
Balancing Training in Combined Events

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Achievement Triangle

Peak Performers are comfortable with being uncomfortable, they are constantly pushing the envelope

Willing to risk and get uncomfortable. In fact they are uncomfortable more than they are comfortable

There are less people here. More commitment, occasional risk. Occasionally uncomfortable

The Comfort Zone is where most people operate, they are satisfied and always comfortable. They take no risks



Agenda

Today's focus will be...

The coach

- Balancing your multi event athletes
- What's your progression?
- Balance the body
- Balance the mind

Where do I start?...

A question we ask ourselves

What are we trying to accomplish?

- How do we distinguish actual needs from perceived needs?

The Constant Goal for my Athletes

How did I get here?

Performance development

- Injury prevention
- Time management

Quotes

“Injuries are never from a single source, a lot of it can be down to programming – too much work, too much of one type of work.” – Pfaff

“I’d rather be undertrained and healthy than incredibly fit but injured.”

Minimum Effective Dose

Combined Event Athletes

- Developmental
 - Regardless of training age
- 10 Events to improve
 - Whole vs. Part
 - At Speed

My Training Philosophy

Find your main focus

- *“The main thing is that the main remains the main thing.”*
- Daily, Week, Monthly, Yearly
- Don't waste too much time doing things that are unnecessary
- Drills as supplemental work
 - Short bound
 - Extended bound

Developing My Philosophy

The Training Package

- Be competitive throughout the entire season
- Dealing with life stressors
- “Making Deposits”

The Set Up

Commonalities and connections in training design

Hierarchies

Order/Sequence
in Training

Mesocycle/phase

In Events

In Training

Week 1 –
Stimulus

Week 2 –
Adaptation

Week 3 –
Stabilization

Week 4 –
Actualization

Perfection vs. Mastery

Mastery of a Task

- Consistency in Majority of Reps
 - Different Variables
 - Different Stressors

Progression

Where do I go from here?

- Variable Changes
 - Change intensity without increasing volume
 - Short approach Jumps with stiffer poles
 - Varying grips
 - Bar vs. Bungee
 - Add pressure change the environment stressors
 - Make it a competition (First to 10 clearances), last jump scenarios

Writing Microcycles

Considerations

- What are we hitting in the workout?
- How many reps is too many?
- Where I think they should be
- Athletes dictate the workout
 - Challenge the athlete
 - **Find common ground across the events**
- Standing long jumps pushing the ground
- Back over pushing the box
- OHB the correct body position

Hierarchies in Events

Decathlon

- Pole Vault
- Shot Put/Discus
- Hurdles

Heptathlon

- High Jump
- Shot Put/Javelin
- Hurdles

Hierarchies in Training

Wicket Everything

- Sprint Warmup
- Velocity Tech Work
 - With pole
 - Without pole
- Horizontal approach
- High jump approach mechanics

Acceleration....The Start to Everything

- With resistance
- Without resistance
- Assistance
- With/without hurdles

Balance the Mind

Change the Culture

Find a Connection to the Person

- Find how to get the response you want
- Connection to Confidence

| Event group / Athlete: Janae | | Mesocycle: 4 | | Microcycle # 17(W4) | |
|---|-------------|---|--------------|---------------------|--|
| Day/Date: Jan 14, 2014 | | Comments: | | | |
| Goal(s) for session: Acceleration Development | | | | | |
| Weather: | | | | | |
| Units | | | | Results | |
| Movement Prep: | | Total Time for Warm-Up: 30 min | | | |
| Foam Roll | | 1-2 mins each section for actual change | | | |
| Sprint Warm Up | | Knee series, hurdle walk slow | | | |
| Wicket Accels | | X3-4 | Off of sheet | | |
| Blox Accels | | | | | |
| | Bullet belt | X3 | | | |
| Blox Accel Race | | | | | |
| | 5m | X2 | | | |
| | 7m | X1 | | | |
| Superset | | | | | |
| Max Vel Speed | | | | | |
| | 10m fly | X3 | | | |
| Blox to | | | | | |
| | 10m | X2 | | | |
| | 20m | X2 | | | |
| Supplemental Training | | | | | |
| Back Over: | | x3 | HJ | | |
| SLJ | | x3 | Pit | | |
| 1 step pushes | | 3x | Pit | | |
| Off Box Pushes w/ finish | | 3x | Pit | Mark Distance | |
| | | | | | |
| CoolDown | | See Sheet | | | |
| Aux Workout | | | | | |
| See weight training Sheet | | | | | |

Session Planner

| | | |
|---|---------------|-----------------|
| Event group / Athlete: Multi Group | Mesocycle # 4 | Microcycle # 16 |
| Day/Date: Jan 9, 2014 | Comments: | |
| Goal(s) for session: Strength Endurance | | |
| Weather: | | |

| Units | Dosage | Results |
|------------------------------|---|-------------------------------------|
| Movement Prep: | Total Time for Warm-Up: 30 min | |
| Foam Roll | 1-2 mins each section for actual change | |
| Full Warm Up | | |
| Broke 600 (300-300) 200 | Rest 75, 10min 8min 6min | 47-45=1:32 2x100 |
| Jumps Training | | |
| HJ App U | x1-2 | 1 |
| Hj Full Jumps | x8 | 6 |
| 5 step off-box | x3-4 | 0 |
| Supplemental Training | | |
| Blue Matt Jumps | | Blue Matt Jumps: |
| Jump Rope | | Power skips Distance |
| SL | x10ea | Run, Run, Jump |
| DL | x10 | RRL |
| | | LLR |
| | | Switches |
| Lift | | ALT Speed Bound (TIME+LEAST AMOUNT) |
| See Weight Circuit Sheet | | |
| | | |
| | | |
| | | |

Thank you

Q & A?