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Mike Durand CSCS SCCC USAW WIAA

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September 10th, 2017 - Drills to Improve High Jump Arch Incorporate flexibility exercises into your drill training for effective high jump workouts Lose Weight Feel Great'

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April 27th, 2018 - **CLICK HERE** <https://coacheschoice.com/p/801/effective-practice-drills-for-the-high-jump/> offers a step by step guide to understanding drills for developing key fundamentals and techniques for the high jump event'**Jessica Ennis Training and Workouts World Heptathlon**

April 25th, 2018 - Jessica Ennis is Britain's leading heptathlon athlete The Heptathlon consists of 7 track and field events 100m Hurdles The High Jump Shot Put 200m Sprint The Long Jump Javelin Throw and the 800m run'

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