Triple Jump
Journey from 46ft to 53ft

Evaluation - Implementation - Execution
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Overview

• Coaching philosophy

• Evaluation, Implementation, Execution

• Conclusion

• Q and A
Coaching philosophy

• Speed kills …
• Most of the work needs to be done on the runway

• Technical proficiency relative to strength and speed

• Seek postural positions over numerical outcomes at competition velocities

• Back to basics as a reset whenever necessary
4 jump success keys

- High strength relative to weight
- High force production
- Proper direction of force application
- Optimal contact time
Why such a big focus on acceleration?

• Acc: 0 to 60m

• Most runways terminate at 45-50m

• Accelerate to optimal velocity approx. 10m from the board

• Leave about 35-40m to accelerate

• Work within the parameters of the event.
Body weight/comp also a big factor
Scott Carter - case study for evaluation

- High school multi sport athlete
- Football running QB - played both ways
- Wrestling
- Track - multiple events
High School PRs

• 100m - 11.27
• 60mH - 8.21
• 110mH - 14.43
• 300mH - 37.85
• TJ - 48-11 average was 47-11
2013-2014 Evaluation

• Body weight - 80.91Kg
• Hang clean - 125Kg
• Squat - 145Kg
• 2014 PR - 15.64m
<table>
<thead>
<tr>
<th>Year</th>
<th>Hang clean/kg</th>
<th>Squat/kg</th>
<th>Body weight/kg</th>
<th>Clean strength to weight</th>
<th>Squat strength to weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-13</td>
<td>125</td>
<td>140</td>
<td>90</td>
<td>1.39</td>
<td>1.56</td>
</tr>
<tr>
<td>13-14</td>
<td>125</td>
<td>145</td>
<td>80.9</td>
<td>1.55</td>
<td>1.79</td>
</tr>
<tr>
<td>14-15</td>
<td>137.5</td>
<td>150</td>
<td>84.55</td>
<td>1.63</td>
<td>1.77</td>
</tr>
<tr>
<td>15-16</td>
<td>130</td>
<td>160</td>
<td>79.1</td>
<td>1.64</td>
<td>2.02</td>
</tr>
<tr>
<td>16-17</td>
<td>137.5</td>
<td>165</td>
<td>75</td>
<td>1.83</td>
<td>2.2</td>
</tr>
</tbody>
</table>
2013-2014 results

Distance / m

Maximum 15.64
Average 14.82

TJ competitions
2013-2014

• PR - 15.64

• Season average - 14.82

• # of competitions - 14
2013-2014 TJ results

- Maximum: 15.64 m
- Average: 14.82 m

Distance / m

- TJ competitions
  - mwc
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9
  - 10
  - 11
  - 12
  - 13
  - 14

Distance bars for each competition, with TJ results from 2013-2014.
Implementation for 2014-2015

- Big emphasis on acceleration and approach velocity
- Reduce approach distance
- Reduce support phases GCT
- Make weight room a priority
- Re work technical model
Execution: 2014-2015 Results

Distance / m

TJ competitions

Maximum 15.03
Average 14.75
Support phase GCT

- Hop - 0.13s compared to 0.12s @ ‘09 WC
- Step - 0.16s compared to 0.15ss @ ‘09 WC
- Jump - 0.18s compared to 0.17 @ ‘09 WC
Support phase GCT
Execution

• SB - 15.03
• Season average - 14.75
• # of competitions - 15
• Average velocity of last 4 steps - 10.45 m/s
• More consistent results

• Major competition results were closer to season best and season average

• Only 1 competition out of 14 over 15m
2014-2015 Evaluation

- Body weight - 84.55Kg
- Hang clean - 137.5Kg
- Squat - 150Kg
Implementation for 2015-2016

• Move approach distance back

• Increase volume of quality work

• Increase accuracy

• Reduce GCT

• Improve posture through phases
Execution: 2015-2016 results

- Distance / m:
  - 14.90
  - 15.13
  - 15.35
  - 15.58
  - 15.80

- Competitions:
  - 1
  - 2
  - 3
  - 4
  - 5
  - m

- Maximum: 15.76 m
- Average: 15.41 m
Support phase GCT

- Hop - 0.12s compared to 0.12s @ ‘09 WC
- Step - 0.15s compared to 0.15 @ ‘09 WC
- Jump - 0.17s compared to 0.17 @ ‘09 WC
Execution 2015-2016

- PR - 15.76
- Season average 15.41
- All competitions over 15m
- Season best and PR occurred at major meet
- Consistent performance through the season
- 6 competitions during indoor season
- Average velocity of last 4 steps - 9.79 m/s
Comparison 2015 to 2016
Evaluation of 2015-2016

• Body weight - 79.1Kg
• Hang clean - 130Kg
• Squat - 160Kg
Implementation for 2016-2017

• Choose optimum approach distance 14, 16 or 18 steps

• Higher quality work, lower volume of work

• Prepare specifically for 3 competitions major competitions
Planning

• Only took 3 jumps during the final 2 regular season comps to mimic NCAA 1st round

• Approached NCAA finals like two 3 attempt competitions

• Evaluated key competitors season to affirm that scott was just as good and had as good a chance as any
TS 1st Round Comp

9 3 comps avg 15.98 best 16.03
8 4 comps avg 15.64 best 16.12
10 4 comps avg 15.89 best 16.12
9 6 comps avg 15.63 best 16.19
8 4 comps avg 15.94 best 16.26
7 5 comps avg 15.98 best 16.28
6 2 comps avg 16.19 best 16.29
5 2 comps avg 16.24 best 16.31
4 4 comps avg 16.30 best 16.42
3 3^2 comps avg 15.99 best 16.43
2 3 comps avg 16.24 best 16.66
1 1 comp avg 16.67 best 16.67
Execution: 2016-2017 results

- **Distance / m**
  - 15.10
  - 15.40
  - 15.70
  - 16.00
  - 16.30

- **Competitions**
  - 1
  - 2
  - 3
  - 4
  - 5
  - m
  - 7
  - 8
  - m
  - R1
  - F

- **Maximum**: 16.26
- **Average**: 15.77
Support phase GCT

- Hop - 0.12s compared to 0.12s @ ‘09 WC
- Step - 0.14s compared to 0.15s @ ‘09 WC
- Jump - 0.16s compared to 0.17s @ ‘09 WC
Execution

- 11 of 11 competitions over 15m
- 3 of 11 competitions over 16m
- Season best and PR 16.26m
- Good performances at major competitions
- Season average - 15.77
- Average velocity of last 4 steps - 10.74 m/s
Comparison 2016 to 2017
Comparison 2015 to 2017
Conclusion

• Have a short term, intermediate and long term plan

• Be flexible, but always have a plan to get back on track

• Be patient - desired results are rarely a quick fix
Thank you

• All the coaches who share their knowledge willingly and freely