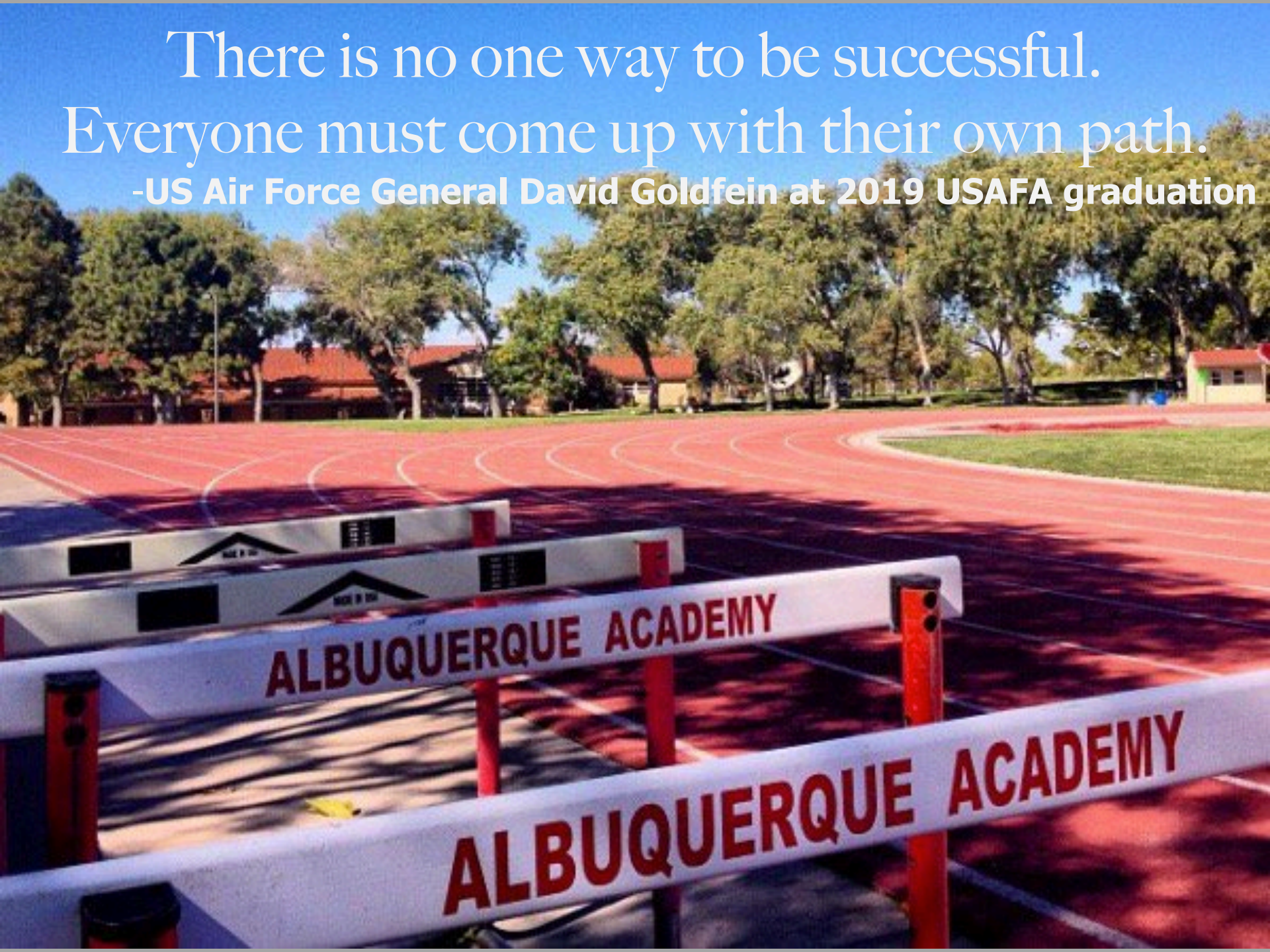


# **MULTI - EVENT ATHLETES MULTI-SPORT ATHLETES AND THE MULTIS**





There is no one way to be successful.  
Everyone must come up with their own path.  
-US Air Force General David Goldfein at 2019 USAFA graduation





# Multi-event kids



Let's split it!

**The Multis**  
**Dec. Hept.etc**



# Multi Event Combo

## **General combinations**

100m – 110HH – Long Jump

100m - Long Jump – Triple Jump

Pole Vault – 110HH – 100m/200m relay legs

110HH- 300IH – 200m/400m relay legs

Triple Jump – High Jump

## **Out of the box combinations**

800m / 1600m – 300IH

Shot Put – Long Jump -100m relay leg

2 of: Discus – Triple Jump – Javelin – High Jump

**Small school mentality**



Maximize your time!  
(Manage energy output)

## Max Velocity Work

Flying 30's

Slat / mini-hurdles

Sub in:

Block starts

Hand-offs

Long Jump Runway

Hurdles over 2-3

Pole Vault runway



## Long sprints / Speed endurance

- Done over hurdles 36"
- Reduced workouts done after technical work
- 100/200 kids can be moved up a group

## Weight training

- One plan for all sprinters, jumper, vaulters, hurdlers
- 2<sup>nd</sup> plan for throwers
- 3<sup>rd</sup> plan for 8-16-32



**THE KEY: Don't simply TRY to do the full workout with 2 or 3 different event groups**



# Track & Field: Sample Week Jumper / Long Sprinter

<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>
<b>Yellow hurdles / cones TJ/LJ half-halves TJ/LJ landings Weights: A - major</b>	<b>Hurdle mobility 6 x 200's w/ 2-3 mins Weights – core / back</b>	<b>3 x 250's w/ 6 – 8 min Weights- B</b>	<b>LJ/TJ run-throughs / steps Plyos: box/hurdles</b>
<b>FRI</b>	<b>SAT</b>	<b>SUN</b>	
<b>Starts, handoffs, strides in grass</b>	<b>Meet day: Long Jump Triple Jump 4x400</b>	<b>20 min run or X-train</b>	

# Track & Field: Sample Week: Hurdle / Vault

MON	TUE	WED	THU
<p>Full vault session</p> <p>Weights: A - major</p>	<p>Hurdle mobility</p> <p>6 – 8 x 4 hurdles at 39" (? shorten or lower)</p> <p>Weights – core / back</p>	<p>VAULT – short approach</p> <p>Weights- B</p>	<p>6 x 150's over 5 at 36'</p> <p>Plyos: box/hurdles</p>
FRI	SAT	SUN	
<p>Vault approaches</p> <p>Starts over 2 on 110's</p>	<p>Meet day:</p> <p>Pole Vault</p> <p>110HH</p> <p>300IH</p>	<p>20 min run or X-train</p>	



# Track & Field: Sample Week: Long-Triple-Javelin

MON	TUE	WED	THU
Yellow hurdles / cones TJ/LJ half-halves TJ/LJ landings Weights: A - major	Hurdle mobility 3 x 200's w/ 2-3 mins Javelin (work to full throws)	6 x flying 30's LJ/TJ run-throughs / steps Weights- B	strides in grass Plyos: box/hurdles
FRI	SAT	SUN	
Warm-up	Meet day: Triple Jump 4x100m javelin	X-train	

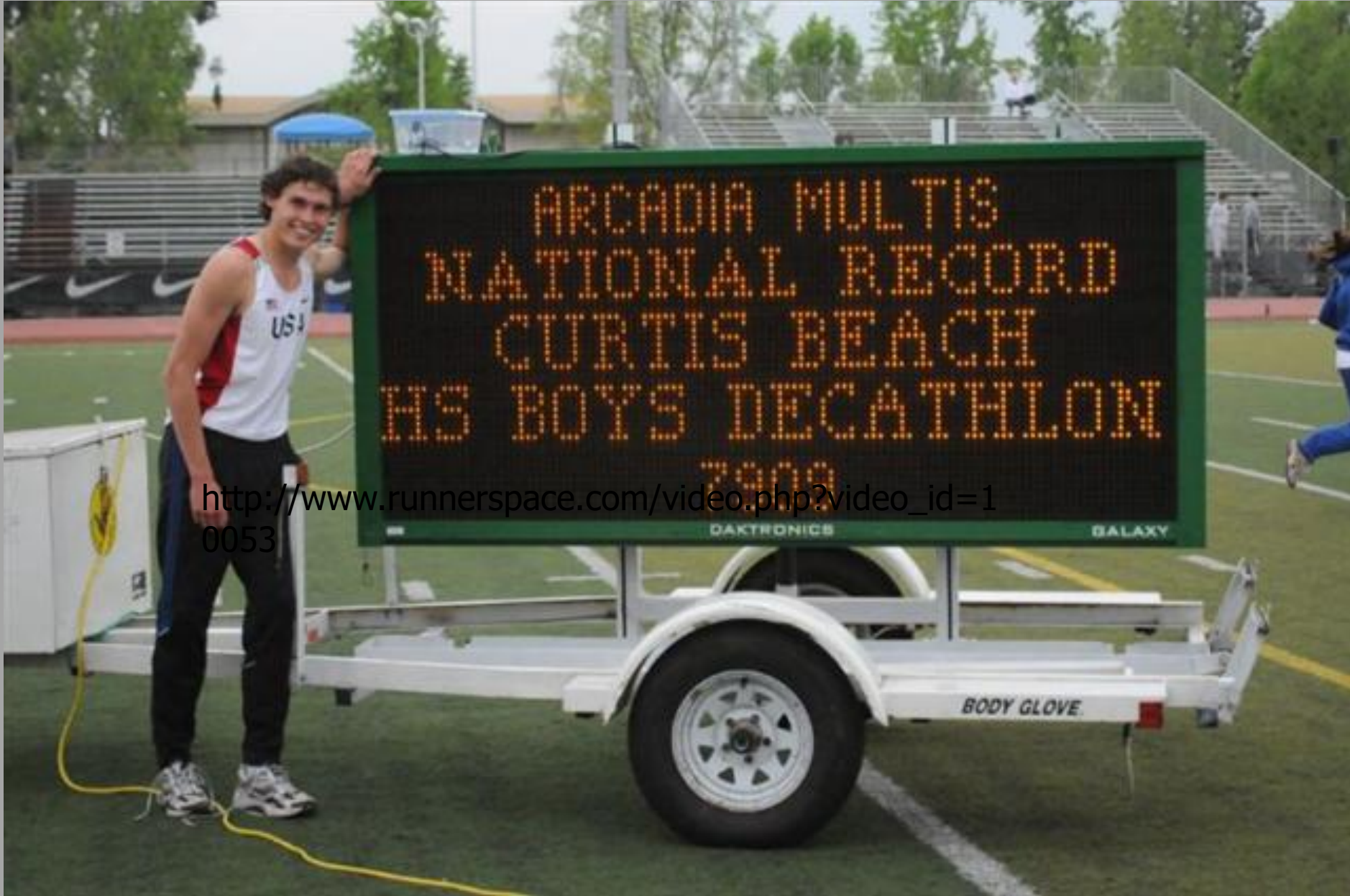
# To develop multi-event athletes you must - - -

- Revisit events at the start of each year
- Keep assistants from being possessive.
- Allow kids to follow some of their interests BUT balance it with a plan and WEEKLY conditioning sessions
- Allow for some substitution of technical work
- Streamline weight training and plyo work
- **Be open minded!**









[http://www.runnerspace.com/video.php?video\\_id=10053](http://www.runnerspace.com/video.php?video_id=10053)

[http://www.runnerspace.com/video.php?video\\_id=10053](http://www.runnerspace.com/video.php?video_id=10053)



Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe. Gail Devers





# A different type of Decathlete

Started as a distance runner  
Got challenged by age group  
coach to run hurdles

Sought out me/us at ABQ  
Academy because of traditions

Caught the “fire”

Was a sponge

Wouldn't back down



**From 8<sup>th</sup> grade –  
spring of 9<sup>th</sup> grade**

**Freshman PR's**

<b>100m</b>	<b>11.2</b>
<b>400m</b>	<b>50.8</b>
<b>800m</b>	<b>2:04.7</b>
<b>110HH</b>	<b>14.8</b>
<b>300IH</b>	<b>39.8</b>
<b>LJ</b>	<b>21'</b>
<b>HJ</b>	<b>6'2</b>
<b>PV</b>	<b>12'3</b>
<b>Javelin</b>	<b>90'</b>
<b>Varsity XC</b>	
<b>Decathlon</b>	<b>6137</b>







# Senior PR's

<b>100m</b>	<b>10.8</b>
<b>200m</b>	<b>21.8</b>
<b>400m</b>	<b>47.9</b>
<b>400m split</b>	<b>45.4</b>
<b>800m</b>	<b>1:50.7</b>
<b>1500m</b>	<b>4:07</b>
<b>110 HH</b>	<b>13.9</b>
<b>LJ</b>	<b>23'11</b>
<b>PV</b>	<b>15'6</b>
<b>HJ</b>	<b>6'9 <sup>3</sup>/<sub>4</sub></b>
<b>Shot</b>	<b>44'8</b>
<b>Disc</b>	<b>138'</b>
<b>Jav</b>	<b>156'</b>

**\*\*No TJ or steeple**



**7909 points**

**Decathlon National Record**

Sample week: *No such thing as a normal week*

## **MONDAY**

Warm-up: Jog, Sprint Drills, Dynamic Flexibility, Hurdle mobility

### **Speed Development workout:**

4 x 100 m strides on grass, rest 2 minutes

10 x flying 30's, w/ spikes, full recovery between each, take 30 meters to build up to full out

**OR - Event Work: Long Jump**

### **Event Work Javelin**

5 step approaches

4 x ½ throws, 4 x ¾ throws, 4 x full throw

### **Weights – Day #1 Lower Body Concentration**

**(Combo weights / med-ball or weights / plyos)**

Warm-up: 2 sets of 10 deep squats

Power Clean 4 sets of 8, 6, 5, 4 reps into med-ball squat toss

Push Press – 4 sets of 8 into rocket jumps

Weighted step ups: 3 sets of 8 each legs into 20 second mountain climbers

Glute-ham – 3 sets of 10

# TUESDAY

Warm-up: Jog, Sprint Drills, Dynamic Flexibility, Hurdle mobility

## **Event Work: Shot Put and Discus – 90 minutes total**

- Start with foot work / dry lands
- Progress into light throws
- End with 5-6 x full throws

## **Event Work : Pole Vault – 90 minutes**

- Start with rock backs or penetration drills
- Progress into 5 step approaches
- End with 4-5 x 7 step vaults

## **Supplimental work:**

12 min Core

8 minute Jump Rope routine



# WEDNESDAY

Warm-up: Jog, Sprint Drills, Dynamic Flexibility, Hurdle mobility

**Event Work: Mid day session High Jump - 45 minutes**

**Running: Long Sprint (Speed Endurance)**

1 x 250 w/ 8 minutes after – go through 200 in 24- 25

1 x 200 in 24.0 w/ 8 minutes after

2 x 150 no watch

**Event Work: Javelin – 20 minutes**

**Weights – Day #2 Shoulder / Back Concentration**

**(Combo weights / super-sets)**

No Warm-up:

30° Dumbbell Press to Dumbbell Row 3 sets of 8

Upright Row to Military Press: 3 sets of 8

Cable Torso Twists – weighted 2 sets of 8 each side

Dumbbell Reverse lunge with twist – 2 sets of 8 each side

Dumbbell Back Extension with twist – 2 sets of 8 each side

# THURSDAY / FRIDAY

**THURSDAY:** Warm-up: Jog, Sprint Drills, Dynamic Flexibility, Hurdle mobility

**Running: Mid-distance 400 – 800 – 1500 (Anaerobic Conditioning)**

2 x 400 w/ :90 seconds between in :60, Rest 5 minutes after  
2 x 300 in 43 – 45 with 75 seconds rest, Rest 5 minutes after  
2 x 200 in 27 – 28 with 60 seconds rest, long cool down

**Weights – Day #3 Lower Body**

Jump Rope Warm-up

Front Squats: 3 sets of 8

Super set of Med-Ball Step ups: 3 sets of 8 each leg into 3 x 8 box hops

**FRIDAY:** Warm-up: Jog, Sprint Drills, Dynamic Flexibility, Hurdle mobility

**Event Work: Hurdles work 110's / 300's**

Dynamic flexibility/ hurdle drills: trail leg, leg swings, wall drills

110's: 5 x 5 from blocks (maybe reduced height or spacing)

300's: 2 x 3 from blocks

Core of Med-Ball Decline Sit ups, Med-ball back extensions, etc...

# SATURDAY / SUNDAY

## SATURDAY: MEET DAY

**4 EVENTS:** Javelin, 110 HH, Long Jump, 4 x 400 relay OR

**4 EVENTS:** High Jump, 4 x 100 Relay, Shot Put, 300 hurdles OR

**4 EVENTS:** Pole Vault, 110 HH, Discus, Medley 800.

## SUNDAY:

### Event Work:

Private coach

Pole Vault &/or

Hurdles





## Summary:

1. Chart your own path
2. Don't be afraid to try new combinations
3. Manage energy output / make concessions
4. Find coaches willing to work together
5. Revisit events, learning takes time
6. Let the dreamers dream!





QUESTIONS?



