

Maximum Speed Training for Jumping



**BOING
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Increasing Linear Plane Movement Velocity

As highlighted throughout the entire BoingVERT Jump System Training Manual, one's maximum speed is an extremely important factor when it comes to optimizing an individual's jump performance. One look at the elite jumpers of BoingVERT and you will realize that this is 100% truth. Our jumping athletes are quite simply on another rung of the ladder when it comes to the movement velocities that they can hit in their approach and takeoff. They are extraordinarily explosive in short distances and use this explosiveness to their advantage to propel them up to heights that few others are capable of. It's obvious to say then that finding ways to increase upon individual speed qualities will go a long way to increasing your ability to walk the sky. Unfortunately, many individuals underestimate this important factor and do not devote nearly enough training or practice time to simply moving faster in their movements. However, this also represents a tremendous opportunity for increasing one's jump potential. Many of the adaptations realized initially with this short training phase will be of the neuromuscular nature which also forms the basis for all jump-specific movement patterns. Thus great training transfer can be expected. These neuromuscular adaptations can include motor unit recruitment, rate coding, and intramuscular and intermuscular coordination. As time passes by, the body will also attain greater biomechanical efficiency through the use of this plan. This means that one will begin to increase upon force absorption and exertion qualities as well as accompanying speed-strength capabilities of the key musculature involved in jumping. When an athlete begins to increase their horizontal velocity in the linear plane (i.e. going forward), he/she will be able to more fully turn potential energy into kinetic energy to take him/her upward in a more rapid fashion. In addition, this type of training phase can help take advantage of other interdependent physical qualities attained during other training cycles or phases (such as maximum strength, eccentric strength, etc). All in all, increasing movement speed EQUALS increasing jump performance! SPEED KILLS!

Phase Duration: 3 weeks

Frequency: The workouts in this phase are designed to be completed 2 times per week with at least 48 hours of rest in between those training sessions. On off days, additional core work or sport-specific jumping could be completed. In fact, jumping on those days is highly advised in order to take advantage of the new-found speed-strength qualities in the most appropriate fashion.

Warm-up/Movement Preparation: It is expected that you fully perform the dynamic warm-up/movement preparation prescribed with each workout. In addition, you may elect to perform glute activation movements prior to the speed work-out (but after the dynamic warm-up). However, save static stretching for the end of the work-out. Even though this may

seem contrary to many things you have heard in the past, recent research indicates that static stretching prior to speed or power work could actually greatly hamper performance.

Additional Notes: When looking to maximize speed qualities, every repetition must be of the highest proficiency level. Thus, it is imperative that each rep be completed with maximum effort and intention as each one will take you one step closer to higher jump mastery. It is also important to pay close attention to the rest periods. To get faster, you must consistently run faster. In addition, being fully refreshed is the only way to greater maximum speed attainment. Thus, do not short-change the rest period listed. The work-out is not meant to be conditioning! You should not feel physically exhausted at the end of any of the work-outs. If so, adjust your rest periods the next time you complete a training session. The individual workouts are not long and grueling or overly-complicated. However, do not be tempted to increase the overall training volume as speed training can be extremely taxing on the nervous system. Ironically, the nervous system can take 2-3 times longer to recover than muscle does. Thus, overloading too much can quickly lead to overtraining. Stick to the plan!

Special Notes for BoingVERT Society Members: For those of you whom are already following the BoingVERT Jump System, you could incorporate this Speed Training Phase as a stand-alone Phase in between Phases 1 and 2 and/or between Phases 3 and 4. However, do NOT skip or replace any of the other Phases of the Jump System.

Week 1-Maximum Speed for Jumping

Day 1

Date	Time	Weight	Sleep	Mood
<i>Movement Preparation:</i>				
	Sets	Reps	Rest	Notes
Jogging; 15-30 yd	1	4	N/A	
Backward Jogging; 15-20 yd	1	2	N/A	
Skipping; 15-20 yd	1	2	N/A	
Straight-leg Skipping; 15-20 yd	1	2	N/A	
Carioca; 15-20 yd	1	4	N/A	2 each way
High Knees; 15-20 yd	1	2	N/A	
Butt Kick; 15-20 yd	1	2	N/A	
Submaximal Sprint; 15 yd	1	3	15 seconds	
<i>Jump Specific Speed:</i>				
	Sets	Reps	Rest	Notes
5 yard Sprint	1	4	15 seconds	
1 min rest				
10 yard Sprint	1	4	20 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
3 min rest				
5 yard Sprint	1	4	15 seconds	
1 min rest				
10 yard Sprint	1	4	20 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
<i>Static Stretching or Foam Rolling</i>				

Day 2

Date	Time	Weight	Sleep	Mood
<i>Movement Preparation:</i>				
	Sets	Reps	Rest	Notes
Jogging; 15-30 yd	1	4	N/A	
Backward Jogging; 15-20 yd	1	2	N/A	
Skipping; 15-20 yd	1	2	N/A	
Straight-leg Skipping; 15-20 yd	1	2	N/A	

Carioca; 15-20 yd	1	4	N/A	2 each way
High Knees; 15-20 yd	1	2	N/A	
Butt Kick; 15-20 yd	1	2	N/A	
Submaximal Sprint; 15 yd	1	3	15 seconds	
<i>Jump Specific Speed:</i>	Sets	Reps	Rest	Notes
5 yard Sprint	1	3	15 seconds	
1 min rest				
10 yard Sprint	1	3	20 seconds	
1 min rest				
15 yard Sprint	1	4	30 seconds	
3 min rest				
5 yard Sprint	1	3	15 seconds	
1 min rest				
10 yard Sprint	1	3	20 seconds	
1 min rest				
15 yard Sprint	1	4	30 seconds	
<i>Static Stretching or Foam Rolling</i>				

Week 2-Maximum Speed for Jumping

Day 1

Date	Time	Weight	Sleep	Mood
<i>Movement Preparation:</i>	Sets	Reps	Rest	Notes
Jogging; 15-30 yd	1	4	N/A	
Backward Jogging; 15-20 yd	1	2	N/A	
Skipping; 15-20 yd	1	2	N/A	
Straight-leg Skipping; 15-20 yd	1	2	N/A	
Carioca; 15-20 yd	1	4	N/A	2 each way
High Knees; 15-20 yd	1	2	N/A	
Butt Kick; 15-20 yd	1	2	N/A	
Submaximal Sprint; 15 yd	1	3	15 seconds	
<i>Jump Specific Speed:</i>	Sets	Reps	Rest	Notes
5 yard Sprint	1	5	15 seconds	

1 min rest				
10 yard Sprint	1	4	20 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
3 min rest				
5 yard Sprint	1	5	15 seconds	
1 min rest				
10 yard Sprint	1	4	20 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
<i>Static Stretching or Foam Rolling</i>				

Day 2

Date	Time	Weight	Sleep	Mood
<i>Movement Preparation:</i>	Sets	Reps	Rest	Notes
Jogging; 15-30 yd	1	4	N/A	
Backward Jogging; 15-20 yd	1	2	N/A	
Skipping; 15-20 yd	1	2	N/A	
Straight-leg Skipping; 15-20 yd	1	2	N/A	
Carioca; 15-20 yd	1	4	N/A	2 each way
High Knees; 15-20 yd	1	2	N/A	
Butt Kick; 15-20 yd	1	2	N/A	
Submaximal Sprint; 15 yd	1	3	15 seconds	
<i>Jump Specific Speed:</i>	Sets	Reps	Rest	Notes
5 yard Sprint	1	2	15 seconds	
1 min rest				
10 yard Sprint	1	2	20 seconds	
1 min rest				
10 yard Falling Start	1	3	30 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
3 min rest				
5 yard Sprint	1	2	15 seconds	
1 min rest				
10 yard Sprint	1	2	20 seconds	
1 min rest				

10 yard Falling Start	1	3	30 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
<i>Static Stretching or Foam Rolling</i>				

Week 3-Maximum Speed for Jumping

Day 1

Date	Time	Weight	Sleep	Mood
<i>Movement Preparation:</i>	Sets	Reps	Rest	Notes
Jogging; 15-30 yd	1	4	N/A	
Backward Jogging; 15-20 yd	1	2	N/A	
Skipping; 15-20 yd	1	2	N/A	
Straight-leg Skipping; 15-20 yd	1	2	N/A	
Carioca; 15-20 yd	1	4	N/A	2 each way
High Knees; 15-20 yd	1	2	N/A	
Butt Kick; 15-20 yd	1	2	N/A	
Submaximal Sprint; 15 yd	1	3	15 seconds	
<i>Jump Specific Speed:</i>	Sets	Reps	Rest	Notes
5 yard Sprint	1	6	15 seconds	
1 min rest				
10 yard Sprint	1	3	20 seconds	
1 min rest				
15 yard Sprint	1	4	30 seconds	
3 min rest				
5 yard Sprint	1	5	15 seconds	
1 min rest				
10 yard Sprint	1	4	20 seconds	
1 min rest				
15 yard Sprint	1	3	30 seconds	
<i>Static Stretching or Foam Rolling</i>				

Day 2

Date	Time	Weight	Sleep	Mood
<i>Movement Preparation:</i>				
	Sets	Reps	Rest	Notes
Jogging; 15-30 yd	1	4	N/A	
Backward Jogging; 15-20 yd	1	2	N/A	
Skipping; 15-20 yd	1	2	N/A	
Straight-leg Skipping; 15-20 yd	1	2	N/A	
Carioca; 15-20 yd	1	4	N/A	2 each way
High Knees; 15-20 yd	1	2	N/A	
Butt Kick; 15-20 yd	1	2	N/A	
Submaximal Sprint; 15 yd	1	3	15 seconds	
<i>Jump Specific Speed:</i>				
	Sets	Reps	Rest	Notes
5 yard Sprint	1	2	15 seconds	
1 min rest				
10 yard Sprint	1	2	20 seconds	
1 min rest				
15 yard Falling Start	1	3	30 seconds	w/quick deceleration
1 min rest				
15 yard Sprint	1	3	30 seconds	
3 min rest				
5 yard Sprint	1	2	15 seconds	
1 min rest				
10 yard Sprint	1	2	20 seconds	
1 min rest				
15 yard Falling Start	1	3	30 seconds	w/quick deceleration
1 min rest				
15 yard Sprint	1	3	30 seconds	
<i>Static Stretching or Foam Rolling</i>				

While these short programs are great. There is nothing like the full BoingVERT program.

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