation II

Technique

Running

Jumping

Strength

1. Some as cyclus before: Acrobatic and gymnastic preparation, special exercises, special equipment for pole vaulters
30-40mins
2. Circuit training for muscle groups important for pole vaulters, dynamic exercise regime (4 to 6 exercises)
3. Strength Special weight lifting exercises with explosive and isometric character (Maintaining strength, 3 to 4 tons per training)

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17	
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

**Planning For Peak
Performance:**

Jumping

General Functional Preparation

Technique

Running

Jumping

Strength

1. The Jump training consists of 400 to 500 multiple jumps per session (mainly to strengthen the ankles)
2. The following tasks must be resolved:
 - Improving the functional potential of the athlete
 - Strengthening the skelet, tendons and ligaments
 - Improving jumping and running coordination
3. It is absolutely necessary to use soft surface (Sand, grass) during this period.

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period													
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Basic Preparation Period I

Technique

Running

Jumping

Strength

1. Multiple jump series from standing and from 2 to 4 steps (average length of single jumps 3,00 to 3,20m), Volume up to 300 jumps per session
2. Jumps for improving takeoff technique (for high jump, long jumps, jumps from the stand), from 4 to 8 steps
3. Multiple jumps with additional weights (weight belt, weight vest), up to 60-100 jumps per session

Rest	General Physical Prep.			Basic Preparation							Special Preparation					Competition Period										
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Mar			Apr				May				Jun				Jul			Aug				Sep				

Basic Preparation Period II

Technique

Running

Jumping

Strength

1. Jumps now integrate multiple Jumps from 6-8 steps (average length of single jumps 3,40-3,60m)
2. Special jumps with additional weights (weight belt, weight vest)
3. High jumps, long jumps, jumps to a high hanging device (ball etc.) with pole, using a runup from 8 – 12 steps.
4. Downjumps and upjumps, up to 60 reps per session
5. Hurdle jumps, different heights and distances between hurdles, (up to 50 jumps per session)
6. Jump exercises for the ankles, executed in sequence (up to 100 jumps)

Rest	General Physical Prep.				Basic Preparation						Special Preparation					Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27				
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11				
19	26	02	09	16	23	30	07	14	21	28	04	11	18	25	02	09	16	23	30	06	13	20	27	03	10	17				
27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1				
Mar				Apr						May					Jun				Jul				Aug				Sep			

Special Preparation

Technique

Running

Jumping

Strength

1. Multiple jumps (3-6) from 8 to 12 steps (average length of single jumps 4,00 to 4,50m), aiming for length as well as for speed (Example: 5 jumps from 10 steps, try to jump 20m in 3 secs)
2. Takeoff-Jumps touching a high device (e.g. hanging ball) controlling takeoff technique
3. Various jump drills in conjunction with runs
4. Ankle jumps, executed in sequence, (up to 60 jumps per session)

Rest	General Physical Prep.				Basic Preparation				Special Preparation				Competition Period														
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
13	20	27	03	10	17	24	01	08	15	22	29	05	12	19	26	03	10	17	24	31	07	14	21	28	04	11	
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27	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Mar				Apr				May				Jun				Jul				Aug				Sep			

Planning For Peak Performance:

Week Examples

Mikrozyklus von S. Bubka in der Saison 1984

2. Grundlagenabschnitt – 4-Tages-Zyklus

1. Tag

1. Erwärmung (6x200) mit Einbeziehung von Übungen für die Sprunggelenke (50m bei jeder Runde)
2. Dehnung 25-30min
3. Übungskomplex mit Gummiband für Hüftgelenke (350-400m)
4. Springen nach hochhängendem Gegenstand (Zweige) aus 6-8 Anlaufschritten, bis zu 10 Wiederholungen
5. Läufe mit Stab, 22 Schritte, 16 Wiederholungen, abwechselnd Läufe mit schweren und leichten Stäben
6. Spezielle Kraft - Umfang 2 t (8-10 Serien)
7. Rasenläufe, 4x150m
8. Unterwassermassage, 15-20 min

Mikrozyklus von S. Bubka in der Saison 1984

2. Grundlagenabschnitt – 4-Tages-Zyklus

2. Tag – Vormittag

1. Erwärmung für das Stabhochsprung-Training
2. Dehnung – 25-30min
3. Lauf-ABC – 250-300m
4. Imitationsübungen mit Stab 25-30 Wiederholungen
5. „Stabschule“ – 15-30 Wiederholungen
6. Fußgelenksarbeit (Tonisieren) – 2 Serien
7. Anlauf- und Einstichkontrolle – 3-4 Wiederholungen
8. Sprünge mit Stab aus mittlerem Anlauf (16 Schritte) –
Griff 4,90-4,95m, Stabhärte 13,6,
20 Sprünge:
 - 5 Sprünge 5,50m
 - 10 Sprünge 5,80m
 - 5 Sprünge 6,10m
9. Auslaufen – 1000m, Dehnung – 20 min

Mikrozyklus von S. Bubka in der Saison 1984

2. Grundlagenabschnitt – 4-Tages-Zyklus

2. Tag – Nachmittag

1. Basketball 20min mit Zusatzgewicht 4-5kg (Weste, Gürtel)
2. Turnen (Akrobatik) – 50 Elemente
3. Reck – 10 Wiederholungen
4. Kraftgymnastik mit Gewichten – 50 Wiederholungen
5. Spezielles Sprungkrafttraining – 130 Absprünge (Gewichtsweste 6kg)
6. Sprint 4x40m, fliegend aus verschiedenen Anlaufbereichen: nach 5m, 10m, 15m
6. lockerer Rasenlauf - 1000m, Dehnung 15-20 min

Mikrozyklus von S. Bubka in der Saison 1984

2. Grundlagenabschnitt – 4-Tages-Zyklus

3. Tag – Vormittag

1. 3x1000m (5min, 4min, 3:30min), dazwischen jeweils 10 min Stabilisationsübungen (1. Serie für Arme, 2. Serie für Rumpf und Becken, 3. Serie für Beine)
2. Hürdenübungen – 90 Wiederholungen
3. Hürdenläufe mit 1-3 Zwischenschritten, 40 Hürdenüberquerungen
4. Hanteltraining – Umfang 6 t
5. Läufe mit schwerem Stab 10x50m
6. lockerer Rasenlauf - 1000m

Mikrozyklus von S. Bubka in der Saison 1984

2. Grundlagenabschnitt – 4-Tages-Zyklus

3. Tag – Nachmittag

1. Aufwärm lauf unter Einbeziehung von Übungen mit dem Medizinball - 1000m
2. Dehnung 10-15min
3. Medizinballwürfe – 50 Wiederholungen
4. Läufe mit Zugwiderstand (Gummi) 5x50m
5. allgemeines Sprungtraining - 240 Absprünge
6. 3 x Läufe über 100, 200, 150m, 3 min Geh-Pause zwischen den Serien
7. Übungen zur Verbesserung der Beweglichkeit – 15-20 min

4. Tag

Schwimmen, Massage, Sauna

Mikrozyklus von S. Bubka in der Saison 1985

Aufbau-Abschnitt – 4-Tages-Zyklus

1. Tag – Vormittag

1. Crosslauf 2km mit Einbau allgemein-entwickelnder Übungen
2. allgemeine Dehnung 15 min
3. Imitationsübungen für den Stabhochsprung – 30 Wiederholungen
4. Läufe 3x200m
 - a) 200m – 3min, Schultererwärmung 10min, 15 Stabimitationen
 - b) 200m – 2:45min – Rumpferwärmung 10min, 15 Stabimitationen
 - c) 200m - 2:30min – Erwärmung für die Beine 10min, 15 Stabimitationen
5. Kreistraining – 2 Durchgänge, jeweils 10 Übungen (10-15 Wiederholungen)

1. Tag – Nachmittag

1. Fussball 30min
2. Sprungübungen – 250 Absprünge
3. Schwimmen 30min

Mikrozyklus von S. Bubka in der Saison 1985

Aufbau-Abschnitt – 4-Tages-Zyklus

2. Tag – Vormittag

1. Lauf 2km mit Einbindung von Trainingsübungen
2. Dehnung mit Partner 20min
3. Bergan-Läufe – 700m (auf Sägespan-Bahn)
4. Bergan- und Bergabläufe
 - a) Berganläufe (Sägespanbahn) 7x60m
 - b) Bergabläufe 3x60m
5. Kraftgymnastik – 50 Übungen mit 5kg
6. Läufe mit Stab – 5x100m

2. Tag – Nachmittag

1. Krafttraining – Umfang 4,0 t
2. Sprungübungen – 250 Wiederholungen
3. Läufe mit Stab 5x100m
4. Läufe 2x300m (45-47")
5. Schwimmen 30min

Mikrozyklus von S. Bubka in der Saison 1985

Aufbau-Abschnitt – 4-Tages-Zyklus

3. Tag – Vormittag

1. Crosslauf 15-20min
2. Kräftigung der Hüftmuskulatur in Verbindung mit Läufen – 2 Durchgänge
3. Bergabläufe – 7x70m
4. Sprungübungen, 2x150 Wiederholungen
5. Läufe 2x100, 2x200, 2x300m
6. Schwimmen – 30min

3. Tag – Nachmittag

Massage, Sauna

4. Tag

Erholung (Spiel 1 h)

Mikrozyklus von S. Bubka in der Saison 1985

1. Spezieller Abschnitt – 3-Tages-Zyklus

1. Tag – Vormittag

1. Aufwärmungslauf – 1200m
2. Dehnungsübungen 30 min
3. Lauf-ABC 350-400m
4. Steigesprünge aus 6-8 Anlaufschritten, 10 Wiederholungen
5. spezielles Hanteltraining – Umfang 1,5 t, 2-3 Übungen
6. Beschleunigungsläufe – 60+20+100m

Nachmittag

1. leichtes Aufwärmen 15-20min
2. Imitationsübungen mit Stab, “Stabschule“ – 15-20 Wiederholungen
3. Anlauf- und Einstichkontrollen (4-5 Wiederholungen)
4. Sprünge mit dem Stab aus vollem Anlauf (20 Schritte) – 12 Wdh (Griff

5,05-5,10m,

Stabhärte 12,6 –12,0

3-4 Sprünge über Anfangshöhe 5,60-5,70m über die Latte

4-5 Sprünge über 5,85-5,90m – über Gummiband

3-4 Sprünge über 6,20-6,30m – über Gummiband

5. Sprint 3x100m (10,90, 10,71, 10,50s)

6. lockerer Lauf bis 1000m, Übungen zur Verbesserung der Beweglichkeit 15min

7. leichte Massage

Mikrozyklus von S. Bubka in der Saison 1985

1. Spezieller Abschnitt – 3-Tages-Zyklus

2. Tag : Vormittag

1. Turnen, Akrobatik – 1 h
2. Spezielle Kräftigungsübungen - 85 Wiederholungen
3. Bergabläufe – 4x120m

2. Tag – Nachmittag

1. Aufwärmungslauf mit Sprunggelenksarbeit – 1200m
2. Medizinballwürfe oder Kugelschocken, bis zu 25 Wiederholungen
vorwärts 7,26kg – 17,35m
3. Läufe mit dem Stab
 - a) 3x20 Schritte mit schwerem Stab
 - b) 3x22 Schritte mit Wettkampfstab, mit Absprung
4. Sprünge über die Latte vom Tau, bis zu 10-15 Wiederholungen
5. Maximalkrafttraining, Umfang 3 t (schnelle Bewegungsausführung)
6. Sprünge – 30 Wiederholungen, Sprunggelenksübungen – 50 Wiederholungen
7. Sprint 5x100m (12,5 - 11,6 - 11,30, 11,10 - 10,90s)

3. Tag

1. Schwimmen
2. Massage, Sauna