

Coaching the Multi-Event Athlete

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Introduction: It is not my intention to tell anyone that what they are doing is wrong or not best for their athletes. Today I hope to share some of my perspectives as a former decathlete, college assistant coach and now high school head coach. It is my aim to bring a point of view on how to coach these athletes which will enable them to become the stars that you envision them becoming. At the same time I hope to give you the encouragement to begin (or continue) into a new century of coaching track and field.

Outline

- Introduction & Background
- Underlining Mission/Focus
 - What's most important? Your success or your athletes?
- Training
 - Distance Runners
 - Sprinters/Jumpers
 - Throwers
 - Hurdlers
 - Decathlon/Heptathlon
- Meet Scheduling
 - Organizing events for athletes
 - Rotation (Less = More)
- Summer/Off-season training
- Overtraining

Key comments to remember

- * Don't sacrifice tomorrow for today!
- * Middle School/Junior Olympics focus is to prepare kids for High School
- * High School's focus is to prepare kids for College
- * College's focus is to prepare them for the rest of their lives.

F – Functional training to prepare them for not only Track success but other sports as well

U – Undertraining results in Overmotivation...the converse is also true!

N – Never sacrifice a kid for your own resume

- * Organize the entire training schedule. You're the head coach so make sure that the only day to work on Javelin is not the only day to work on Pole Vault.
- * If you're not the head coach, be creative on convincing them or be creative w/ meet day vs. practice
- * Distance runners lose long term success if they race 3k/2mile and 1500/mile on Wednesday and come back on Saturday and race in the 3k/2mile all year long.
- * Never sacrifice a distance runner's season plan just to win a dual meet. Make a plan and stick with it
- * 100m runners won't dye to run a 4x4.
- * Long Jumpers/Triple Jumpers don't need to take all six jumps in every meet.
- * By limiting jumpers (and throwers) to one jump/throw in the prelims, they learn what the pressure feels like in a big competition after fouling 2x.

LJ/TJ & Shot/Disc

Early Season	Middle Season	Later Invites	Last meet pre-District	District
Maybe 6 total jumps	Maybe 9 total jumps	All 12 Jumps	Maybe 6 total Jumps	All 12

Distance Runners

Early Season	Middle Season	Later Invites	Last meet pre-District	District
More Longer Stuff 3k/2mile only	More Shorter Stuff 1500/800/4x4	Main event only	Shorter stuff again 800/4x4	State plan, get there!

* Jumpers and distance runners seem to be the most abused. Be their protector and they will protect you and your legacy.

* Pay attention to training age as well as chronological age with distance runners.

* Very few jumpers can jump 6 LJ's, 6 TJ's and HJ in the same meet multiple times.

Here's a **SAMPLE** of how I **MIGHT** deal with our top male jumpers and distances

	Jumper #1	Jumper #2	Distance #1	Distance #2	Distance #3
3/19 (Dual/Non-League)	LJ/TJ/HJ	LJ/TJ/HJ	3k/1500	3k/800	800/1500
4/1 (Dual/Non-League)	2LJ/2TJ	HJ/2TJ	800/4x4	1500/4x4	3k
4/4 (Invite)	HJ/4LJ	HJ/4TJ	1500	3k	1500
4/8 (3-way/League)	3LJ/3TJ/HJ	3LJ/3TJ/HJ	800/1500/4x4	800/1500/4x4	3k
4/15 (3-way/League)	3LJ/3TJ	3LJ/HJ	1500/4x4	800/4x4	800/4x4
4/18 (Invite)	6TJ/HJ	6TJ/HJ	3k	1500	3k
4/22 (Dual/League)	4LJ/4TJ/HJ	4LJ/4TJ/HJ	1500/800/4x4	1500/3k	1500/800/4x4
5/1 (Invite)	6TJ/3LJ/HJ	6TJ/HJ	1500/800	3k	5k
5/5 (Dual/League)	2LJ/2TJ	HJ	400/4x4	400/4x4	400/4x4

This doesn't account for the running events that the jumpers might do...but having this plan helps you balance the competitive desire with the long range plan for the athlete.

Travis Simpson Example ...

Sample training week for Decathlete/Heptathlete

Daily – Hurdle drills

Finish workout w/ "X" number of 100m strides @ 1500m pace...(say 6x100m @ 18-20sec)
20sec~5:00 1500; 19sec~4:45; 18sec~4:30; 17sec~4:15

Monday – Lifting & Shot(Discus next week)/Javelin

Longer intervals (not more than 350m) w/ limited recovery...usually over imh

Maybe even hills early in the season

Tuesday – Pole Vault/Long Jump work (approaches similar)

Shorter intervals (not more than 70m) over HH out of blocks w/ decreased distance (up to 0.5m)

Wednesday – Lifting & Discus(shot next week)

Pool running (longer distance) + Pool hurdling

Thursday – Javelin approach work + HJ approach work (approaches similar)

HJ work + Medium intervals (80+120m or 150's) + HH quick steps

Friday – Lifting

Starts & Step coordination.

Saturday - Meet (usually 5 events w/ limited attempts in jumps/throws)