

# 2012 Zone 8 ASG Team

## Training for Multi-Events

**Pentathlon - Midget Boys and Girls** – 5 events – one day – 100m, High Jump, Shot Put, Long Jump, 800 (Girls) or 1000m (Boys)

**Heptathlon – Youth Girls** – 7 events – two days – 100m Hurdles, High Jump, Shot Put, 200m; Long Jump, Javelin, 800m

**Octathlon - Youth Boys** – 8 events – two days 100m, Long Jump, Shot Put, 400m; 110m hurdles, High Jump, Javelin, 800m

(Note: Hurdle height is .76m for Youth Girls, .91m for Youth Boys – 10 hurdles)

### Overview

If you're doing the multi-event, you have many things to practice. You should be committed to doing something at least 4 days per week – 5 or 6 days would be better.

One thing to keep in mind is that, not all events have equal impact. For most competitors, the running events tend to yield more points than the throws or jumps. Most of you will score better if you improve your 100m or 200m than you will be improving your shot put. Keep that in mind when you're training – focus on running.

### Three Types of Workouts

**Short Sprints (100m, 200m, hurdles) - Do starts or hurdle work + one of the others per workout**

- practice starts out of the blocks
- flying 30m or 50m runs (e.g. 8 x gradually accelerate over 20m, then full out for 30 m with 5 minute rest)
- speed endurance 100m, 120m, 150m runs (e.g. 3 x 150m with 10 minute rest)
- hurdle work (e.g. Runs over 3 hurdles, 5 hurdles, all 10 hurdles)

**Longer Sprint/Middle Distance (400m, 800m, 1000m) – Do one of the following per workout**

- Endurance (e.g. 20 to 30 minute slow run)
- Anaerobic endurance (e.g. 6 x 300m hard with 1 minute rest between reps)
- V02 max (3 x 600m with 3 minutes rest)
- Time Trial (600m hard, 10 minute rest, then 4 x 200m with 200m walk)

**Field Events(Long Jump, High Jump, Shot put or Javelin)**

- Practice doing the event for 20 or 30 minutes

### Sample week

Monday – Endurance run + high jump

Tuesday – Sprint work + shot put

Wednesday – off or cross training

Thursday – Anaerobic Endurance + long jump

Friday – Hurdle work (or Sprint work for pentathlon) + javelin (or shot put for pentathlon)

Saturday – Time Trial + favourite field event

Sunday – off or cross training