

## 1 ☐ **TRIPLE JUMP TRAINING THAT SAVES LEGS**

NATE DAVIS  
 UNIVERSITY OF WISCONSIN  
 USATF LEVEL II INSTRUCTOR  
 USATF LEVEL III COACH  
 IAAF ELITE COACH JUMPING EVENTS

## 2 ☐ **UNDERSTANDING THE NATURE OF LEG ISSUES**

- STARTS WITH STRENGTH DEFICIENCIES
  - RESEARCH ON HIP WEAKNESS AND COORELATION TO SHIN SPLINTS

## 3 ☐ **UNDERSTANDING THE NATURE OF LEG ISSUES**

- THE ROLE OF INCOORECT RUNNING MECHANICS ON THE LEGS
  - HUMAN PHYSIOLOGY
  - BIOMECHANICAL PROBLEMS

## 4 ☐ **UNDERSTANDING THE NATURE OF LEG ISSUES**

- NON-LINEAR RECOVERY OF BODY SYSTEMS

## 5 ☐ **UNDERSTANDING THE NATURE OF LEG ISSUES**

- TRAINING THAT MAXIMIZES TIME AND MINIMIZES POUNDING
  - UNDERSTANDING TECHNICAL COMINALITIES
  - UNDERSTANDING PHYSICAL DEMANDS OF THE EVENTS

## 6 ☐ **UNDERSTANDING THE NATURE OF LEG ISSUES**

- PAST THE POINT OF NO RETURN – DEAL WITH IT.
  - SCALING BACK TRAINING TO A MINIMUM
  - USING COMPETITIONS AS THE FOCUS OF DEVELOPMENT