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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

Paperback: 212 pages

Publisher: CreateSpace Independent Publishing Platform (June 12, 2012)

Language: English

ISBN-10: 1467979007

ISBN-13: 978-1467979009

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 20 customer reviews

Best Sellers Rank: #208,463 in Books (See Top 100 in Books) #73 in [Books > Sports & Outdoors > Other Team Sports > Track & Field](#)

## Customer Reviews

Nick Newman, M.S. is the founder of JumPR Athletics, a jumps specific training group in Long Beach, CA and is also the Education Coordinator and an Athlete Performance Coach at Champions Quest Athlete Academy in Los Alamitos, CA, USA. He is also a top 5 ranked British Long Jumper with a 2012 and personal best of 7.80m (25'07"). He was born and raised in Great Britain, where he graduated in 2001 with a two year A-level in Sport Science from Durham Community College. His bachelor's degree was in Exercise Science from Manhattan College in New York in 2006 and in 2009 he earned a graduate degree in Human Performance and Sport Psychology from California State University, Fullerton. Nick has been a lifelong researcher and contributor to sport science where he specializes in the development of speed and power specifically related to the jumping events/ sports. "The Horizontal Jumps: Planning for Long Term Development" is his latest work. To hear more from Nick Newman please visit his website [www.jumprathletics.com](http://www.jumprathletics.com)

Highly recommend this book for anyone who coaches, competes in, enjoys or wants a more thorough understanding of the horizontal jumps. This book is thorough, easy to follow, has so much information that is vital for an athlete or coach to progress in the horizontal jumps. The author has clearly done his homework and has a vast understanding of the subject matter. This book is helpful and has given me so much more information. I now know what I'm doing wrong and what I'm doing right and know how to help my athletes progress. I cannot recommend this book enough! The author backs up all of his theories, information, drills, everything with science. Thank you for a great and helpful read!

Very good book that is informative and practical. Only reason it got 4 stars was the editing which on a few occasions made a couple issues unclear. But otherwise it is as good a source I have read in one place.

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.

Great resource for any coach or athlete interested in the long and triple jump. I'm a college jumps coach and this is one of the best resources I have.

The Horizontal Jumps: Planning for Long Term Development is an essential resource for coaches and athletes in not only horizontal jumps, but also jumps and track and field in general. The highlight of the book for me was the specific and detailed periodisation programs, which highlighted and explained the differences between The European and American systems, and included recommendations for jumpers of varying training ages. A great and unique resource.

I am an elite USA triple jumper so it's hard for me to find training philosophy that I agree with. I am impress 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 gain me many success.

Excellent handbook for the horizontal jumps coach. It covers all aspects of athletic preparation for Long and Triple jumps. Will have to read it again and again to assimilate all it contains. Great resource for coaches

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.

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