

Pole vault weekly goals:

3 x 3 30 meter flies

4 x 40 bound session

4 x 150 meters

8 x 200 str

4 yellow jacket circuits

High bar routine 3 times a week

Typical week!

Monday: 3 x 3 x30m

Tuesday 4 x 40m bounds

Wed: circuits

Thurs: 4 x150

Friday: circuits and 200's