







# TRIPLE JUMP

by Fletcher McEwen

The triple is the toughest of all of the jumps. The athlete must use a very high approach speed and then be able to control maintain that speed through three fast and powerful take-off actions.

EVENT PHASE		
	<p>APPROACH RUN ENTRY &amp; ACCELERATION</p>	<ul style="list-style-type: none"> <li>• Length ~ 10-20 strides</li> <li>• Good running technique</li> <li>• Gradual increase in speed and stride frequency (cadence) towards take-off</li> </ul>
	<p>TAKE-OFF</p>	<ul style="list-style-type: none"> <li>• Slightly chopped last stride</li> <li>• Active and quick flat-footed foot plant</li> <li>• Minimal contact time at take-off (minimal bend of take-off leg)</li> <li>• Free thigh driven to horizontal and blocked</li> <li>• Ankle, knee and hip joints fully extended</li> <li>• Take-off angle flatter than Long Jump</li> </ul>
	<p>FLIGHT PHASE I (HOP)</p>	<ul style="list-style-type: none"> <li>• Thigh of free leg driven to horizontal</li> <li>• Free leg is drawn back</li> <li>• Trunk upright</li> <li>• Take-off leg cycles then extends forwards to prepare for an active touchdown</li> </ul>

	<p style="text-align: center;">TAKE OFF &amp; FLIGHT PHASE II (STEP)</p>	<ul style="list-style-type: none"> <li>• Active and quick flat-footed foot plant</li> <li>• Almost complete extension of take-off leg</li> <li>• Free leg thigh punched to higher than horizontal</li> <li>• Trunk upright</li> <li>• Free leg extends forward and downward</li> <li>• Wide split between legs in mid-phase</li> </ul>
	<p style="text-align: center;">TAKE-OF F &amp; FLIGHT PHASE III (JUMP)</p>	<ul style="list-style-type: none"> <li>• Active and quick flat-footed foot plant</li> <li>• Full extension of take-off leg</li> <li>• Body position is upright</li> </ul>
	<p style="text-align: center;">LANDING</p>	<ul style="list-style-type: none"> <li>• Legs are almost fully extended</li> <li>• Trunk is bent forward, arms are drawn backwards</li> <li>• Hips are pushed towards the touchdown point</li> </ul>

Great speed and strength and balance is required after which the key to good distance is the distribution of each phase. Each phase should be of roughly equal length.