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LONG JUMP SIX STRIDE CHART

JUMP DISTANCE	SIX STRIDE MARK	STRIDE LENGTH
15'6" 4.70	35'6" 10.80	5'11" 1.80
16-0 4.85	36-0 10.95	6-0 1.825
16-6 5.00	36-6 11.10	6-1 1.85
17-0 5.15	37-0 11.25	6-2 1.875
17-6 5.30	37-6 11.40	6-3 1.90
18-0 5.45	38-0 11.55	6-4 1.925
18-6 5.60	38-6 11.70	6-5 1.95
19-0 5.75	39-0 11.85	6-6 1.975
19-6 5.90	39-6 12.00	6-7 2.00
20-0 6.05	40-0 12.15	6-8 2.025
20-6 6.20	40-6 12.30	6-9 2.05
21-0 6.35	41-0 12.45	6-10 2.075
21-6 6.50	41-6 12.60	6-11 2.10
22-0 6.65	42-0 12.75	7-0 2.125
22-6 6.80	42-6 12.90	7-1 2.15
23-0 6.95	43-0 13.05	7-2 2.175
23-6 7.10	43-6 13.20	7-3 2.20
24-0 7.25	44-0 13.35	7-4 2.225
24-6 7.40	44-6 13.50	7-5 2.25
25-0 7.55	45-0 13.65	7-6 2.275
25-6 7.70	45-6 13.80	7-7 2.30
26-0 7.85	46-0 13.95	7-8 2.325
26-6 8.00	46-6 14.10	7-9 2.35
27-0 8.15	47-0 14.25	7-10 2.375
27-6 8.30	47-6 14.40	7-11 2.40
28-0 8.45	48-0 14.55	8-0 2.425
28-6 8.60	48-6 14.70	8-1 2.45
29-0 8.75	49-0 14.85	8-2 2.475
29-6 8.90	49-6 15.00	8-3 2.50
30-0 9.05	50-0 15.15	8-4 2.575

In an effort to place some emphasis on the speed and consistency needed in a Long Jump Approach, I have devised a chart relating to the "average" ratio's of "Stride Lengths and Stride Frequencies", jump distance compared to Six Stride Coaches Check Mark, as measured from SIX (6) running strides (13.00 to 15.00 Meters) before the takeoff board.

Scientific Study and the experience of the Great Russian Long Jump, Igor Ter-Ovanesyan allowed him to make this statement. Quote: "An ideal run-up should consist of three phases; an accelerating start of 8 strides, a middle element with little or no acceleration, and a final last 5-6 speed strides from a "cue" mark.

The fundamental "physics" is that the correct speed needed to jump a specific distance will have a corresponding "correct" stride length that will be produced by that speed and correct running technique.

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