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 $\rightarrow$ Assimilation $\rightarrow$ 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

- 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 3rd or 4th time we do the workout (Copy & Paste)
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