

# Beyond the Numbers: Understanding the Practical Significance of Phase Ratios in Triple Jump

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Athletics | Track & Field | Triple Jump | Performance Optimization

## Headline

Since at least the 1930s, the distribution of effort in the partial jumps - Hop, Step, and Jump (Figure 1) - has been considered a fundamental aspect of the triple jump technique (Holbert, 1974; Dolberty, 1953; Webster, 2018). Modern techniques have been named by Hay (1996) according to the percentage contribution of each phase to the total distance. In this classification, when the difference in contribution between the two longest phases is less than 2%, the technique is considered Balanced. If it exceeds 2%, it is either Hop-dominated or Jump-dominated. Although theoretically possible, Step-dominated efforts are not observed in practice.

Performance in the triple jump depends on the horizontal velocity at the end of the approach run and the ability to maintain as much as possible of that velocity until takeoff for

the Jump (Čuh & Kugovnik, 2011; Dyson, 1977; Fukushiro & Miyashita, 1983). Generating vertical velocity in each phase is also necessary (Dyson, 1977), but results in losses of horizontal velocity (Allen et al., 2013; Yu, 1999). Moreover, since the impact forces during the landings of the Hop and Step are very high (Amadio, 1996), athletes are compelled to limit the distances achieved in these phases to reduce the risk of injury and the number of aborted jumps (Hay, 1995). Thus, the Hop and Step would represent submaximal efforts, followed by a maximal effort in the Jump (Hay, 1995). Considering that horizontal velocity and its conservation are closely linked to performance in the event, the distances achieved in the Hop and Step should be limited by controlling the takeoff angles (Dyson, 1977) through adjustments in production of vertical velocity and, consequently, flight times, without reducing the horizontal velocity.

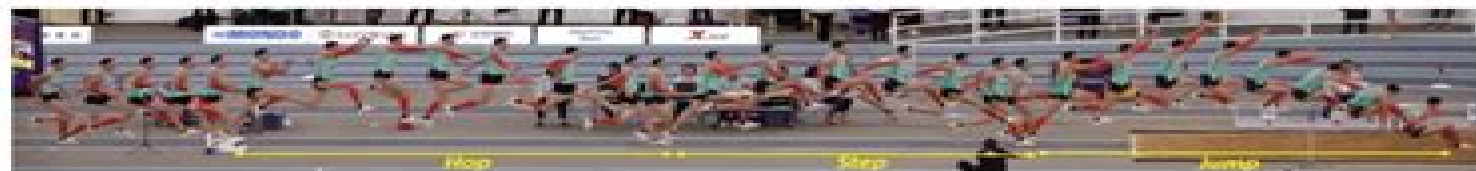


Fig. 1. Partial jumps in the triple jump.

## Aim

It has been a consensus between researchers and coaches (Starzyński, 1987; Toledo, 1978; Yu & Hay, 1996) that there is no optimal distribution that universally applies to all jumpers. This distribution would vary according to individual characteristics, performance level, and the athlete's stage of preparation or career (King, 1996). Moreover, although general principles can be applied to both genders, there is a scarcity of studies addressing the women's triple jump. This brief article discusses the practical application of relevant aspects related to the distribution of partial jumps in men's triple jump and makes inferences for the women's event.

## The "Currency" of the Triple Jump

In the triple jump, just like in life, there is no "free lunch". Jumping far, in any of the phases, comes at a cost, and that cost is determined in the currency of the jumping event: the horizontal velocity generated during the run-up. To produce a longer Hop, more horizontal velocity must be converted into vertical velocity, with the potential of negatively impacting the subsequent phases. This also applies to the Step. Although the "cost" of longer Hops or Steps may vary for different ath-

letes, it certainly reaches a point where it becomes too "expensive": the losses in the next phase would outweigh the gains in the current phase.

## Mathematical and Statistical Models

Several authors have sought to find objective parameters that could help to "prescribe" the optimal individual distribution. Although coaches intuitively advise Hop-dominated distributions for stronger jumpers and Jump-dominated distributions for faster jumpers (King, 1996; Locatelli, 1987), this relationship has not been objectively demonstrated. Furthermore, it is difficult to define what constitutes a "strong" jumper, as strength manifests in different and specific ways (Moura, 2018). Yu & Hay (1996) recommend choosing the technique based on the approach speed and the conversion coefficient between horizontal and vertical velocity at each support phase ( $A_1$ ). According to this model, when  $A_1 < 0.5$  (few losses of horizontal velocity for a given gain in vertical velocity), Hop-

# Triple Jump Practical Guide

**Dr Johann Hugo**

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the author's name.

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