

# POLE VAULT

VITALI PETROV'S METHODOLOGY

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POLE VAULT

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graph TD; A[POLE VAULT] --- B[GYMNASTIC]; A --- C[RUN]; A --- D[POLE VAULT'S TECHNIQUE]
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GYMNASTIC

RUN

POLE VAULT'S  
TECHNIQUE

# GYMNASTIC

- BODY'S MOBILITY AND FLEXIBILITY, WELL-BALANCED MUSCULAR TENSION IN EXTENSION AND FLEXION, STATIC AND DYNAMIC POSTURES;
- ACROBATIC;
- TO LEARN SKILLS OF GYMNASTIC APPARATUS;
- SPECIAL GYMNASTIC TO SPECIFIC APPARATUS;
- TO DEVELOP SPECIAL SKILLS TO STABILIZE STATIC AND DYNAMIC POSTURES.

# RUN

- RUNNING HOLD BY POSTURE;
- RUNNING WITH POLE;
- RUN-UP WITH POLE TO DEVELOP THE FEELING OF START, MEDIUM AND COMPLETE RUN-UP;
- MULTIJUMPS'S TECNHIQUE TO IMPROVE THE RUN;
- TO CONNECT THE DIFFERENT TAKE-OFF (HIGH-JUMP, LONG-JUMP AND POLE VAULT) TO THE RUN;
- MULTIJUMPS TO IMPROVE THE POWER AND ELASTIC-RESPONSIVE SKILLS OF THE RUN.

# POLE VAULT'S TECHNIQUE

- TAKE-OFF AND ENTRY WITH POLE;
- DROOP AND PLANT OF THE POLE;
- INVERSION'S PHASE: WITH PROGRESSIVE SWING AND ROCK-BACK;
- THE BODY TURNS  $180^\circ$  (TURN PHASE) AND CROSS THE BAR (BAR CLEARANCE).

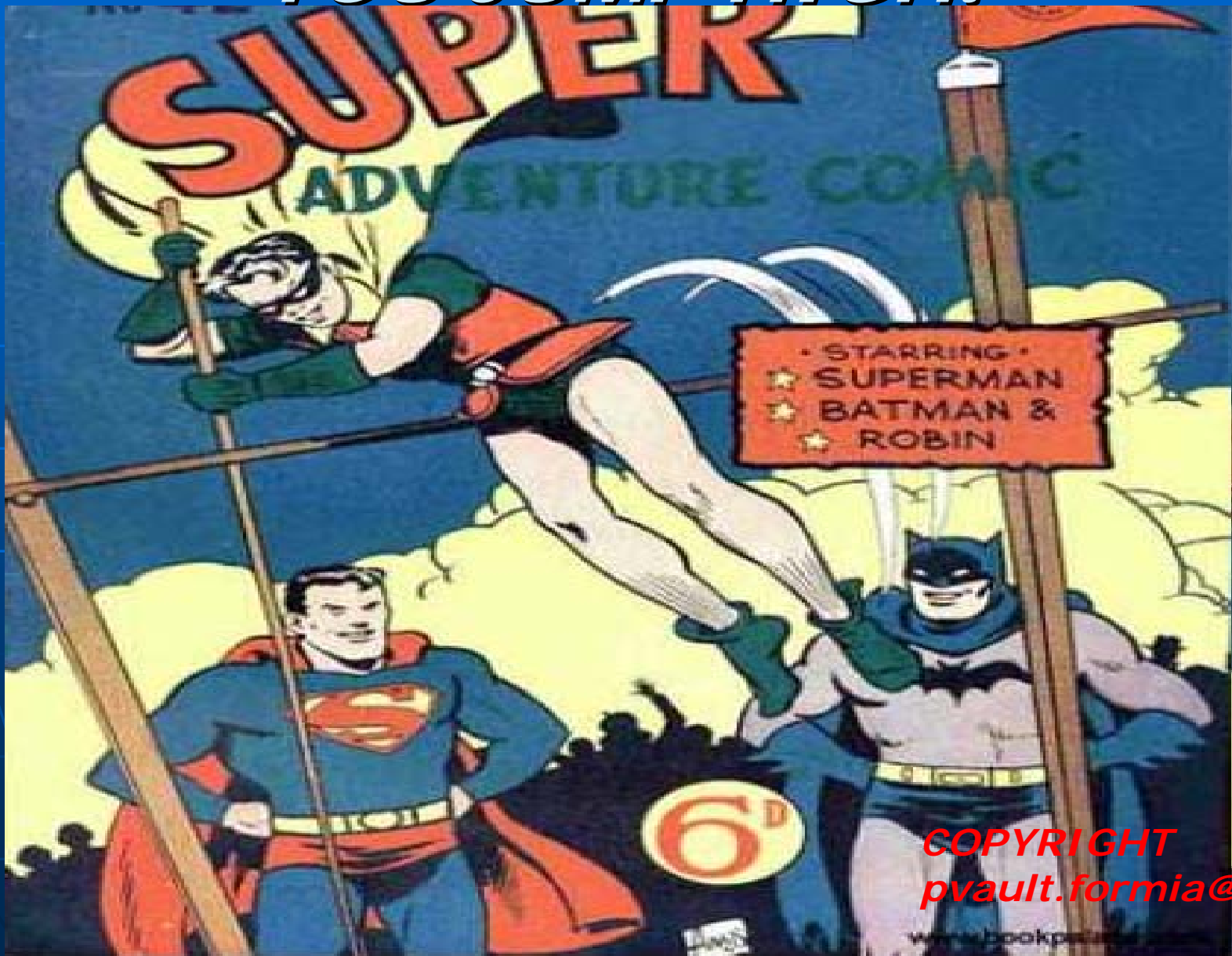
# DEVELOPMENT FROM BEGINNER TO A TOP LEVEL POLE VAULTER

AGE 13-15	AGE 16-17	AGE 18-20	AGE 21-23	AGE 24-28
<b>50% TECHNIQUE:</b> POSTURAL EXERCISES; INTRODUCTION TO ACROBATIC; RUNNING AND TAKE-OFF EXERCISES; BASIC EXERCISES POLE VAULT TECNIQUE. <b>50% GENERAL CONDITIONING DEVELOPMENT</b>	<b>60% TECNIQUE:</b> POSTURAL EXERCISES; ACROBATIC; DYNAMIC RUNNING AND TAKE-OFF EXERCISES; POLE VAULT'S TECNIQUE. <b>40% GENERAL CONDITIONING DEVELOPMENT</b>	<b>40% TECHNIQUE:</b> POLE VAULT TECHNIQUE AND RYTHMS. <b>40% DEVELOPMENT OF ABILITY:</b> DYNAMIC POSTURE WITH LOAD; GYMNASTIC; MAXIMUM DEVELOPMENT OF RUN AND TAKE-OFF. <b>20% GENERAL CONDITIONING DEVELOPMENT</b>	<b>40% TECHNIQUE</b> <b>40% SPECIAL POWER (STRENGHT-VELOCITY):</b> DEVELOPMENT OF MAXIMUM POWER HOLD BY TECHNIQUE; <b>20% GENERAL CONDITIONING DEVELOPMENT</b>	<b>40% TECHNIQUE:</b> IMPROVEMENT OF TECNHIQUE; CONSOLIDATION OF ALL SKILLS (GYMNASTIC, TEECHNIQUE, RUN, TAKE-OFF, PSYCOLOGY). <b>40% SPECIAL POWER:</b> HOLDING REACTIVE, ELASTIC, ESPLOSIVE SKILLS. <b>20% GENERAL CONDITIONING DEVELOPMENT</b>
<b>SHORT RUN-UP: 12 STEPS</b>	<b>MEDIUM RUN-UP: 14-16 STEPS</b>	<b>RUN-UP: 16-18 STEPS</b>	<b>RUN-UP: 18-20 STEPS</b>	<b>RUN-UP: 20 STEPS</b>
<b>RESULTS</b> 420-440	<b>RESULTS</b> 480-500	<b>RESULTS</b> 540-560	<b>RESULTS</b> 580-600	<b>RESULTS</b> 600-630

# DEVELOPMENT'S TECHNICAL PARAMETERS

AGE	RESULT	DIFFERENCE ATHLET HEIGHT- WEIGHT	POLE- GRIP CM	DIFFERENCE POLE KG INDEX- ATHLET WEIGHT	EFFICIENCY INDEX	60 MT STANDING START MANUAL CHRONO	100 MT STANDING START MANUAL CHRONO	JUMPS			BENCH PRESS KG	SNATCH KG	PULL OVER KG	GRIP 6 STEPS STRENGTH T POLE KG
								STANDING- LONG	STANDING- TRIPLE	LONG - COMPLETE RUN- UP				
10	-	10-12	280-290	-	-	8.8	15.2/15.4	220/ 230	580/ 600	400	-	-	-	240
12	330	14-15	320	-	+30	8.0/8.2	13.5/14.0	240/ 245	700/ 710	530/ 550	30	35	-	280/300
14	400	13	430	+7	+30	7.5	12.5	270	800	630/ 650	50	45	25	340/360
16	500	11	460	+8	+60	7.0/7.1	11.5/11.6	290	880	685	80	60	35	390
18	540- 550	10	475-480	+12	+85	6.7/6.8	11.0/11.2	305/ 310	940	720	95	80	45	405/415
20	570- 580	8	500	+16	+90 95	6.5/6.6	10.6/10.8	310/ 315	960	740	115	85	50	420
22	590- 595	7	510	+18	+95 100	6.4/6.5	10.5/10.6	315/ 320	980	760	125	95	55	425
24	600- 605	6	515	+20	100 110	6.3/6.4	10.3/10.6	320/ 325	1000	780	130	100 105	60/ 65	430

***IF YOU TRAIN TECHNIQUE,  
YOU JUMP HIGH!***



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