



The Multi-Event Athlete (Your Greatest Asset)

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Benefit of Multi-Event Athletes

- Enhances total and overall athleticism and injury prevention
 - Overcome demands of numerous events, techniques, stimulus
 - The body must adapt and overcome new and different stresses ultimately becoming stronger, faster, more powerful, more coordinated, etc...
- Crossover Relationship
 - Many events require similar components from a technical or rhythmic standpoint. Essentially, training one event can help improve other events
 - Should be a focus in training planning and implementation (discussed later)
- Creates opportunities
 - Identifies what each athlete is truly good at (not always what you think)
 - Could lead to next level (collegiate opportunities)
 - Develops team building/cohesion
 - Teaches athletes how to overcome adversity, manage time and multi-task
- More valuable
 - More events = opportunities to score more points
 - Get the most out of your best athletes



What to Look For

- **Athletic and well-rounded**
 - Can run, jump and throw. Performs numerous athletic tasks well
- **Power/Speed**
 - Single largest component determining potential success
 - Applicable to vast majority of events (except endurance events)
- **Multiple-sports / Multiple-events**
 - Developed numerous coordination and technical abilities by performing numerous and various sports/events throughout the year(s)
 - Should be a focus especially for younger athletes
- **Confident**
 - Enjoys new and demanding tasks and is confident in their abilities to succeed
 - Does not get discouraged easily. Many events create more opportunities for successes and failures (hitting hurdle, no-heighting, etc...). Must overcome good or bad and move on to the next event.
- **Quick Learner**
 - Can pick up and understand new ideas/techniques
 - Great kinesthetic awareness



Training Concept

- **Common combinations**
 - Usually includes jumping, hurdling, sprint/relay events
 - Example = long jump, high jump, 100/110m hurdles, 300m hurdles, 4x400m relay
 - However, don't count out throws (girls shot put!)
 - Take in to account meet schedule and timing of events to set-up for success
 - May limit attempts or increase starting height to “save legs” and reduce fatigue and time constraints
- **Power/Speed focus**
 - Transitions to majority of events = used in all sprint/hurdle, jump and throwing events
 - Base training around the 400m
 - Allows for greater “range” in event and relay selection (double points)
 - Helps condition athletes to manage multi-event, long and exhausting days/meets
 - Many multi-event athletes will commonly participate in 300m hurdles and/or 4x400m relay
 - Include standard “jump training”
 - Plyometric, bounding and take-off mechanics are applicable to any and all jumping events (train commonality)
- **Train the athlete collectively not each event individually**
 - Focus on the athlete becoming faster, more powerful, more coordinated
 - This will lead to better results and more productivity
 - Sprinkle technical sessions in to fit
- **Teach common technical components**
 - Running/sprinting technique – used in all sprints/hurdles, jump approaches
 - Penultimate/Take-Off – may vary based on event but similar in most jumping/vault events



Training Planning

- Annual Training Plan
 - General Preparation – prepare body for demands to be experienced later in training
 - Develops basic strength, power, coordination, flexibility
 - Can have focus on basic technical drills (not too physically demanding). Technical introduction
 - Will vary based on athlete and other sports they may participate in (volleyball, football, basketball, etc...)
 - Components = Accelerations, tempo, basic power development, general strength, in-place bounds, ground plyos
 - Specific Preparation
 - Begin specific event training and technical drills/components. Technical development
 - The most difficult and demanding portion of the season
 - Takes place just prior and during the early meets of the season
 - Components = Accelerations, Intensive and lactic tolerance, rate of force production, absolute strength development, extended bounds, stabilization and box plyos
 - Pre-Competition
 - Begin moving from training focus to competition focus. Technique moves from part/development to whole part
 - The “bulk” of the season
 - Take in to account competitions as a portion of the training load
 - Components = Accelerations, absolute speed, rate of force production, absolute strength complimentary, short bounds, rebounding box plyos
 - Competition
 - Focus moves solely to completion and results based (championships season)
 - Training should be structured to produce best results on meet days. Example = timing, rhythm, speed, etc...
 - Schedule recovery and restoration is critical (hay is in the barn)
 - Components = Accelerations, speed endurance, rate of force production and ballistic, short bounds and rebounding plyos



Training Planning Cont.

- Training (Big Picture)... could do a presentation on just training theory
 - Just as important as technical aspects. Often overlooked
 - Must be based on age, maturity and experience
 - Power / Speed based (Neuromuscular demand)
 - Train the demands of the events (weight room and running/sprint workouts)
 - General rule – Alternate Neuromuscular and Metabolic days
 - Neuromuscular activities – weight training, sprints, plyometrics
 - Metabolic Days – technique/drill work, general strength, mobility
 - May have to work best case scenarios with other events and/or sports
 - Competitions are a part of training and should be factored in
 - Event and competition rehearsal
 - Teaches athletes how to compete and overcome adversity
 - Coach/Athlete communication (learn how to coach in competition...K.I.S.S.)
 - Meet experience/practice prepares athlete for the “big meets” ... District, Area, Region, State
- Practice / Drills / Competition
 - Have a plan and purpose for every aspect of training!
 - Not set in stone. Be flexible and able to improve and adjust.
 - Who (athlete), What (purpose), When (training plan), Where (facilities), Why (purpose), How (execution/game plan)



Sample Training

- Annual Training Plan (Big Picture)
 - General Preparation – may be participating in other sports/activities at this time
 - Monday = neuromuscular: approach development, bounds, accelerations, weight training
 - Tuesday = metabolic: technical/drills (event specific), general strength, tempo
 - Wednesday = neuromuscular: approaches, technical speed (teaching), med ball throws, weight training
 - Thursday = metabolic: technical/drills (event specific), general strength, tempo
 - Friday = neuromuscular: accelerations (resisted), plyos, weight training
 - Saturday = metabolic: tempo, recovery/restorations
 - Specific Preparation
 - Monday = neuromuscular: approach development, bounds, accelerations, weight training
 - Tuesday = metabolic: technical/drills (event specific), general strength, tempo
 - Wednesday = neuromuscular: approach development, speed introduction, med ball throws, weight training
 - Thursday = metabolic: technical/drills (event specific), general strength, tempo
 - Friday = neuromuscular: plyos, intensive/lactate tolerance, weight training
 - Saturday = metabolic: tempo, recovery/restorations
 - Pre-Competition
 - Monday = neuromuscular: approaches on runways, bounds, accelerations, weight training
 - Tuesday = metabolic: technical/drills (event specific), general strength, tempo
 - Wednesday = neuromuscular: approach development, absolute speed, med ball throws, weight training
 - Thursday = metabolic: technical/drills (event specific), general strength, tempo
 - Friday = neuromuscular stimulations, accelerations, possible approaches, limited plyos (athlete preference)
 - Saturday = Competition (keep in mind that you will accomplish training stimulus through competition)
 - Competition
 - Monday = neuromuscular: approaches on runways, bounds, accelerations, weight training
 - Tuesday = metabolic: technical/drills (event specific), general strength, tempo
 - Wednesday = neuromuscular: approach development, speed endurance, med ball throws, weight training
 - Thursday = metabolic: technical/drills (event specific), recovery and restoration (possible day off)
 - Friday = neuromuscular stimulations, accelerations, possible approaches, limited plyos (athlete preference)
 - Saturday = Competition (keep in mind that you will accomplish training stimulus through competition)



Sample Training

- Pre-Competition training plan (bulk at season/meets)
 - Monday
 - Warm-up, high jump approach/jumps, accelerations (4x1 hand-offs), short hurdles, weight training, cool-down
 - Tuesday
 - Warm-up, long jump drills and short approach jumps, tempo (4x4 handoffs), general strength, cool-down
 - Wednesday
 - Warm-up, long jump approaches, absolute speed/long hurdles, weight training
 - Thursday
 - Warm-up, high jump drills, hurdle drills, tempo, general strength, cool-down
 - Friday
 - Pre-meet preparation = starts, hurdle hops, handoffs, limited approaches, etc...
 - Saturday
 - Competition = high jump, long jump, 4x100m relay, 300m hurdles, 4x400m relay
 - Sunday
 - Off = recovery/restoration
 - Flexibility (artist vs. scientist)
 - Don't "have to" get everything in all the time. Dependent on weather, athlete, sickness/injury, other activities, ect...
 - The athlete will not "forget" how to do something by missing or altering a session occasionally
 - Remember to count the meet as training opportunities
 - Don't have to do the same events every week



Training Protocol

Static Stretching	General Loosening	5-12 Minutes of Total Work	10-15 Seconds Each	
Static Stretching	Permanent Flexibility	As Needed	~ 2 Minutes Each	
PNF Stretching	General Loosening	5-12 Minutes of Total Work	10-15 Seconds Each	
Dynamic Flexibility	Warm-Up / R.O.M	3-12 Exercises	8-15 Reps Each	
Hurdle Mobility	Mobility / Coordination	2-8 Exercises	1-3 Sets over 6-12 Hurdles	Total Volume: 40-120 Hurdles
Sprint Drills	Coordination / Technical	4-8 Exercises	1-3 Sets over 10-50 Meters	Total Volume: 150 -500m
Fascia Development	Coordination / Recovery	6-12 Exercises	6-10 Reps per side, full recovery	Total Volume: 10-12 minutes
General Strength	Gen. Strength/Coordination/Rec.	10-16 Exercises	15-30s each, Rest:Work=1:1, 1:2	2-3 circuits of 8-12 minutes
Medicine Ball Exercises	Gen. Strength/Coordination/Rec.	10-16 Exercises	15-40s each, Rest:Work=1:1, 1:2	2-3 circuits of 8-12 minutes
Medicine Ball Core Exercises	Gen. Strength/Coordination/Rec.	12-16 Exercises	5-10 Reps (per side), mod. rec.	
Power Skipping	Coordination / Rejuvenation	6-10 Repetitions	20-40m Each	
Multi-Throws	Power Development	4-6 Exercises	3-5 Reps Each	Total Volume: 15-40 Throws
Multi-Jump In Place	Work Capacity / Technical	6-8 Exercises	15-30s each, Rest:Work=1:1, 1:2	Total Volume: 8-16 minutes
Multi-Jump Short Bounds	Power / Technical	1-5 Contacts Each	2-5 Reps, 4-6 Exercises	Total Volume: 30-70 Contacts
Multi-Jump Extended Bounds	Power / Technical	20-40 Meters Each	2-4 Reps, 3-6 Exercises	Total Volume: 250-500 Meters
Multi-Jump Depth Jumps	Power / Technical	1-8 Contacts Each	3-6 Exercises	Total Volume: 25-50 Contacts
Extensive Tempo	Work Capacity	100m – 200m @ 70 – 80%	30 seconds between reps 2 – 3 minutes between sets	Total Volume: 1,000-1,500m
Intensive Tempo	Transition	100m – 300m @ 80 – 90%	1 – 5 minutes between reps 3 – 10 minutes between sets	Total Volume: 1,000-1,200m
Lactate Tolerance	Lactate Threshold	300m – 600m @ 95 – 100%	15 – 20 minute recoveries	Total Volume: 300-600m
Acceleration	Power / Technical	10 – 40m @ 100%	Recovery as needed (2-3min)	Total Volume: 200-400m
Acceleration (Resisted Runs)	Power / Technical	20 – 60m @ 100%	Recovery as needed (2-3min)	Total Volume: 300-500m
Absolute Speed (Speed Dev.)	Speed / Technical	40–80m @ 100% (ladder down)	3 – 5 minutes recoveries	Total Volume: 300-500m
Absolute Speed (Variable)	Speed / Technical	S/F/S: 80 – 120m @ 100%	4 – 8 minutes recoveries	Total Volume: 300-600m
Absolute Speed (Over-speed)	Speed / Technical	50 – 70m @ 100%	4 – 8 minutes recoveries	Total Volume: 300-500m
Speed Endurance	Speed Endurance / Technical	80–300m @ 100% (ladder down)	5 – 8 minutes recoveries	Total Volume: 500-800m
Olympic Lifts	Power / Absolute Strength	4 – 8 Working Sets	1 – 6 reps per set	
Static Lifts	Strength	4 – 8 Working Sets	3 – 8 reps per set	
Ballistic Lifts	Reactive Strength	2 – 6 Working Sets	5 – 12 reps per set (1/5-1/3 BW)	
Regional Lifts	Recovery / Hormone Balance	12 – 24 Working Sets	8 – 12 reps per set (rec. 60-90s)	



Training Protocol

Percentage	Reps Per Set	Total Reps	Optimal Reps
50 – 69%	3 - 6	18 – 30	24
70 – 79%	3 - 6	12 – 24	18
80 – 89%	2 - 4	10 – 20	15
90 – 100%	1 - 2	4 - 10	7

Percentage	# of Reps Per Set
100%	1
95%	2
90%	3
87.5%	4
85%	5
83.5%	6
80%	7
77.5%	8
75%	9
70%	10

Basic Power Development (BPD) – 4-5 Reps, 4-9 Sets, 50-70%

Rate Of Force Production Development (RFD) – 2-4 Reps, 4-9 Sets, 70-85%

Rate Of Force Production (RFP) – 1-3 Reps, 5-9 Sets, 85-100%

Reactive Strength (RS) – 5-12 Reps, 3-8 Sets, 10-50% of athlete Body Weight (1/5 SL, 1/3 DL)

Absolute Strength Prep (ASP) – 5-8 Reps, 3-6 Sets, 60-80%

Absolute Strength Development – 1-5 Reps, 4-8 Sets, 80-100% (2+ reps for men, 3-4+ reps for women)

Absolute Strength Complimentary (ASC) – 4-8 Reps, 3-6 Sets, 60-80%



Possible Outsourcing

- Outside/club/summer coaching (touchy subject)
 - Positives and negatives, there are good and bad situations
 - Can help assist multi-event athletes in particular events that aren't your strong suit
 - Can work/practice with your athletes during “off-season” or if you coach another sport
 - Introduce your multi-event athlete to heptathlon/decathlon training and competition
 - Create positive and productive training groups
 - Great to get another perspective
 - All must be completely on the same page and have very open communication
 - All coaches, parents and athletes (team effort)
 - Keep the student-athletes best interest at heart and do what is best for him/her
 - Any successful outside/club coach worth it, will help and assist you to give the athlete the best opportunity
 - They should plan and modify their training around your goals, practices and rules/standards



College Preparation

- Realistic Expectations
 - Athletes, parents, coaches, supporters must be on the same page
 - Understand collegiate academic, athletic and financial standards and recruiting process
 - Every college and university is different
 - Scholarship need and availability (must find a match)
- Explore all realistic opportunities
 - Identify colleges/universities that fit each athlete from an academic/athletic perspective
 - Academics, athletics, personality and comfort zone (know what the student-athlete is looking for)
 - Research and visit universities, unofficial and official visits, virtual tours
 - What is the best fit to prepare student-athlete for immediate and future successes (career path)
 - Contact coaches and “sell” your athletes to applicable colleges/universities
- NCAA Eligibility Center
 - Complete junior year of high school
 - Many college coaches use the clearinghouse to gain important contact information
- Academics
 - Have at least PSAT but preferably completed ACT/SAT during junior year
 - Class rank, core GPA, core class/credit requirements
 - Inform young athletes (jr. high/freshmen) so they stay ahead of the game



Thank You and Good Luck

Contact Information

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