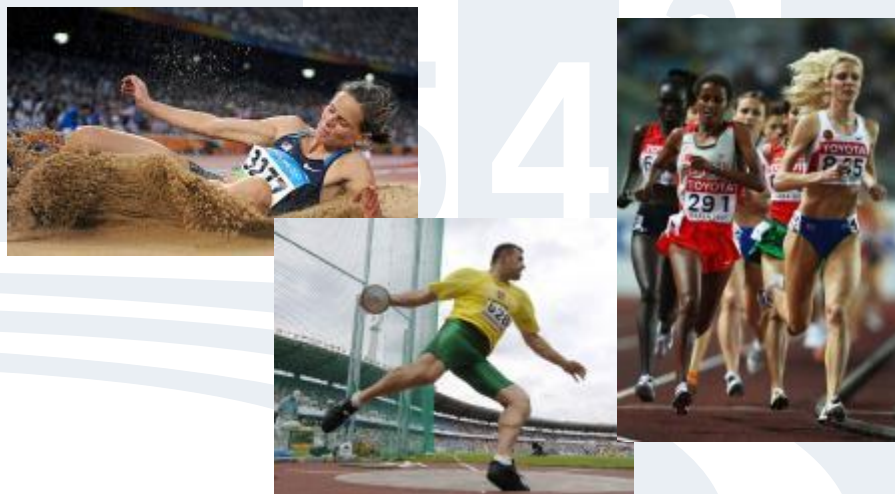


Combined Events

Combined Events Basics

Combined events competition tests the best all-around athletes. It involves a series of athletic events that are completed over one or two days. Decathlon, the Olympic event for men comprises five events each day. Heptathlon the Olympic event for women comprises four events on day one and three events on day two. The challenge of combined events pushes athletes' physical and mental abilities to their limits as they strive to achieve the highest possible points total for the whole event.



Combined Events Age Group Competition Format

Men

Indoor

PeeWee	Triathlon	60m, Long Jump, Shot Put or 60mH, High Jump, Shot Put
Bantam	Triathlon	60m, Long Jump, Shot Put or 60mH, High Jump, Shot Put
Midget	Tetrathlon	60m, Long Jump, Shot Put, 200m or 60mH, High Jump, Shot Put, 800m

Outdoor

PeeWee	Tetrathlon	60m, Long Jump, Shot Put, 600m or 60mH, High Jump, BB Throw, 150m
Bantam	Tetrathlon	60m, Long Jump, Shot Put, 600m or 60mH, High Jump, BB Throw, 150m
Midget	Pentathlon	100mH, Long Jump, Shot Put, High Jump, 1,000m
Youth	Octathlon	100m, Long Jump, Shot Put, 400m, 110mH, High Jump, Javelin, 1,000m
Junior	Decathlon	100m, Long Jump, Shot Put, High Jump, 400m, 110mH, Discus, Pole Vault, Javelin, 1,500m
Senior	Decathlon	100m, Long Jump, Shot Put, High Jump, 400m, 110mH, Discus, Pole Vault, Javelin, 1,500m

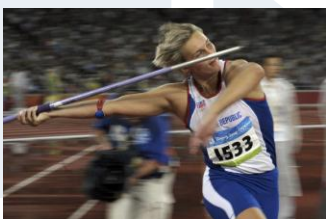
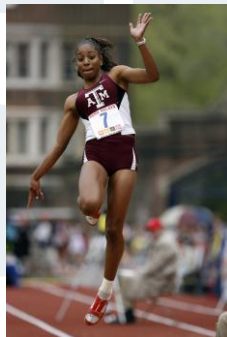
Women

Indoor

PeeWee	Triathlon	60m, Long Jump, Shot Put or 60mH, High Jump, Shot Put
Bantam	Triathlon	60m, Long Jump, Shot Put or 60mH, High Jump, Shot Put
Midget	Tetrathlon	60m, Long Jump, Shot Put, 200m or 60mH, High Jump, Shot Put, 800m

Outdoor

PeeWee	Tetrathlon	60m, Long Jump, Shot Put, 600m or 60mH, High Jump, BB Throw, 150m
Bantam	Tetrathlon	60m, Long Jump, Shot Put, 600m or 60mH, High Jump, BB Throw, 150m
Midget	Pentathlon	80mH, Long Jump, Shot Put, High Jump, 800m
Youth	Heptathlon	100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m
Junior	Heptathlon	100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m
Senior	Heptathlon	100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m



Training Progression

In the younger age groups (under 15s) training should be lots of fun and very general. Core strength and stability training should be included which will improve the athlete's posture, reduce the risk of injury, improve the ability to apply force and execute techniques. These exercises should be performed safely using bodyweight and light medicine balls or therabands.

Running training in the early stages should be centred on the production of speed and include plenty of short sprinting, as this ability is more easily developed in the younger age groups.

As the athlete becomes older (under 17s) training can become more specific. Strength training will be regular and involve higher resistance. Fixed weights may be used depending on the athlete's maturity, but circuit training and body weight exercises will certainly be included. The athlete should also at this stage be introduced to the technique of lifting free weights. The development of cardiovascular endurance becomes key at this stage as the body is developing. Some anaerobic (speed endurance) training should also be introduced. This involves repeated bouts of running with medium recovery. As the athlete reaches the junior age group, strength training should be becoming more specific. The athlete will be lifting free weights under supervision to ensure correct technique. Running training will involve speed, speed endurance and endurance components. Crucially, throughout all the age groups there must be an emphasis on the correct development of technique in all events.

Developmental Training for Combined Events

The development of a true combined event athlete can take many years. In addition to learning the skills and techniques required to perform in every event, a wide range of abilities need to be nurtured over a number of years. Ideally, combined events athletes start early when learning is at its optimal level, and have experience in a number of sports requiring different skills and abilities. These should then be developed further by a combined events coach to allow them to eventually reach their maximum potential. The following is a chronological guide to the development of the abilities required for combined events. Individual event brochures show the technical models for each individual event.

Long Term Athlete Development Key Goals

Under 15s

- Development of training habit.
- The establishment of routines including warm up, cool down and pre-event preparation.
- Basic technical model established.
- Emphasis on the development of speed.
- Inclusion of some core strength using body weight, medicine balls etc.
- Training to train. No periodization.

Under 17s

- Further development of technical model including performance in various conditions.
- Individual strength, fitness, technical and psychological training programs.
- Targeting of specific competitions, periodization of training year.
- Increased emphasis on anaerobic, lactic training.
- Inclusion of lifting technique and regular resistance training.

Under 20s/Senior

- Periodization of training program and tapering to target competition.
- Fine tuning of techniques.
- Development of all physical and psychological characteristics.
- Inclusion of specific strength training program.

Training Structure

Under 15s

Emphasis in training should be on the development of a basic technical model and of sprinting speed. A small amount of strength training involving body weight should also be included. Training three days per week allows sufficient time for rest and recuperation.

Under 17s

Emphasis is again on the development of technique. During this period of development, depending on the maturity of the athlete, more attention can be given to the promotion of speed endurance and the lactic acid system. Resistance training involving lifting technique, medicine balls, fixed weights or body weights can become more advanced.

Under 20s/Seniors

By this stage the athlete should have a sound technical base in each event. While the techniques should continue to be developed, especially in any weak events, more time should be spent on the development of the fundamental abilities. This includes more emphasis on speed endurance and strength/power. Again rest days are vitally important.