

# TRAINING CONSIDERATIONS FOR THE COMBINED EVENTS

James Thomas  
University of Kentucky

2011

**USTFCCA Convention Symposium**

# My Personal Journey

Questions I ask/have been asked on a regular basis



- How do I coach combined event athletes?
- What training plan should be implemented?
- How should my workouts be constructed?
- How much sprinting, jumping, endurance etc...?
- What are the best strength training options?
- How do you periodize all aspects of training?
- What do you think of my workout plan?

Accuracy---> Assimilation---> Adaptation

# The Verdict



## GOOD NEWS

**There are great answers to every question listed**

## BAD NEWS

**I do not intend to answer any of them specifically**

## GREAT NEWS

**In time, you will discover the answers yourself**

Accuracy---> Assimilation---> Adaptation

# True Objective for Today



- Accuracy → Assimilation → Adaption
- Share my “Revelations” & discoveries
- Stimulate future thought and dialogue
- Encourage a fully integrated system of training
- Reinforce previously tested concepts & ideas
- Share a few of my personal training ideas

Accuracy---> Assimilation---> Adaptation

# Accuracy

- **Defined as...**
  - ▣ Being true, correct, and/or exact
  - ▣ Consistent with a standard, rule, or model
  - ▣ Careful or meticulous

## Synonyms

Precision, Efficiency, Skill, Mastery

## Revelation #1

**A perfect training means NOTHING if I can't implement it with true knowledge, competence, and understanding**

"Effective learning comes from gifted teachers"

Accuracy---> Assimilation---> Adaptation

# Accuracy

## The Coaching Perspective

- **Technical Knowledge**
  - ▣ True understanding of the skill (Choreograph vs. Mimic)
  - ▣ “Effective learning comes from gifted teachers”
- **Motor Learning Patterns**
  - ▣ The process and factors in which a skill is learned
- **Teaching Methodology**
  - ▣ The systematic approach to developing a skill & athlete
- **Physiology**
  - ▣ How and why the body functions
- **Biomechanics**
  - ▣ The mechanical laws relating to movement

Accuracy---> Assimilation---> Adaptation

# Accuracy

## The Coaching Perspective

### □ **Psychological Strategies**

- ▣ Mental approach that has the capability to build or tear down

### □ **Multi-lateral approach**

- ▣ Accurate dosage of the primary performance components
  - Speed, Strength, Coordination, Flexibility, and Endurance

### □ **Multi-system approach**

- ▣ Understanding them all, but using them accordingly and interdependently
  - Neuromuscular, Musculoskeletal, Neuroendocrine, Proprioceptive, Cardiovascular, Respiratory, and Energy System

Accuracy---> Assimilation---> Adaptation

# Assimilation

## □ Defined as...

- Bring or come into harmony
- Make similar
- Absorb into the mind and thoroughly comprehend

## Synonyms

**Compatibility, Appropriateness , Suitability**

## Revelation #2

**The “combined event” is ONE event, ONE athlete at a time, and must be ONE training...**

Accuracy---> Assimilation---> Adaptation



# Assimilation

- **Training Plans**
  - ▣ Perfect opportunity to address every event year-round
- **Coaching by Committee**
  - ▣ All must be on ONE page with an “athlete first” mentality
- **Coaching Specialties**
  - ▣ Gear towards athlete’s strengths and minimize weaknesses
- **Athlete Practice Assimilation**
  - ▣ All athletes can learn from each other in a practice setting
- **Supplemental Factors**
  - ▣ Nutrition, rest, recovery, (pre)rehab, supplementation, etc...

Accuracy----> Assimilation----> Adaptation

# Assimilation Opportunities (Practice Model)

- **Warm-up Laps, jogs, or strides**
  - ▣ Javelin crossovers, pace work, agility, HJ curve or slalom jogs
- **Static Flexibility**
  - ▣ Event specific (throws, jumps, sprints), movement prep routines
- **Dynamic Flexibility**
  - ▣ Throws theme, hurdles theme, circuits, posture awareness
- **Sprint Warm-up Drills**
  - ▣ Javelin lead-ups, hurdle drills, PV, horizontal or vertical
- **Med ball Routines**
  - ▣ All throw progressions, foot strengthening, physio balls, circuits
- **General Strength**
  - ▣ EVERY event represented with a little accuracy & creativity

Accuracy---> Assimilation---> Adaptation

# Assimilation Opportunities (Practice model)

## □ **Multi-Throw Routines**

- All throwing events with a explosive & elastic components
  - Medballs, throwing tools, bowling pins (Add hops or Rotation)

## □ **Multi-Jump Routines**

- LJ/PV/HJ take-offs finish, throwing or acceleration finish

## □ **Technical Training**

- Common cueing, transitions, extended breaks, (re)warm-ups

## □ **Testing**

- Meet protocols, mental preparation, recovery, confidence

## □ **Weight Training**

- Event specific strength movements- Limitless options...

Accuracy---> Assimilation---> Adaptation

# Assimilation Opportunities (continued...)

- **Acceleration**
  - ▣ Hurdling (1-4), 20-30m timed bounds, Accel. Ladders
- **Absolute Speed**
  - ▣ Hurdling (4-7), LJ/PV Approaches, Run-in bounds
- **Speed Endurance**
  - ▣ Hurdling (7-12), 90-120m pole runs, 400m Hurdle training
- **Tempo**
  - ▣ HJ or Javelin related runs, Circuit Training w/runs, pace work
- **Endurance (Work Capacity)**
  - ▣ One of the easiest areas to address in unconventional ways
  - ▣ Circuit Training: Body building, total body, continuous movements

Accuracy---> Assimilation---> Adaptation

# Adaptation

- **Defined as...**
  - ▣ Change in behavior in response to new or modified surroundings
  - ▣ Strengthening of a response with adequate repeated stimulus
  - ▣ Able to change in order to excel with different circumstances

## Synonyms

**Adjustment, Acclimation, Remodeling**

## Revelation #3

**Wow! My athletes look so much better the  
3<sup>rd</sup> or 4<sup>th</sup> time we do the workout (Copy & Paste)**

Accuracy---> Assimilation---> Adaptation

# Adaptation Principles

## □ Principle of Specificity of Adaptation

- Adaptations to a workout or series of workouts are typically complete within 21-28 days
  - Repeating focus, then shifting focus can be valuable

## □ Principle of Variance

- Variety is the key to combat staleness, enhance adaptation, prevent injury, and avoid boredom
  - Focus on a heavy variety within the microcycles and sessions
  - Refocus the emphasis and stimulus each mesocycle (4-5 weeks)

Accuracy---> Assimilation---> Adaptation

# Benefits of Adaptation



- Consistent motor learning opportunities
- Allows athlete and coach to adapt to each other
- Intensity can be monitored by both athlete & coach
- Density levels are planned and predetermined
- Allows for natural progression in technique
- A natural progression in effective learning

Accuracy---> Assimilation---> Adaptation

# Conclusion

---

**ACCURACY**



**ASSIMILATION**



**ADAPTATION**



**APPLICATION**

Accuracy---> Assimilation---> Adaptation