

Jump Training Program

Materials: One jump rope of good quality. Ends of the rope should be long enough to reach from shoulder to shoulder while just touching the ground

Program: (** all rest times are 1 minute)

<u>WEEK</u>	<u>Total Time</u>	<u>How Often</u>	<u>Intervals</u>
One	9 minutes	each day	1 minute jumping 1 minute rest Repeat 5X
Two	12 minutes	each day	1 minute jumping 1 minute rest Repeat 5X Finish with one - 2 minute interval
Three	17 minutes	each day	6 – 1 minute intervals + two-2 minute intervals
Four	24 minutes	each day	1 minute jumping/ 1 min. rest jump for 1:15/ 1 min. rest jump for 1:30/ 1 min. rest jump for 1:45/ 1 min. rest jump for 2:00/ 1 min. rest Repeat above
Five	30 minutes	each day	same as above but add one 3 minute interval at end of each cycle (i.e. after reaching 2 min.)
Six	30 minutes	each day	same as week 5
Seven	35 minutes	each day	same as week 5 but add one-5 minute interval at end
Eight	35 minutes	each day	same as week 7

Remember:

- Don't get discouraged at first. It will get smoother.
- Work to achieve 150 jumps per minute
- Use variations in jumping: left foot, right foot, side to side etc.
- Rest times are just as important as interval times
- You should see a vertical jump increase of 3-6 inches