- Jumps Training Menu and Implementation

- What's in a Training Menu?
    - 5 Biomotor abilities

- Event Demands
    - What are we training for?

- Speed/Acceleration Development
    - Methods
    - Progression with accel/speed

- Strength
    - Methods
    - Progression with strength

- Skill
    - Techniques

- Endurance
    - Methods

- Flexibility
    - Dynamic
    - Static

- Implementation
    - Grouping
    - Planning
    - Thoughts

- Resources