







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

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

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.