

Pole Vault Progression Workout

In Sand:

3 x 1-Step Plant and Push (Base Grip)

3 x 2-Step Plant and Push (Base Grip)

3 x 4-Step Plant and Push (Base Grip + 2)

3 x 6-Step Plant and Push (Base Grip + 3 or 4)

4 x 4-Step Plant, Push, and Rotate (Base Grip + 2)

4 x 6-Step Plant, Push, and Rotate (Base Grip + 3 or 4)

In the Pit:

6 x 4-Step Plant and Push (Base Grip + 2)

6 x 6-Step Plant and Push (Base Grip + 3 or 4)

6 x 4-Step Plant, Push, and Rotate (Base Grip + 2)

6 x 6-Step Plant, Push, and Rotate (Base Grip + 3 or 4)

6 x 6-Step Plant and Push with Inversion (Base Grip + 5)