

How to Train Athletes in Several Events

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- I. Philosophy for Multi-Event Training
 - A. Competing in multiple events is a specialty in itself
 1. A multi-event athlete cannot be a specialist in every event
 2. Desire is just as important as talent
 - B. Train to develop general athletic fitness and skills
 1. Identify skills needed for each event
 2. Determine the relative importance of speed, strength, endurance, agility and flexibility
 - C. Most multi-event athletes compete in speed and power events
 1. Example hurdles-long jump- relays
 2. 800 - 1600 - 3200 is not a true multi-event athlete
 3. 800 - high jump is a multi-event athlete
 - D. Talented athletes should concentrate on best events at end of season
 1. An athlete shouldn't be denied individual success
 2. Concentrate on weaknesses early in the season
 - E. Multi-events are easily over-trained and over competed
 1. Think quality, not quantity
 2. Don't expect such athletes to be fully trained for all events
 3. Training is punishing, so schedule periods of rest and recovery
 4. A longer, slower warm-up and cool-down are necessary
- II. Selecting a Multi-Event Athlete
 - A. Skill, speed, strength, stamina and desire are the five prime requisites
 - B. Check the long jumping ability of the athlete first
 - C. Secondly, check the athlete's ability to do the following:
 1. Pole-vault - coordination, speed, strength, agility, flexibility
 2. Hurdles - speed, strength, ability, flexibility
 3. Shot Put- Power (speed and strength)
 - D. Sponsor a school-wide decathlon
- III. Training Guides
 - A. Determine the events in which the athlete will compete
 - B. Time is of the essence
 1. Use workouts that combine many aspects of conditioning
 2. Do not waste time in drills that do not pertain directly to the event
 - C. Follow the Event Pyramid Steps for multi-event development
 1. Conditioning
 2. Drills
 3. Skills
 4. Event Participation

- D. Technique is most important in early training
 - E. Give priority to events requiring the most fitness
 - F. Sequence technique training before fitness training
 - 1. Two events plus a component of fitness is a good workout day.
Sample:
 - warmup
 - plyometrics
 - long jump runway work and short jumps
 - hurdle drills
 - 400 m. training
 - cool-down period
 - 2. Each day of the week should have alternating events and components of fitness
 - G. Focus on fundamentals when teaching techniques
 - H. Don't risk injury
 - 1. Heavy jumping days necessitate a decrease in the athletes running workout
 - 2. Leave certain things out if you feel you can do just as well without training
 - I. Train the more technical events first during workouts for the first few months.
 - 1. The athlete will be able to learn more if they are not fatigued
 - 2. Once the athlete is competent in the technical events, increase the speedwork
 - J. A good measure of fitness is an athlete's ability to run 400 meters
- IV. Planning and Preparing for an Athlete's Multi-Event Competition in a Given Meet
- A. Determine events well in advance
 - B. Allow recovery time between events
 - C. To maximize performances from a multi-event athlete consider limiting field event attempts
 - D. If it is a meet your team should win easily, consider resting your athlete in an event or two
 - E. Put athlete in events that he will score well
 - F. During the championship season, focus on the athlete's best events